



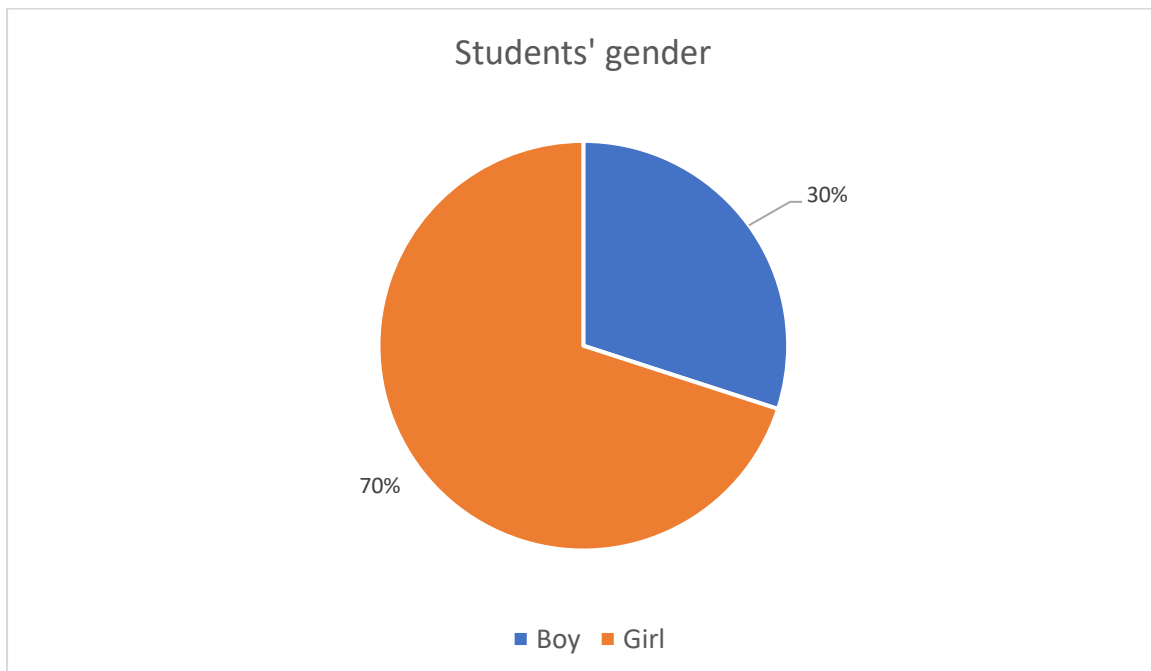
## Final survey

We conducted the final survey in May and June 2022.

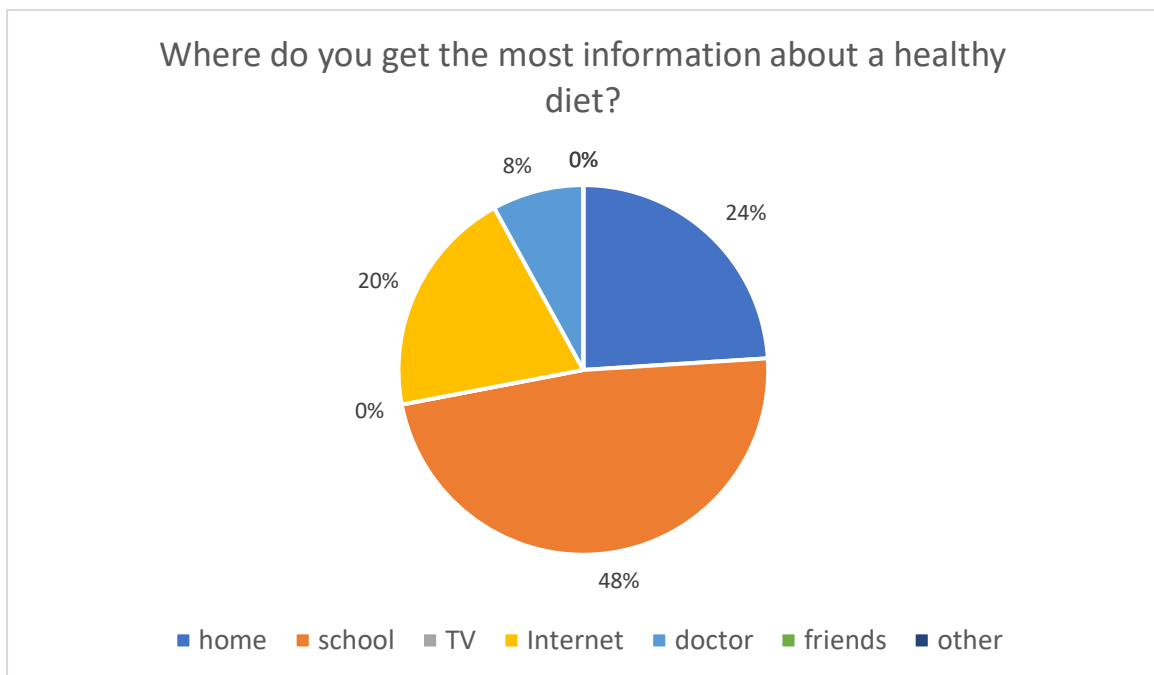
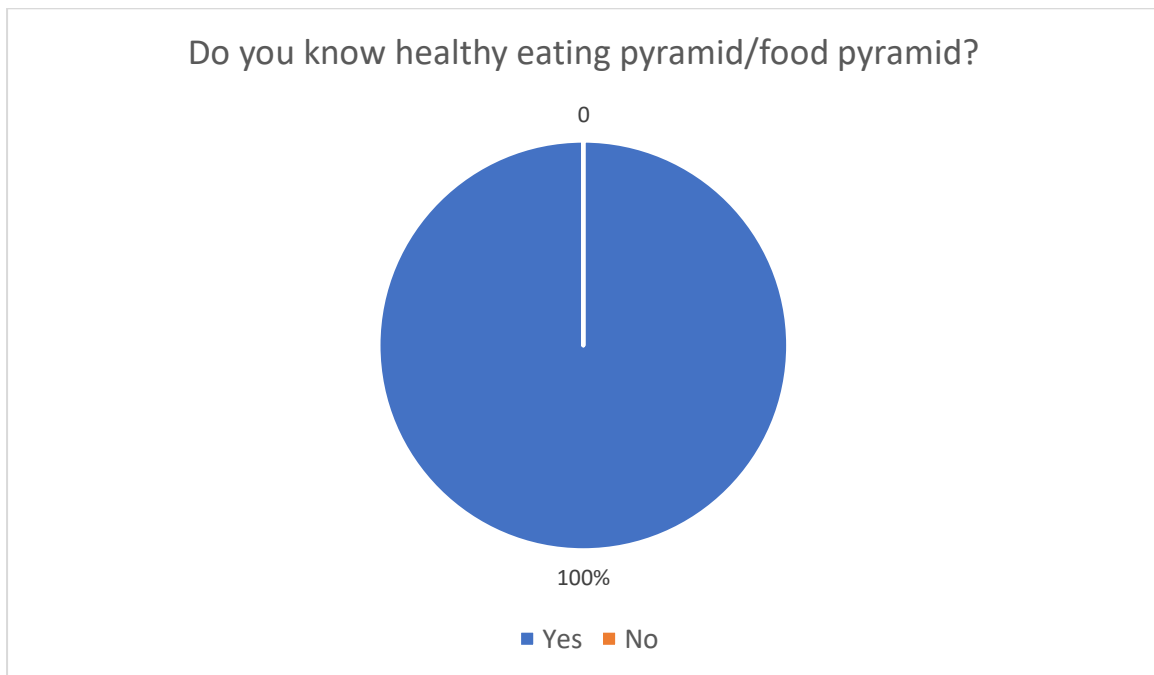
We questioned direct student participants who were selected to participate in the project and mobilities abroad, and indirect student participants who were chosen to be involved in the project but were not chosen to go to the mobilities. Because of the covid-19 situation, the project was extended for one more year, that's why some of the students who gave their answers in the final survey are not the same as those who participated in the initial survey (they finished their education at schools at the end of the year two of the project).

### 1) Initial survey

We received 50 valid answers. The girls represented 70% of students who answered the questions, and the boys 30%.

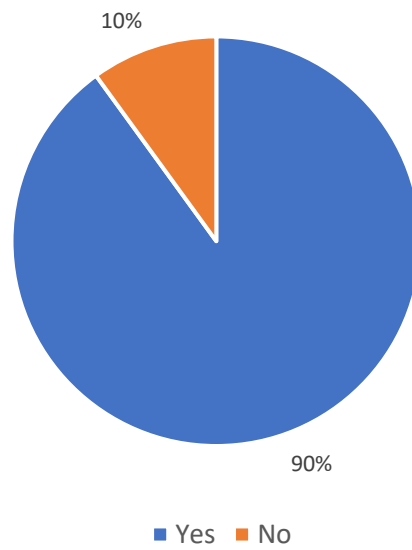


All of the students who answered the questions know the healthy eating pyramid/food pyramid, and most of them get the information about the healthy diet at school (48%), from home (24%), from the internet (20%) and in the doctor's office (8%).

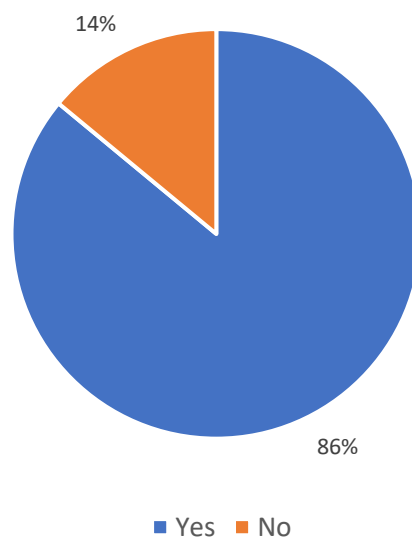


A significant majority of the students think that they have a balanced diet. They represent 90% of all students. They also believe that they live healthy life (86%).

