



Initial survey

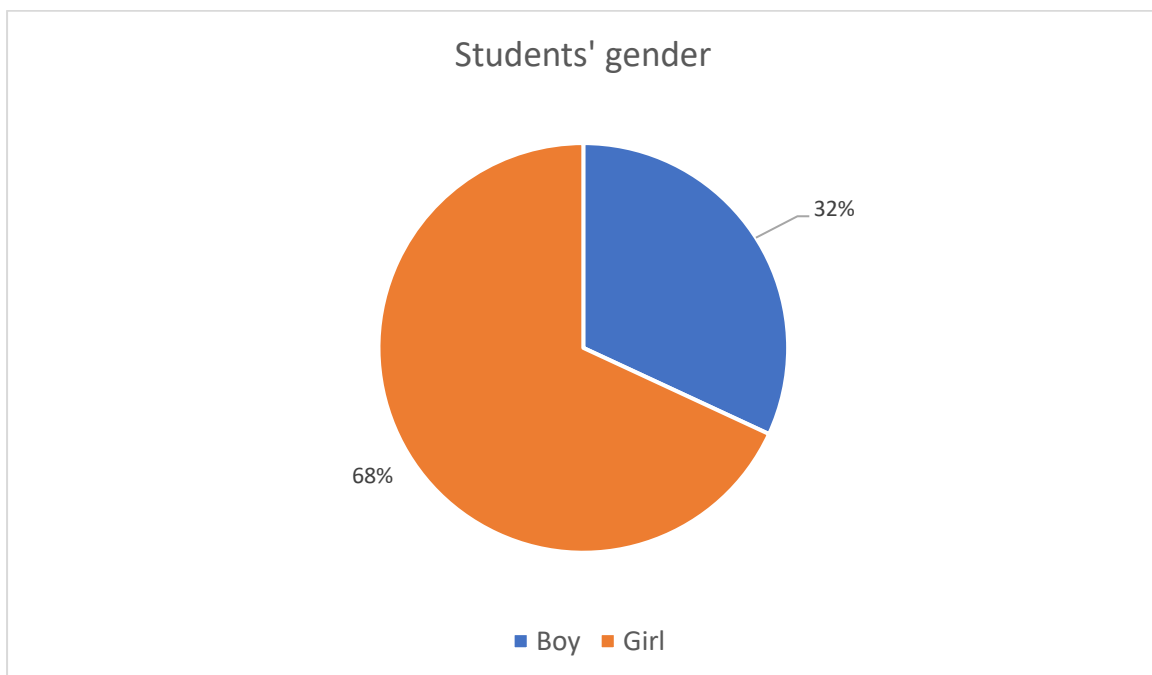
We conducted the initial survey in November 2019.

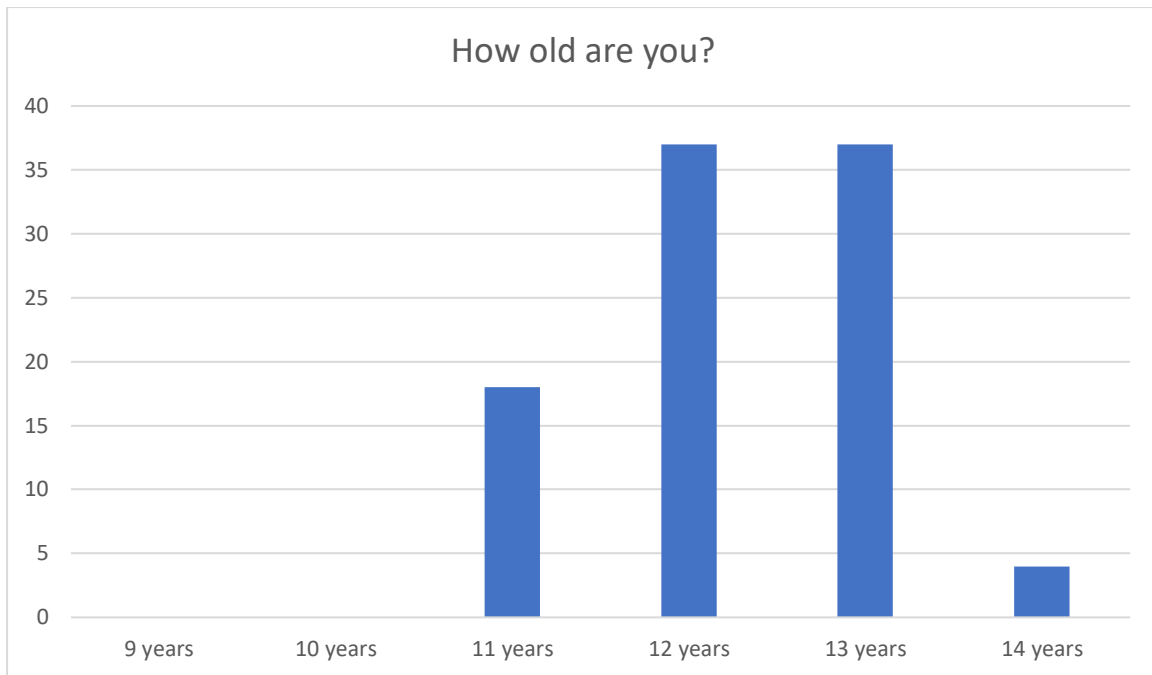
We questioned direct student participants who were selected to participate in the project and mobilities abroad and indirect student participants who were chosen to be involved in the project but were not chosen to go to the mobilities.

