**Title :An Investigation on Skipping Breakfast And Negative Effective Among Students UMP.**

**Please give your cooperations. Thank You.**

V1Gender : 1 Male 2 Female

V2 Year : ............................ 1-4

V3 Faculty : ............................................................................... 1-7

**PART A**

**Please tick only one answer only.**

1. Do you think that breakfast is important to our life? V5

1 Yes 2 No

1. Do you follow the food pyramid diet for your breakfast? V6

1 Yes 2 No

1. Do you consume breakfast everyday before going to the class? V7

1 Yes 2 No

1. What type of food do you prefer to consume for your breakfast? V8

1 Bread/cookies

2 Cereals

3 Instant foods

4 Heavy meal (*rice, noodles and etc.)*

5-65 Others : ..............................

1. What time do you normally have your breakfast? V9

1 6-7 a.m.

2 8-9 a.m.

3 10-11 a.m

1. In your opinion, do you think that having breakfast would increase your body weight? V10

1 ( ). Yes 2 ( ). No

1. How many times you eat in a day? V11

1 ( ). Once a day 2 ( ). 2 times 3 ( ). 3 times

4 ( ). 4 times 5 ( ) 5 times 6-66 Others : .......................

1. Do you have any difficulty to have a breakfast? V12

1 ( ). Yes. 2 ( ). No.

1. If yes please choose. V13

1 ( ). Not enough time.

2 ( ). Have difficulties to get food.

3 ( ). Not enough money to buy food.

4-64 Others:......................

1. Do you tke any supplement is instead of breakfast? V14

1 ( ). Yes 2 ( ). No

1. If yes, please state : ................................................... V15-75

**PART B**

Please tick (√) in the column for each question.

SD is for strongly disagreed, D is for disagreed, SA is for strongly agreed, and A is for agreed.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| No. | Questions | 1 SD | 2 D | 3 A | 4 SA |
| V761 | I can concentrate in class if I have my breakfast. |  |  |  |  |
| V772 | I feel hungry if I do not have breakfast. |  |  |  |  |
| V783 | I prefer to have breakfast others. |  |  |  |  |
| V794 | My weight was increased when I’m having breakfast |  |  |  |  |
| V805 | I would have gastric if I’m not taking breakfast. |  |  |  |  |
| V816 | I have obesity problems. |  |  |  |  |

Thank you for your cooperation.