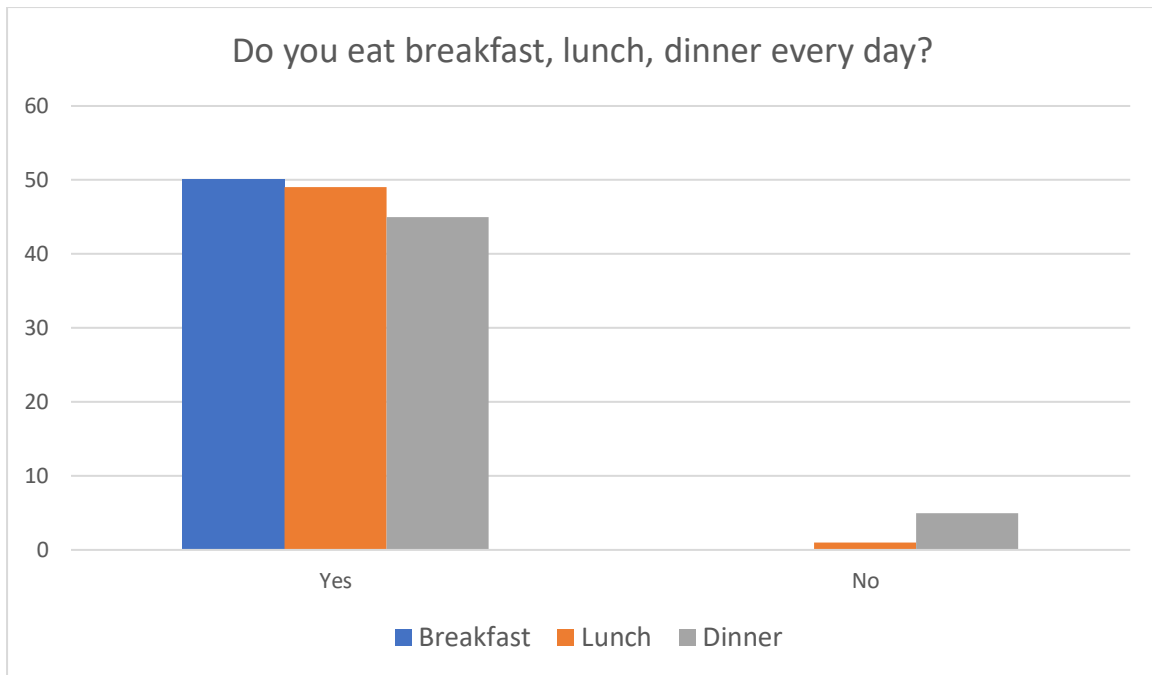
Do you consider that you have a balanced diet?



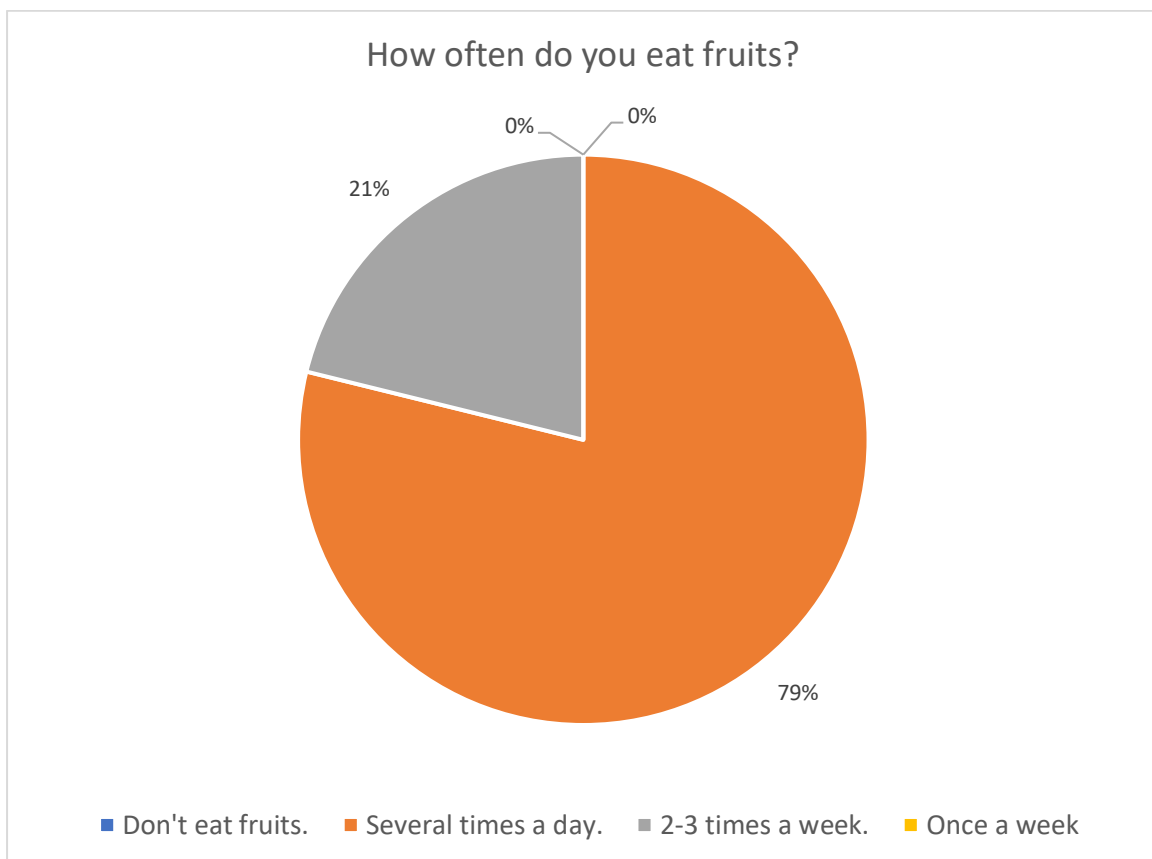
Do you think you live a healthy life?



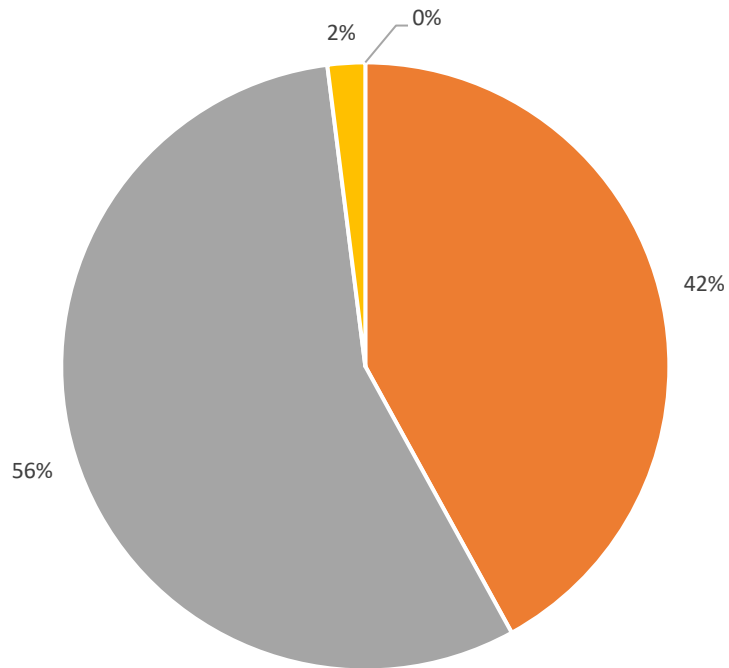
All of the students eat breakfast every day; 98% eat lunch every day, and 90% eat dinner every day. We can see that the activities about the breakfast, its importance were successful, because all of the students responded that they eat breakfast each day.



We are delighted to find that the students' habit of eating fruits and vegetables each day has increased. For fruits, we can see that it rose from 51% to 79% for fruits, and no student replied that they don't eat fruits. For vegetables, the shift is not so steep; all of the students eat vegetables at least once a week.