Questions we were asking the participants are available in separated file.

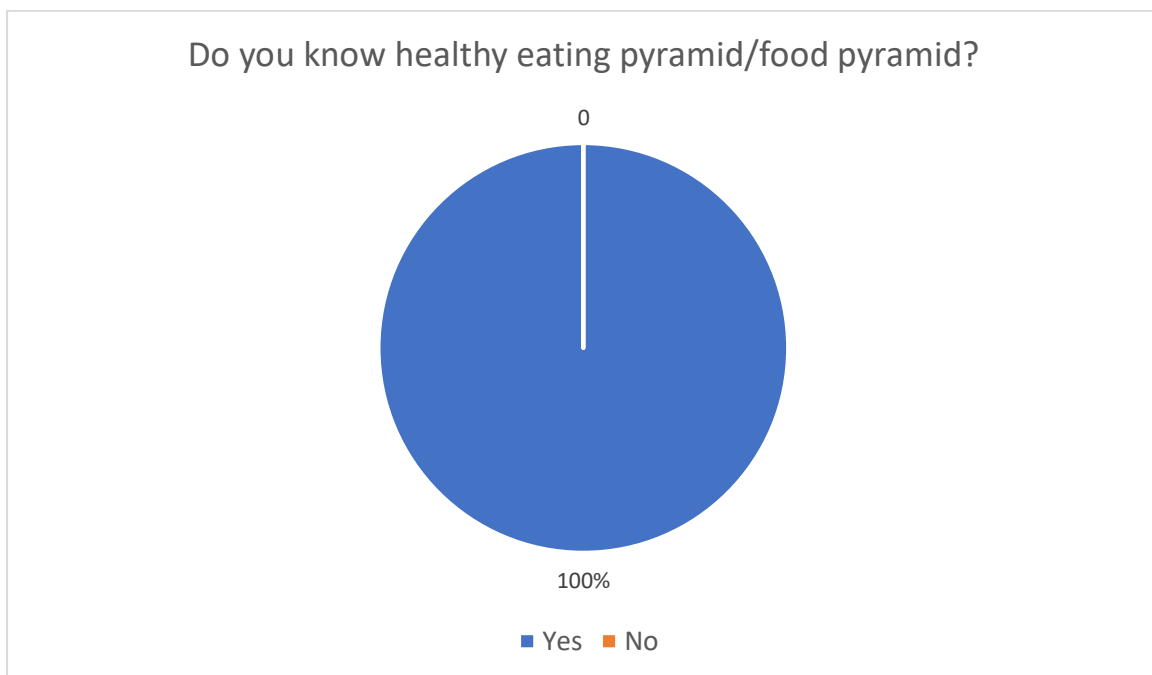
1) Initial survey direct participants

We received 47 valid answers. The girls represented 65% (32) of students who answered the questions, and the boys 31% (15). Most of the responders were between 11 and 13 years old.