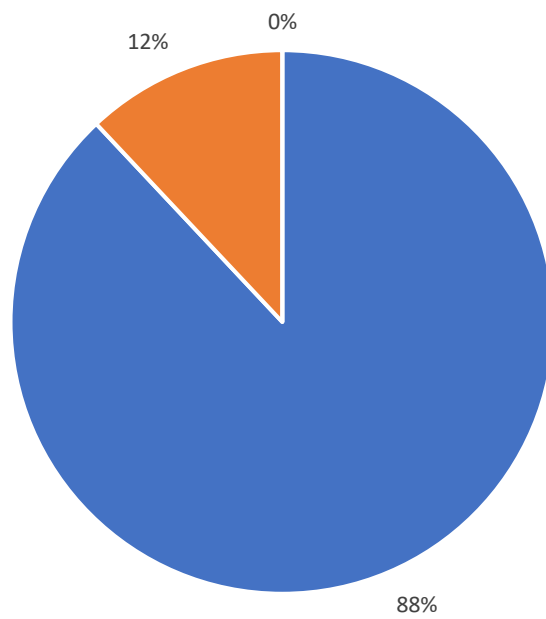


### How often do you eat vegetables?



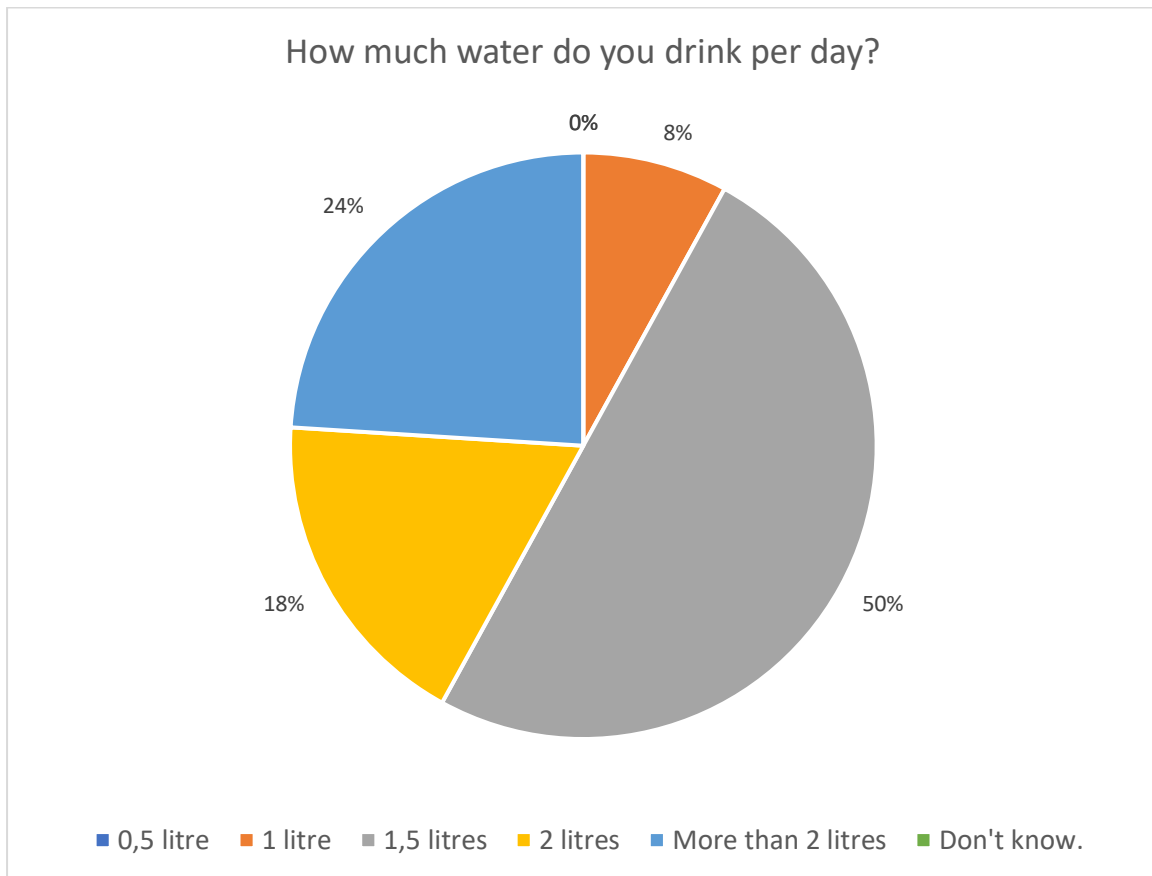
■ Don't eat vegetables. ■ Several times a day. ■ 2-3 times a week. ■ Once a week.

### How often do you eat home-made food?



■ Every day. ■ Several times a week. ■ Never.

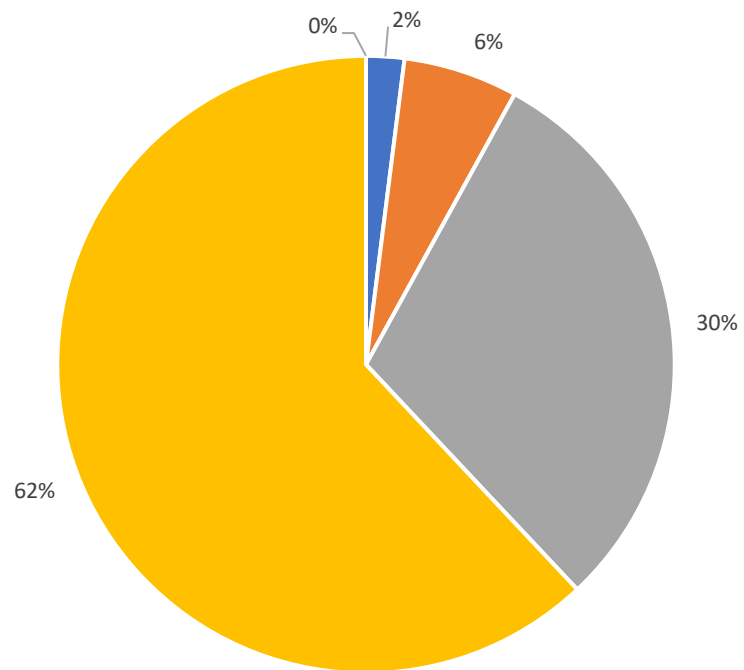
We asked the students how much water they drink per day. The answers vary between 1 litre and more than 2 litres. But most of them (50%) drink 1,5 litres per day.



At the beginning of the project, 4% of students drank fizzy drinks every day, but now 2%. We also see that the percentage of students who drink fizzy drinks most days of the week decreased from 12 to 6% and that the percentage of students who drink them only on special occasions increased from 57 to 62%.

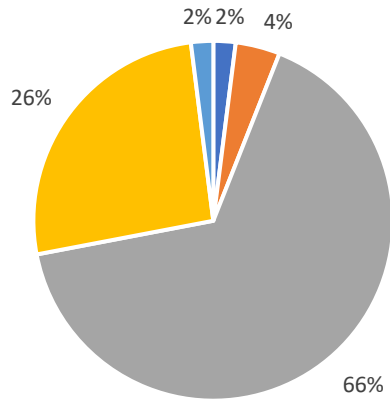
We could have done better with sweets consumption. It went down but not significantly.

How often do you have fizzy drinks (Coca Cola, Pepsi, Fanta, Sprite ...)?



- Every day of the week.
- Most days of the week.
- One or two times a week.
- Only on special occasions, such as a party.
- Never.

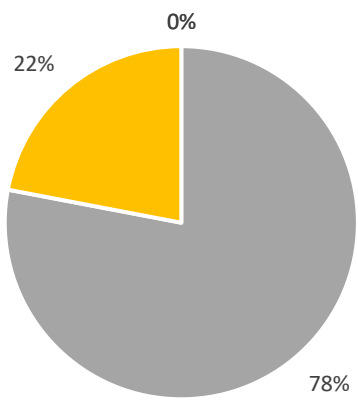
### How often do you have sweets?



- Every day of the week.
- Most days of the week.
- One or two times a week.
- Only on special occasions, such as a party.
- Never.

The survey shows that our students still like to eat a meal out or eat fast food (83%). But we can see the shift - at the beginning of the project 2% of the students ate out or had fast food every day and 6% most of the week, 14% never ate fast food, and at the end of the project, 22% of students don't eat fast food, and no students eat every day or most days of the week. So we can say that we successfully reduced the consumption of fast food.

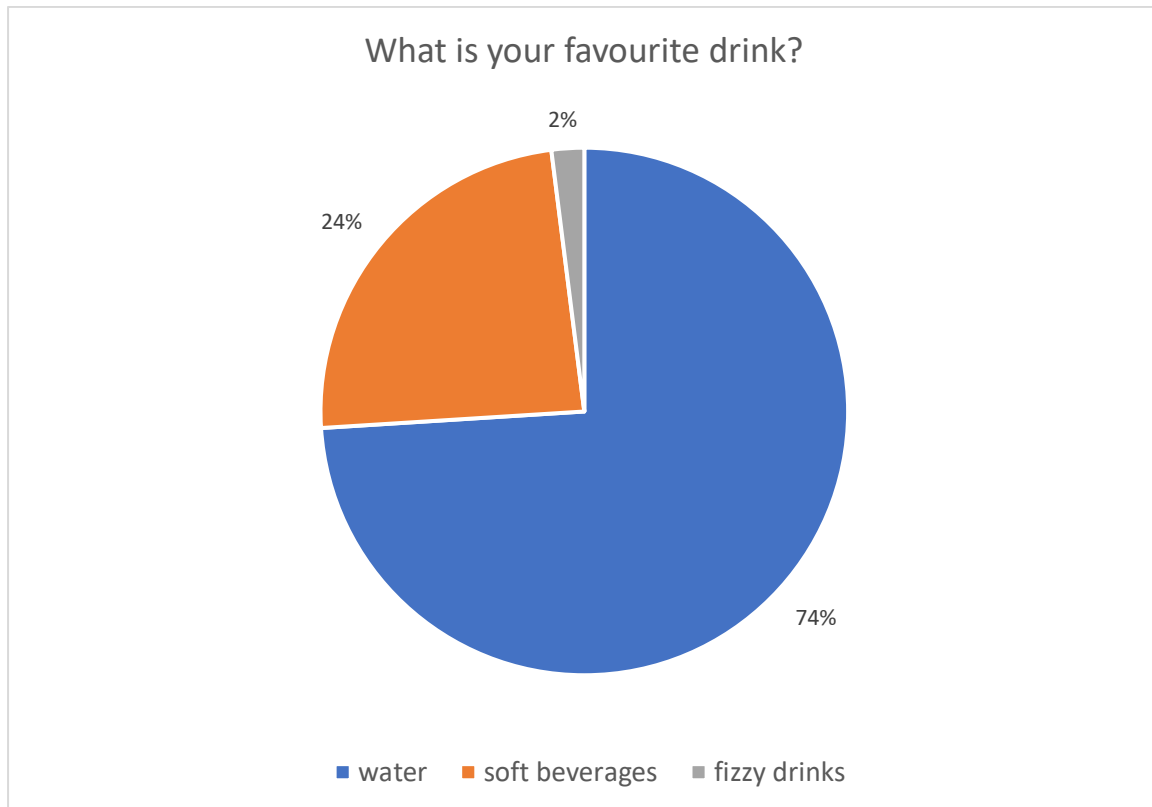
### How many times a week do you eat meal out or eat fast food?



- Every day of the week.
- Most days of the week.
- One or two times a week.
- Never.



Questions about their favourite drink and favourite food followed. 74% of students responded that their favourite drink is water; 24% stated soft beverages and 2% fizzy drinks. That is great improvement from the beginning of the project where 18% of students listed fizzy drinks as their favourite drinks.

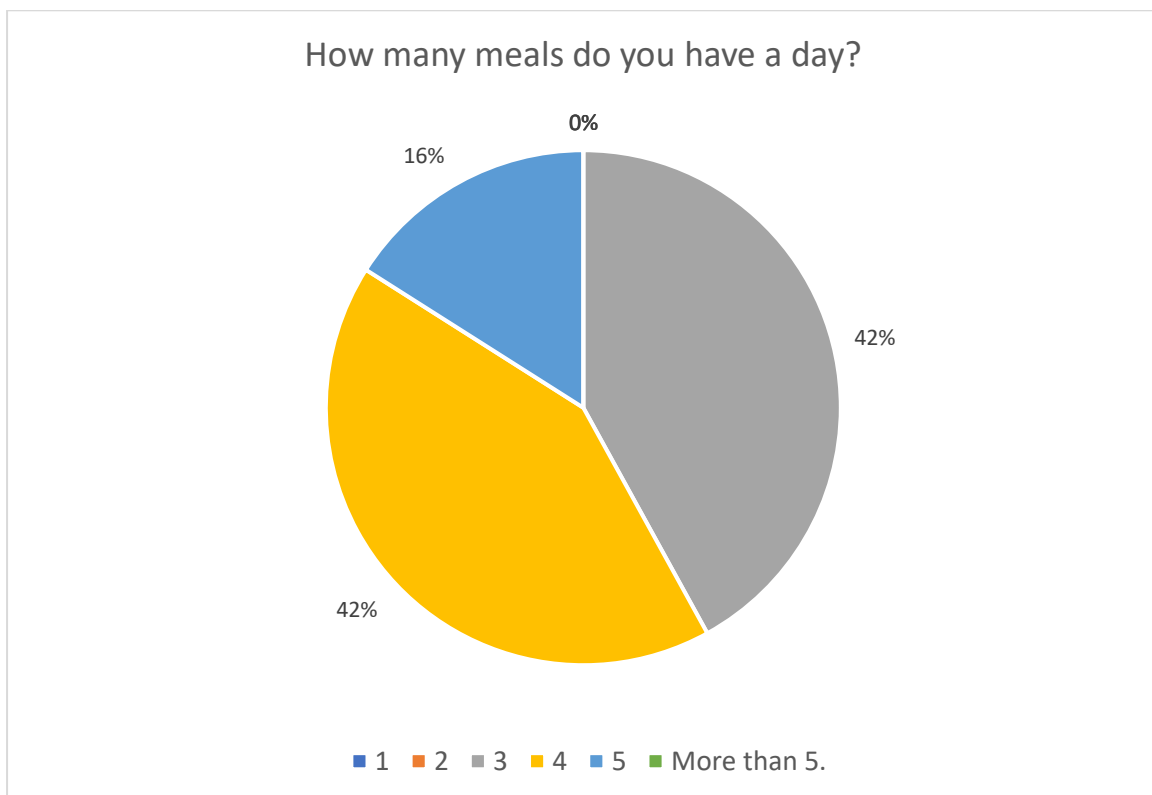


We also asked them about their favourite food. Because the question was open-ended, the sum is as follows: 12% chicken, 30% pasta (spaghetti, lasagna, macaroni), stakes 35%, fast food (burgers, pizza) 5%, fruits and vegetables 18% (apples, oranges, carrots, salad).

We asked the students if they skip their meals. Only 12% stated that they skip their meals. In the initial survey 34% of students stated that they skip their meals and 2% that they don't know.

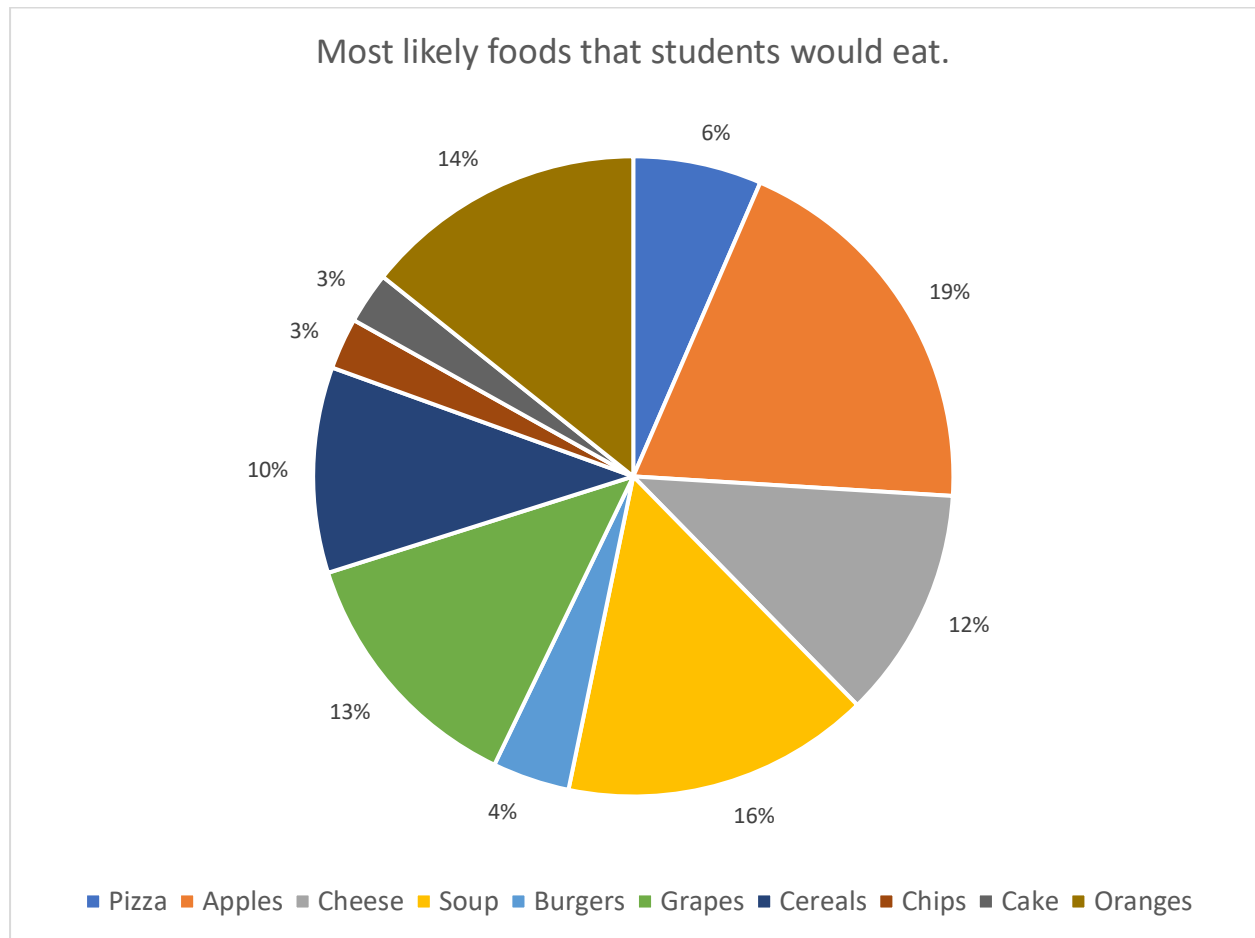


The percentage of students who have three or four meals per day increased (from a total of 66% to 84%), but we are also glad that the number of students who only have one or two meals per day decreased (from 9 to 0%).



We presented the students with the list of different food types (healthy and not-so-healthy), and they had to choose two they would most likely eat. We can see the shift. If before hon-so-

healthy food dominated, now healthier food dominates. Pizza consumption went down from 36 to 6%, burgers from 9 to 4%, vegetable and fruit consumption rose.



We asked about the food organization at school. It is still the same as in the initial survey. Slovenian, Turkish, Romanian and Italian schools have a cafeteria where they offer breakfasts, lunches and afternoon snacks. But because of the covid-19 situation, the meals in Italian schools are prepared by local providers (cantinas, taverns). In Spain, students can buy quick snacks at the "snack shop". As mentioned, the Romanian school has a cafeteria, but it is open only to the younger students, and the students that participate in the project can not access it and have to eat the meals they bring from home.

The next set of questions was about the sport. 80%, responded that they do practice sports. 20% students don't practice any sport. The most common answers were football 30%, fighting sports 18%, and gymnastics 20%; less common are basketball, swimming, handball, athletics, volleyball, dancing. Most of these students practice their sport two times a week 43%, three times a week 20%, four times a week 22% or more 15%. Their activities last more than 1 hour on average 90%.