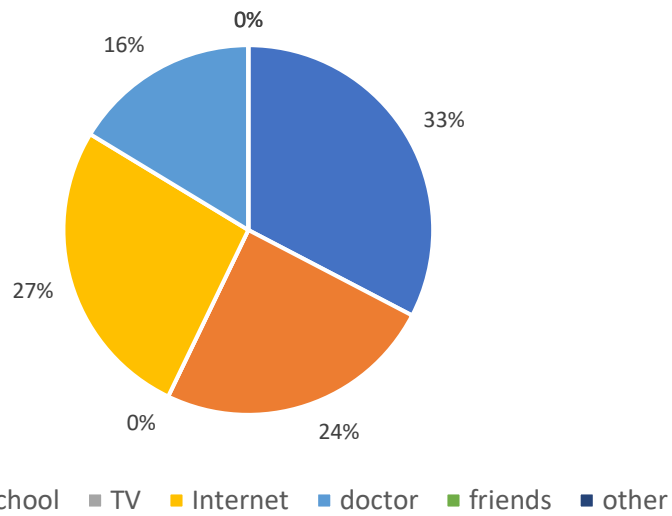




All of the students who answered the questions know the healthy eating pyramid/food pyramid, and most of them get the information about the healthy diet at their homes (33%), from the internet (27%), at school (24%), and the doctor's office (16%).

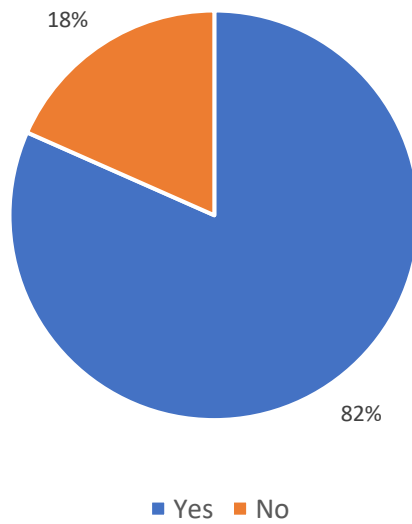


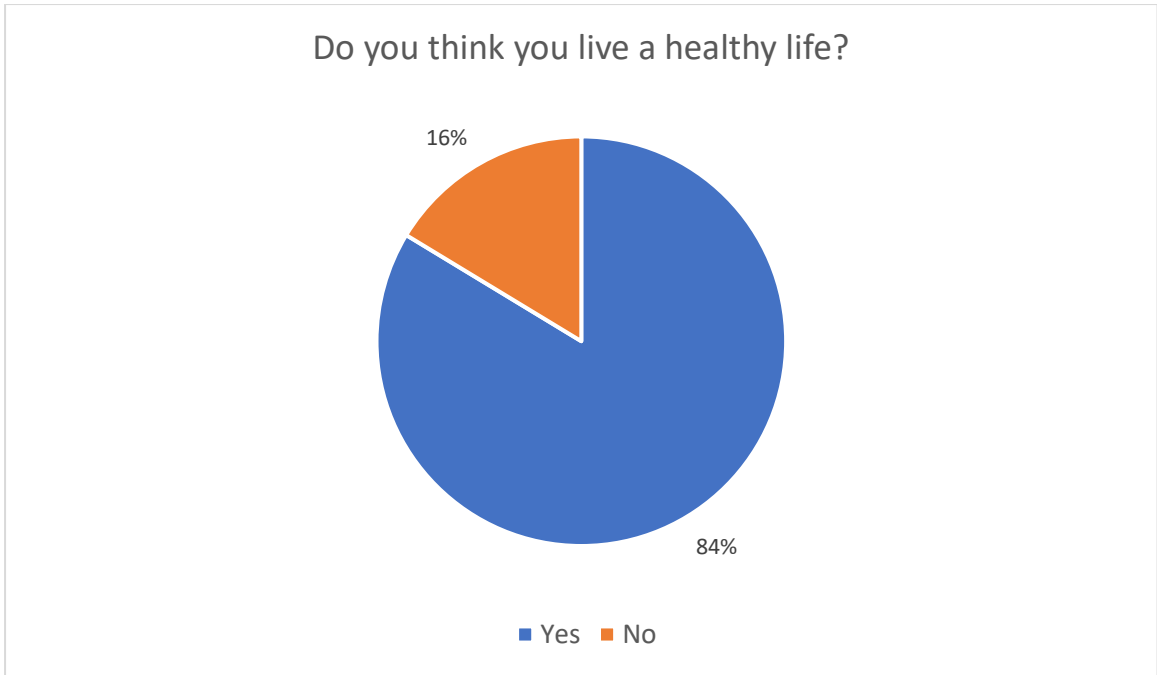
Where do you get the most information about a healthy diet?