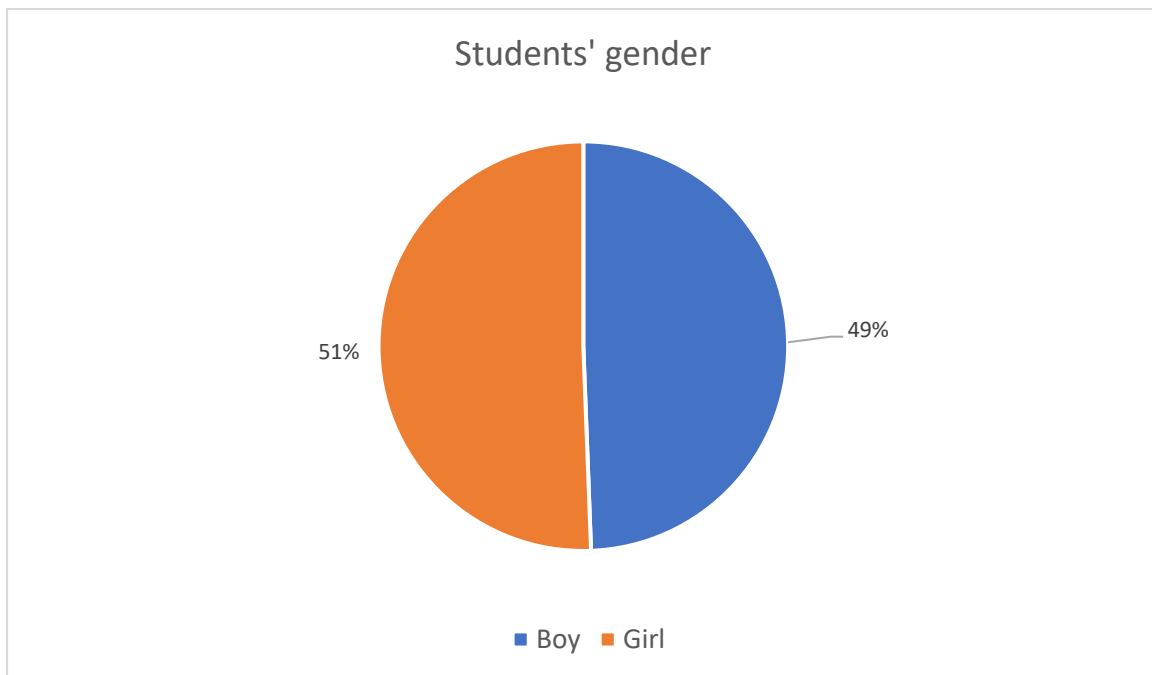
We also asked the students if they had done a cycle ride in the past seven days. 70% answered yes, and 30% responded that they didn't ride a bicycle in the past seven days. In that time period, 95% of students have done a continuous walk lasting at least 10 minutes, and 5% have not.

We asked the students how many hours a day they watch TV/movies or sit and play video/computer games or with their mobile phone. 50% of students spend between 1 and 2 hours doing it, 28% of students spend between 2 and 3 hours doing it, 9% between 3 and 4 hours and 3% more than 4 hours. 10% spend less than 1 hour. But we can assume that the time spent on computers, TV, and phones also increased because of the covid-19 situation when the students spent a lot of time at home.

## 2) Initial survey indirect participants

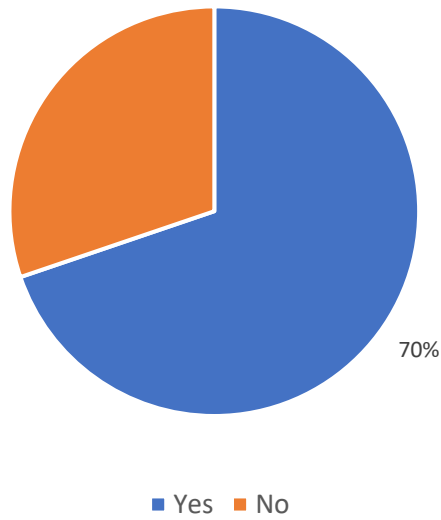
As mentioned at the beginning, because of the covid-19 situation, the project was extended for one more year, that's why some of the students who gave their answers in the final survey are not the same as those who participated in the initial survey (they finished their education at schools at the end of the year two of the project). That's why the responses are not as accurate as they would be if the students were at the beginning and end of the project. But we believe that the differences are not significant.

We received 415 valid answers (throughout the questionnaire, the number of responses varies). The girls represented 51% of students who answered the questions, and the boys 49%.

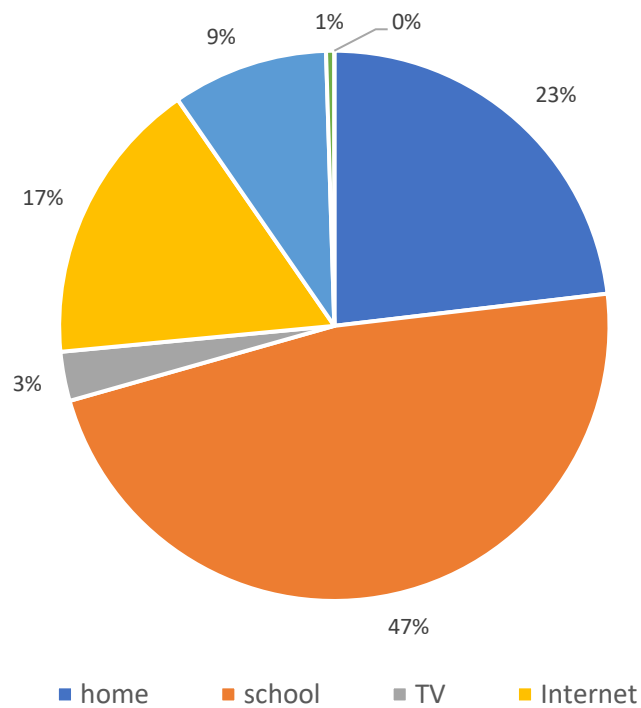


All of the students who answered the questions know the healthy eating pyramid/food pyramid. That means that our activities about food pyramid were successful. Most of the students who know get the information about the healthy diet at their homes (23%), at school (47%), on the internet (17%), at doctor's offices (9%).

Do you know healthy eating pyramid/food pyramid?

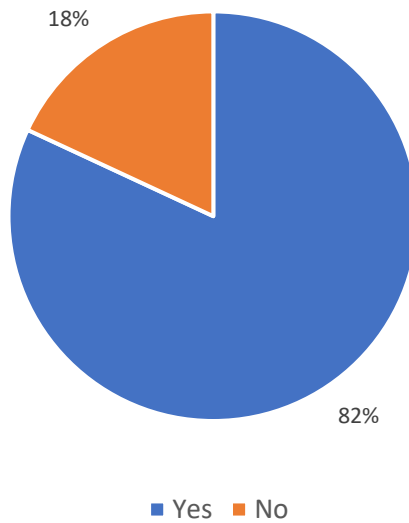


Where do you get the most information about a healthy diet?

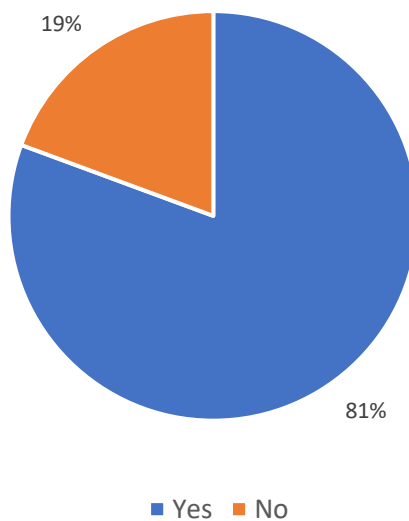


A significant majority of the students think that they have a balanced diet. They represent 82% of all students. They also believe that they live healthy life (81%).

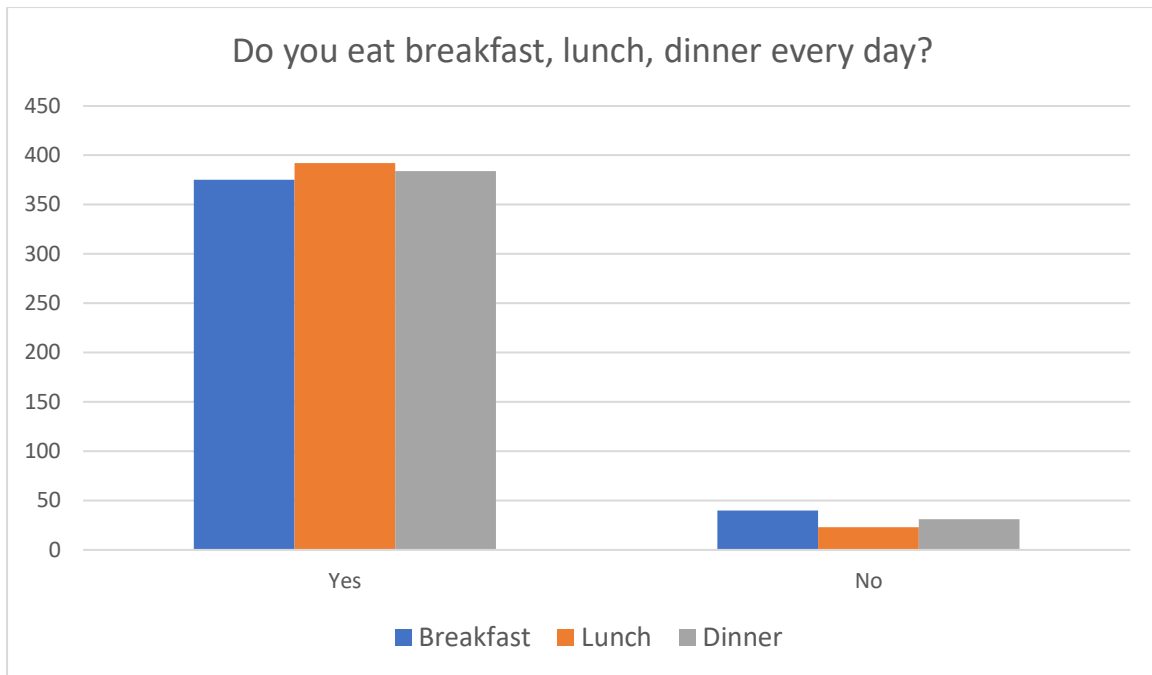
Do you consider that you have a balanced diet?



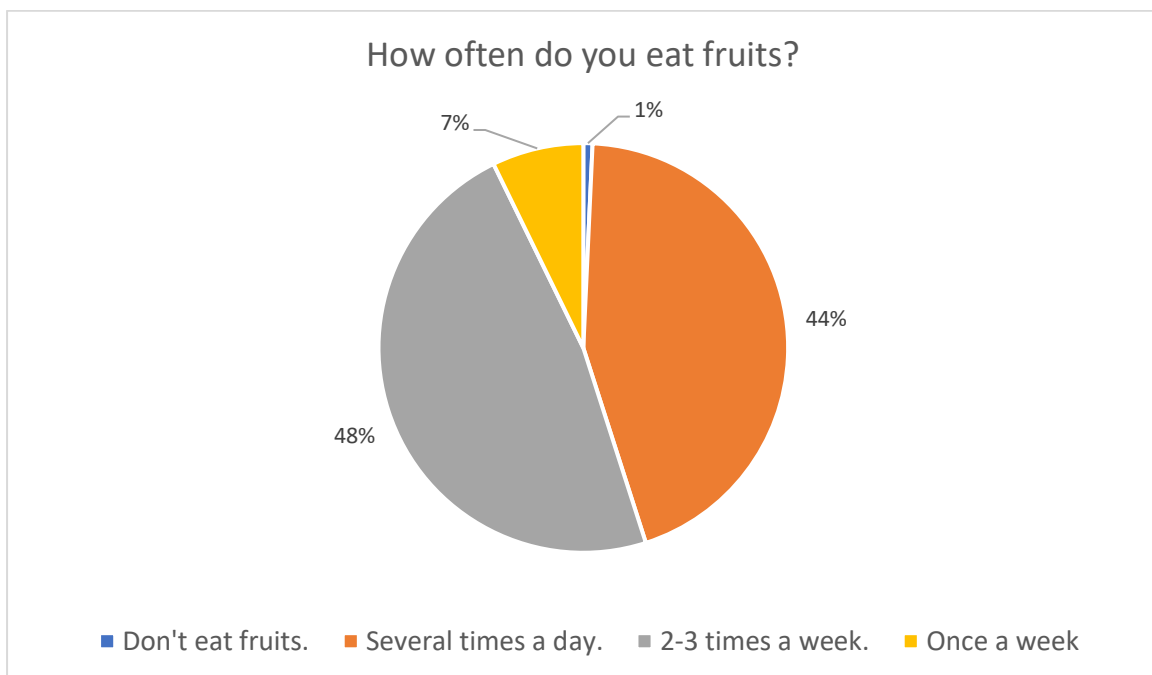
Do you think you live a healthy life?



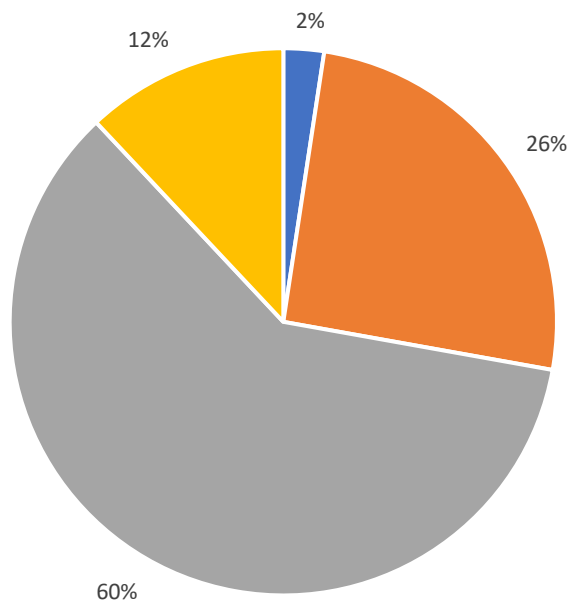
90% of students eat breakfast every day; 94% eat lunch every day, and 92% eat dinner every day. We can see, that the percentage of students, who consume breakfast every day increased from 80 to 90%, lunches from 92 to 94% and dinner from 91 to 92%. That means that our activities about the importance of breakfast were well implemented.



We are glad to learn that majority of participants eat fruits several times a week. The same goes for eating vegetables. But only 1% or 2% of students don't eat fruits and vegetables (at the beginning of the project there were 3 and 5% of such students). We are also delighted to find that most students (76%) eat homemade food daily and 22% several times a week.

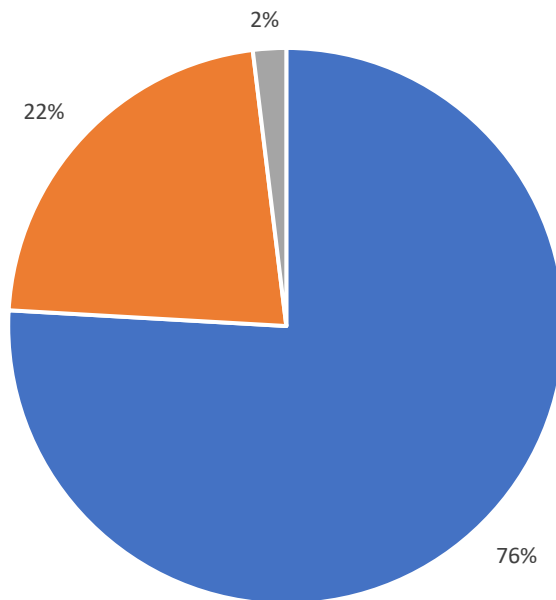


### How often do you eat vegetables?



■ Don't eat vegetables. ■ Several times a day. ■ 2-3 times a week. ■ Once a week.

### How often do you eat home-made food?

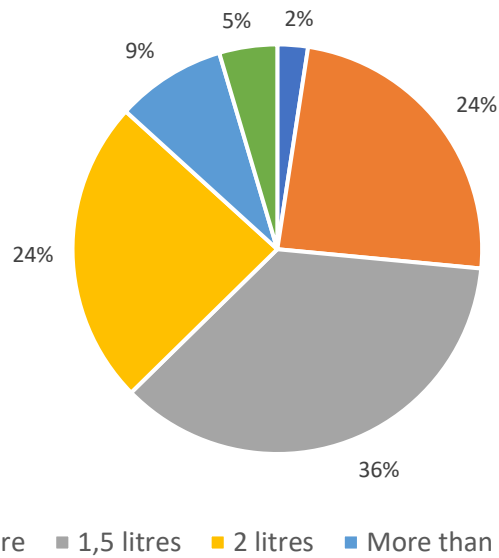


■ Every day. ■ Several times a week. ■ Never.

We asked the students how much water they drink per day. The answers vary but most of the students drink between 1 and 2 litres of water at home.

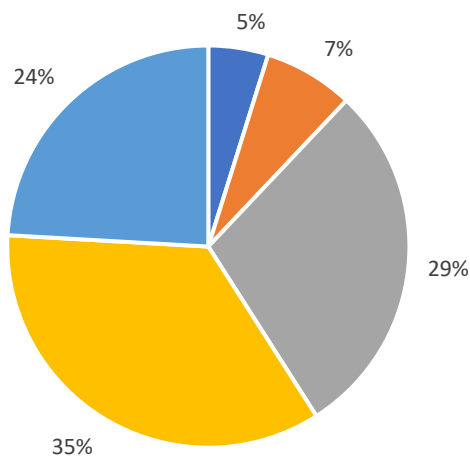


### How much water do you drink per day?



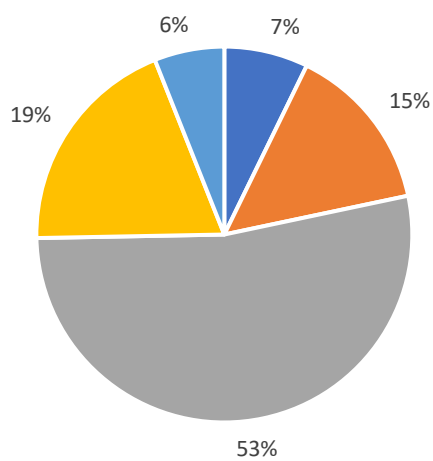
One of the activities we carried out was sugar content in fizzy drinks and sweets. The survey results show that the students reduced their intake of fizzy drinks (they switched to soft beverages) and sweets. Fizzy drink consumption went down from 6% to 5% daily, 8% to 7% most days of the week, and from 30% to 29% one or two times a week. But the percentage of those who drink it only on special occasions increased from 33 to 35%, and those who don't drink it from 23 to 24%. Sweets intake is slightly better as compared to the beginning of the project. Everyday consumption is down from 12 to 7%, most days from 18 to 15%, only on special occasions increased from 17 to 19% and the percentage of students who never eat sweets rose to 6%. We can say that the activities were successful.