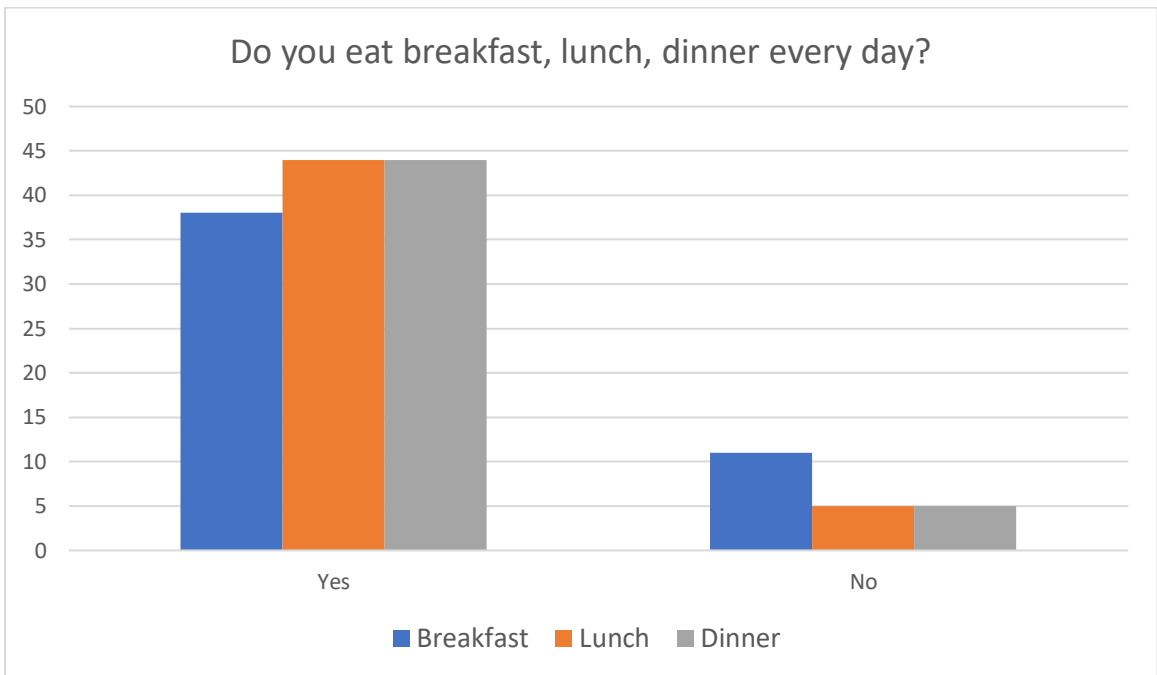
A significant majority of the students think that they have a balanced diet. They represent 82% of all students. They also believe that they live healthy life (84%).

Do you consider that you have a balanced diet?



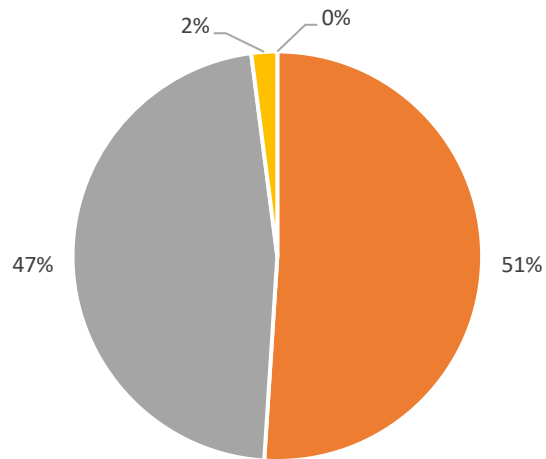


38 students, or 78%, eat breakfast every day; 44, or 90%, eat lunch and dinner every day. We can see that one of our focuses should be on breakfast – how important is this meal for the students, why it is important, and what our body needs to function well in the morning and at school.