### How often do you have fizzy drinks (Coca Cola, Pepsi, Fanta, Sprite ...)?



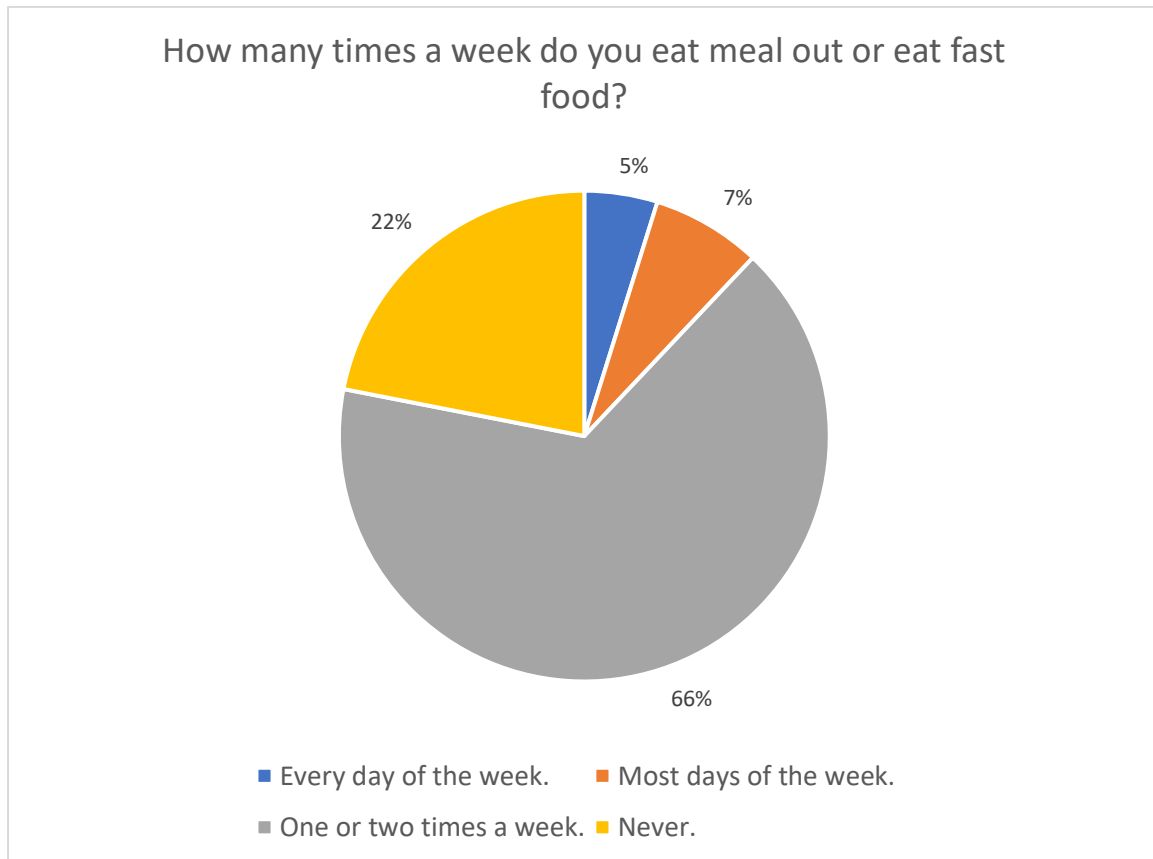
- Every day of the week.
- Most days of the week.
- One or two times a week.
- Only on special occasions, such as a party.
- Never.

### How often do you have sweets?

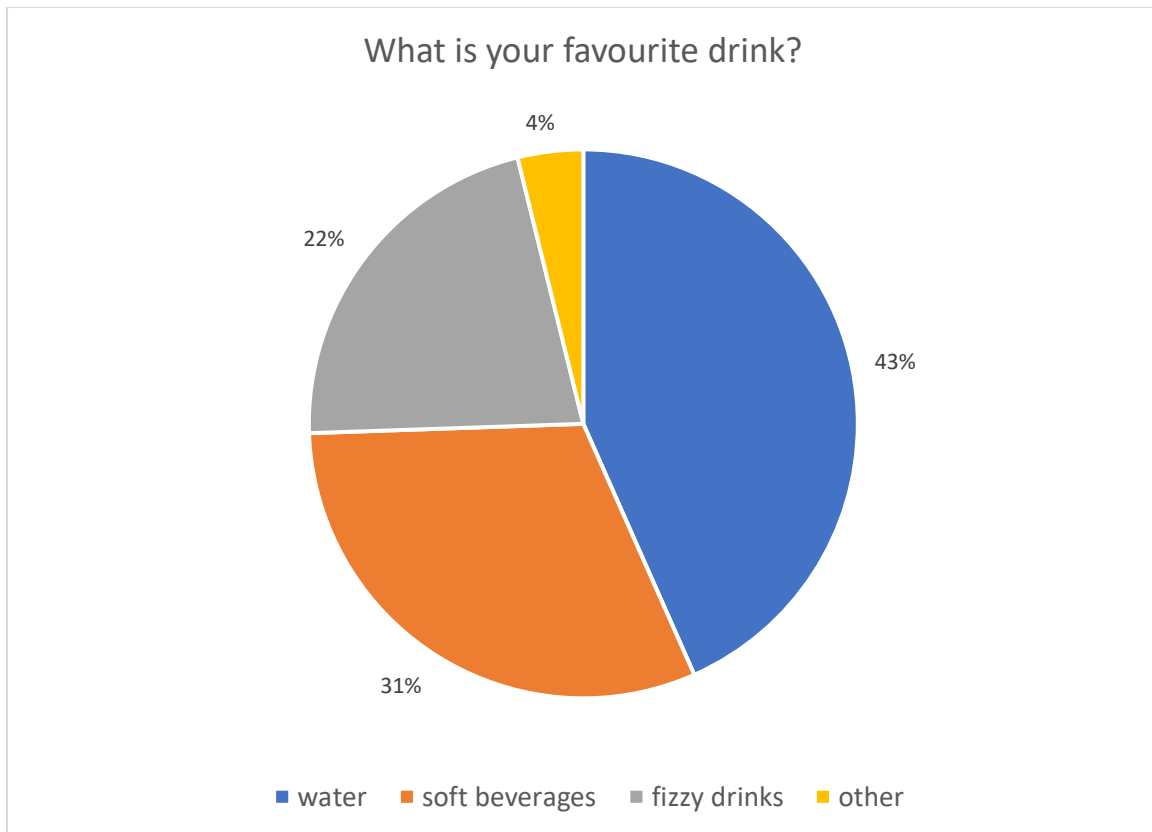


- Every day of the week.
- Most days of the week.
- One or two times a week.
- Only on special occasions, such as a party.
- Never.

The survey shows that our students like to eat a meal out or eat fast food, but it was an expected outcome with given answers.

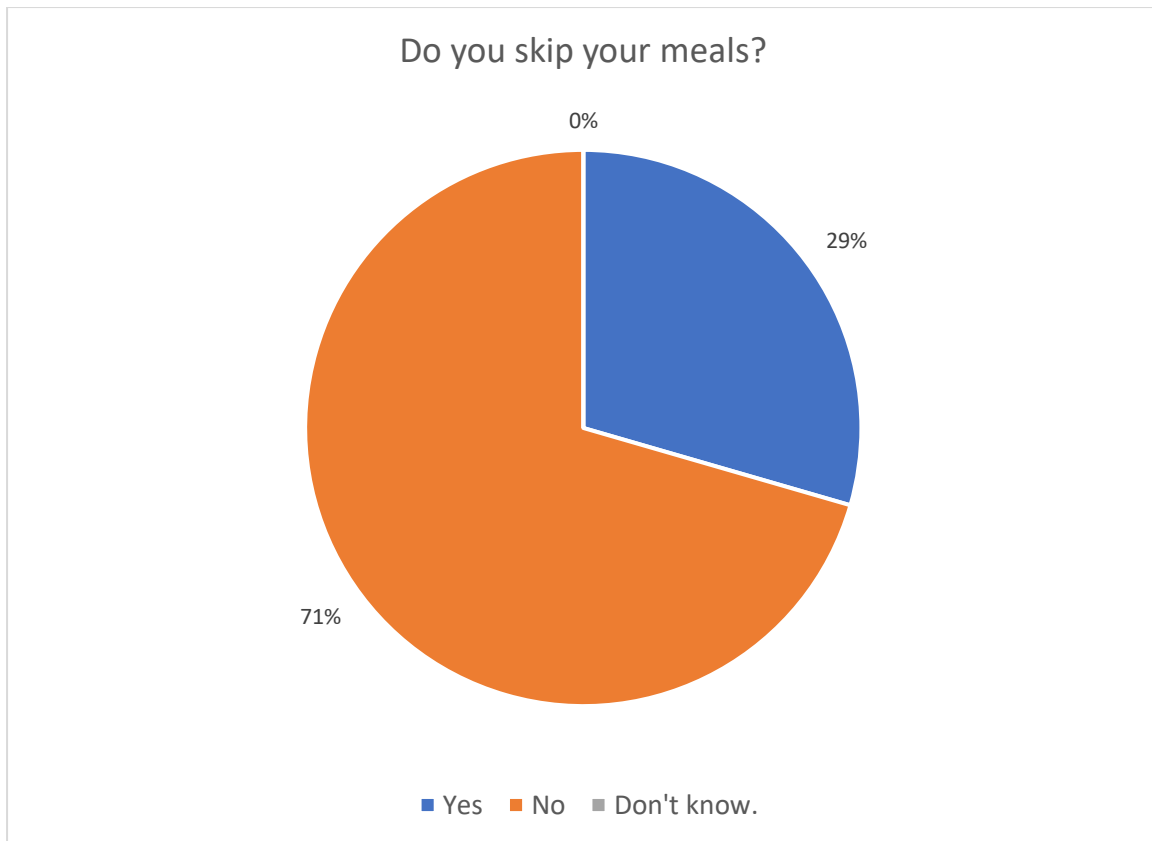


Questions about their favourite drink and favourite food followed. 43% of students responded that their favourite drink is water; others stated soft beverages – 31%, fizzy drinks 22% and other (like buttermilk, milkshake, yoghurt like beverages) 4%.