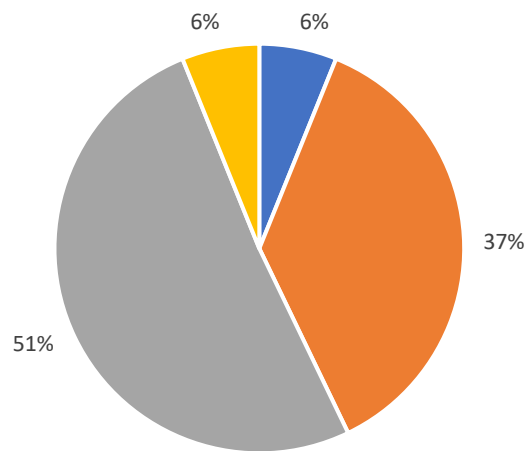
We are glad to learn that all participants eat fruits several times a week. The same goes for eating vegetables. We are also delighted to find that most students (84%) eat homemade food daily and 16% several times a week.

How often do you eat fruits?



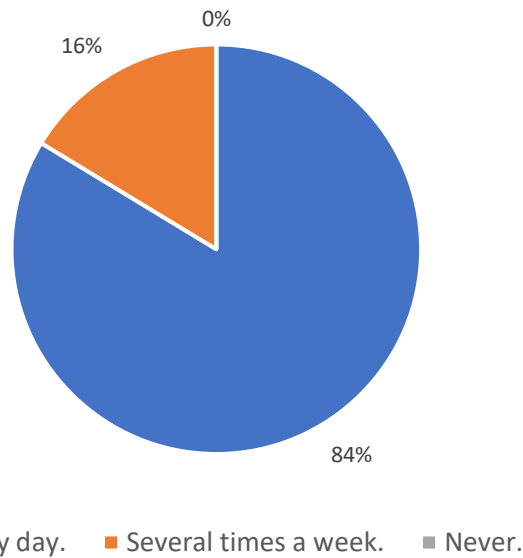
■ Don't eat fruits. ■ Several times a day. ■ 2-3 times a week. ■ Once a week

How often do you eat vegetables?



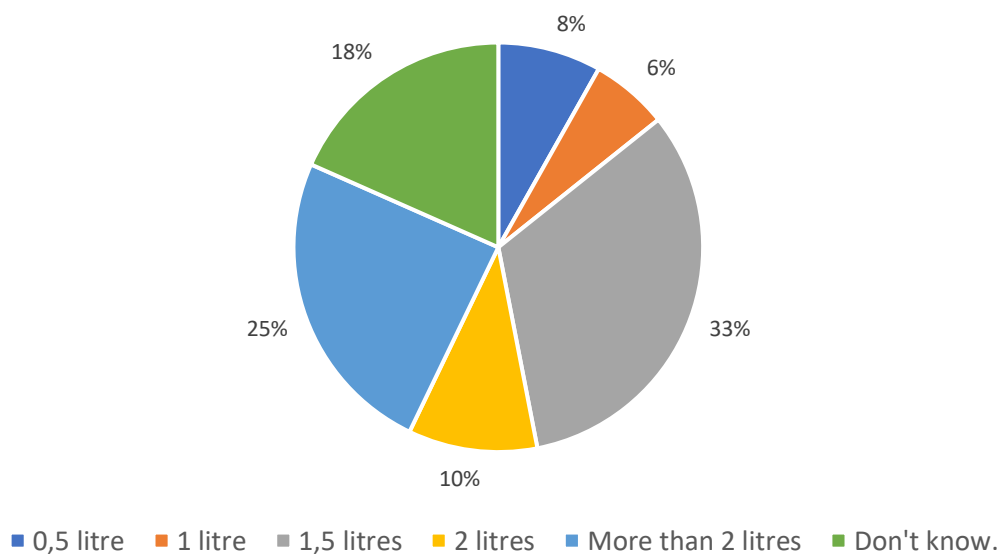
■ Don't eat vegetables. ■ Several times a day. ■ 2-3 times a week. ■ Once a week.

How often do you eat home-made food?