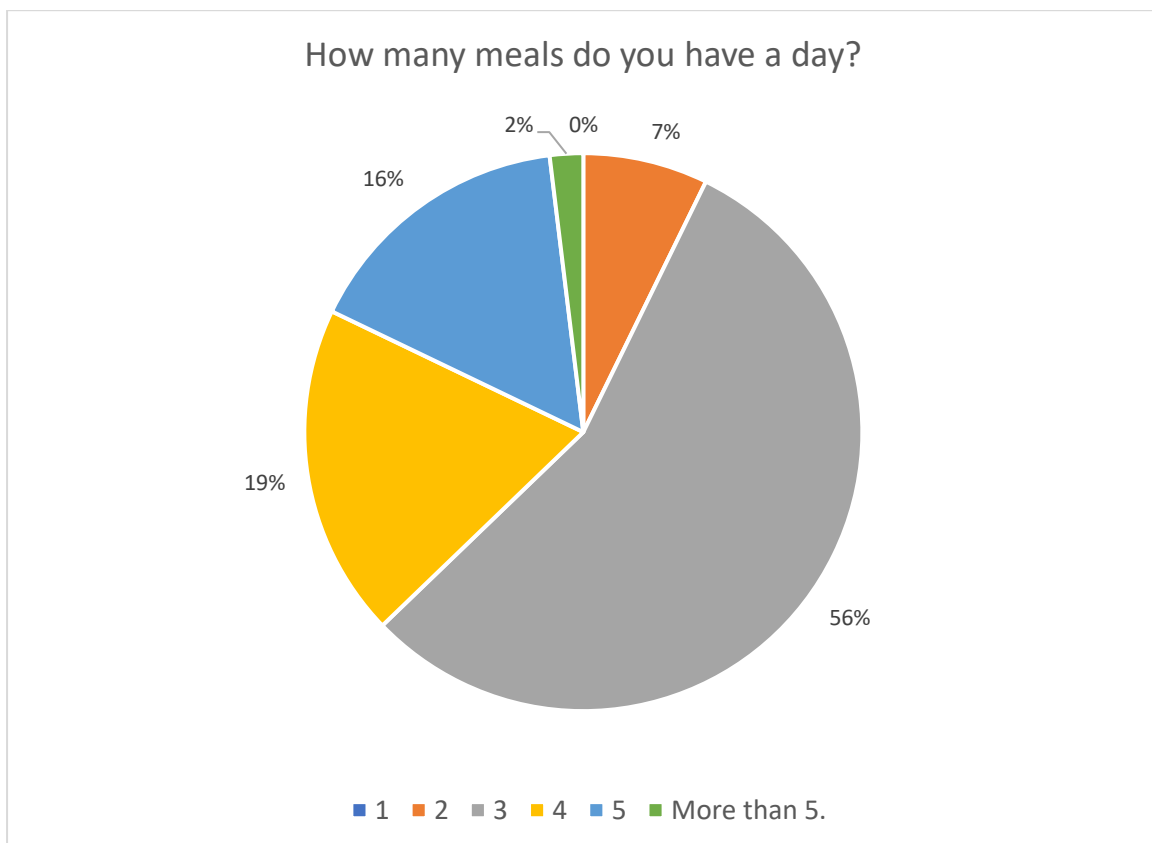


We also asked them about their favourite food. Because the question was open-ended, the sum is as follows: 5% of students like the fast food the most, 23% pizza, 22% pasta, 10% meat, 10% soups, 8% vegetables, 5% rice. The rest is the mix of different type of dishes. This was also the problem that we tried to tackle during the project, but the results were expected. Fast food is still the food that the students like the most.

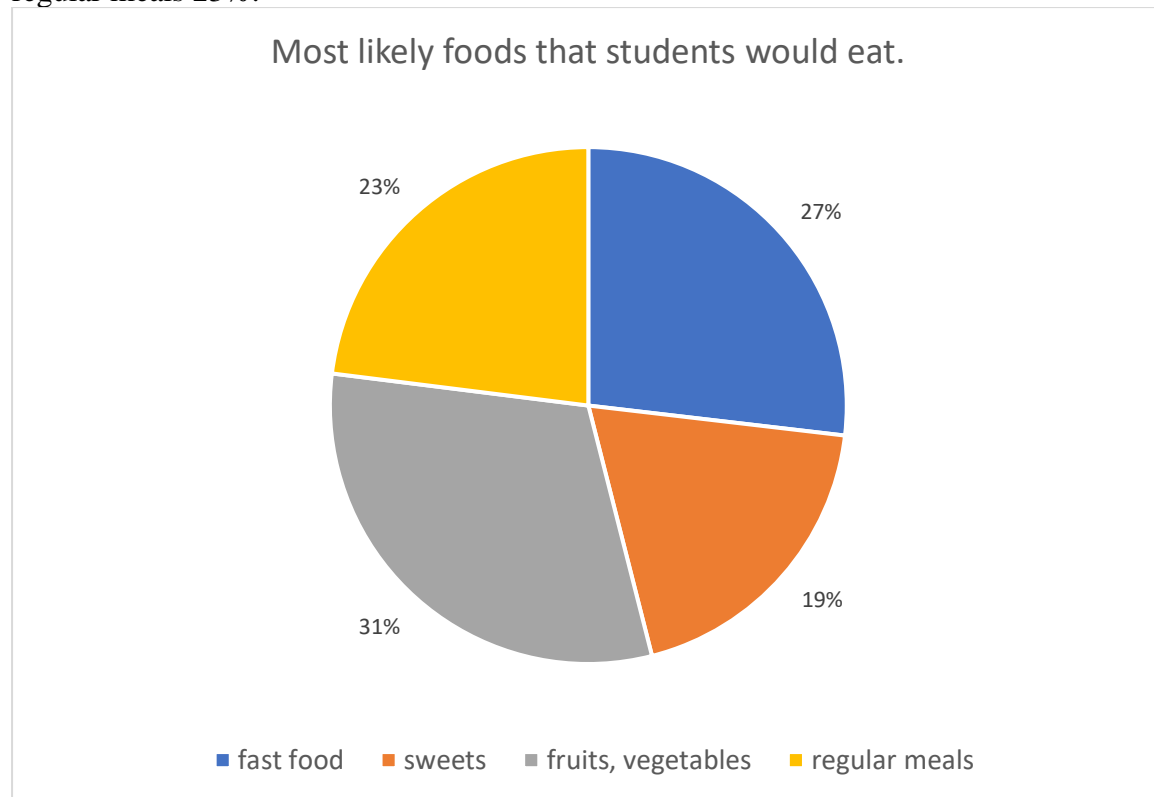
We asked the students if they skip their meals. 29% of students stated that they skip their meals, which is less than at the beginning of the project.



Most students have three (56%) or 4 (19%) meals daily. 16% have five meals a day. The percentage of students who only have one or two meals a day decreased from 3 to 2%.



We presented the students with the list of different food types (healthy and not-so-healthy), and they had to choose two they would most likely eat. We are not surprised: most students picked fast food (pizza, burgers, french fries) – 27%, sweets 19%, fruits and vegetables 31% and regular meals 23%.



We asked about the food organization at school. It is still the same as in the initial survey. Slovenian, Turkish, Romanian and Italian schools have a cafeteria where they offer breakfasts, lunches and afternoon snacks. But because of the covid-19 situation, the meals in Italian schools are prepared by local providers (cantinas, taverns). In Spain, students can buy quick snacks at the "snack shop". As mentioned, the Romanian school has a cafeteria, but it is open only to the younger students, and the students that participate in the project can not access it and have to eat the meals they bring from home.

The next set of questions was about the sport. 70% responded that they do practice sports. 30% don't practice any sport. The most common answers were football 47%, dancing 13%, swimming 10%, less common are volleyball, running, handball, basketball, cycling, tennis. Most of these students practice their sport two times a week (45%), three times a week (15%), four times a week (13%) or more (13%). Their activities last between 1 and 2 hours on average (55%). We should talk to the students about the benefits of physical activities for their bodies and try to persuade them that they should increase their physical activity to at least 1 hour daily.

We also asked the students if they had done a cycle ride in the past seven days. 50% answered yes, and 50% responded that they didn't ride a bicycle in the past seven days. In that time period, 89% of students have done a continuous walk lasting at least 10 minutes, and 11% have not.

We asked the students how many hours a day they watch TV/movies or sit and play video/computer games or with their mobile phone. 20% of students spend less than 1 hours, 35% between 1 and 2 hours doing it, 32% of students spend between 2 and 3 hours, 5% between 3 and 4 hours and 8% more than 4 hours. The students spend a lot of time online, watching TV, and movies, playing computer games, use their phones. But we can assume that the time spent on computers, TV, and phones also increased because of the covid-19 situation when the students spent a lot of time at home.

### **3) Conclusion**

Analysis showed that we had successes. All of the students who answered the survey know the food pyramid. All direct participants started to eat breakfast, and the percentage of indirect participants who consumed breakfast every day increased by 12,5% (from 80 to 90%). We also discussed and held activities about the importance of several smaller meals daily and why skipping meals is not OK. The percentage of meals skipping lowered in both groups (from 34 to 12% in group of direct participants, and 39 to 29% in a group of indirect participants). The number of meals to at least three meals daily increased in both groups.

After the survey analysis, we see that some questions must be rephrased and changed. The analysis would be easier, especially the question about the favourite meals and drinks, because the students from different countries stated local beverages and meals which are only typical for them and not other countries. We could leave some questions out since they didn't bring anything to the research.