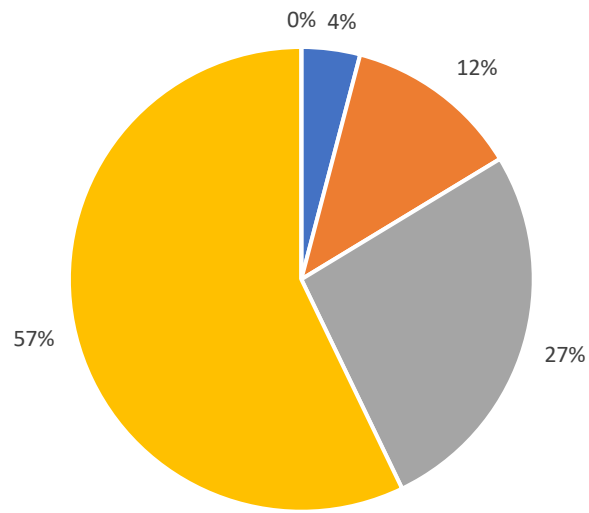
We asked the students how much water they drink per day. The answers vary between 0,5 litres and more than 2 litres. But most of them (33%) drink 1,5 litres per day.

How much water do you drink per day?



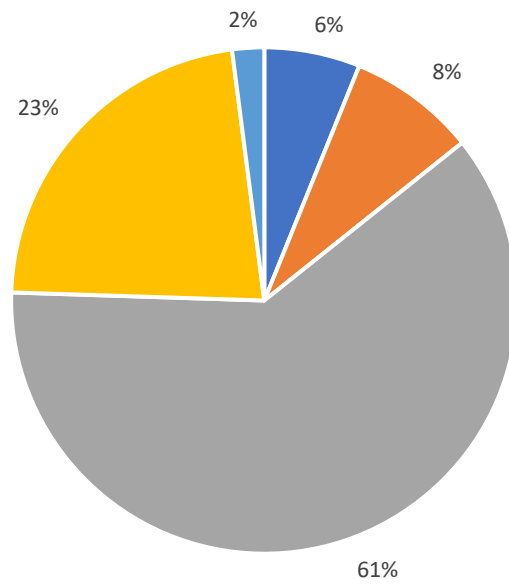
We also asked them about fizzy drinks. 12% of students drink fizzy drinks most of the days of week, and 27% one or two times a week. The students also like to eat sweets. 8% eat sweets most days of the week, and 61% eat sweets one or two times a week. 2% of students answered that they never eat sweets, and 6% that they eat sweets every day.

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.

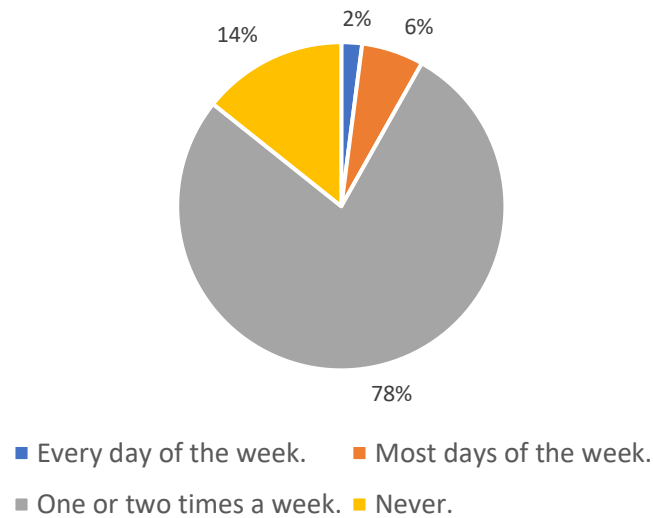
How often do you have sweets?



- 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.

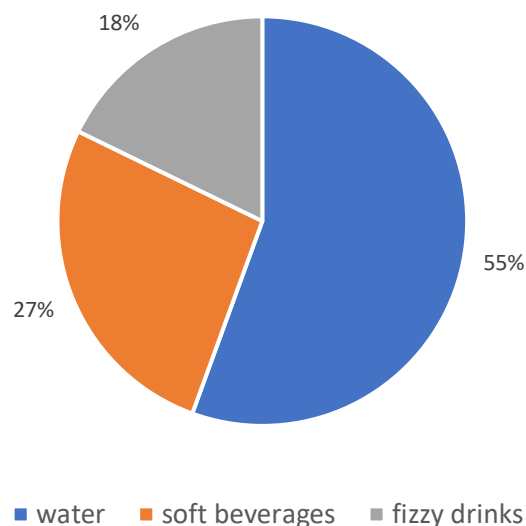
The survey shows that our students like to eat a meal or eat fast food (83%). That is a high number that worries us (but it was an expected outcome with given answers). Only 7 or 14% said that they never eat out or eat fast food.

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



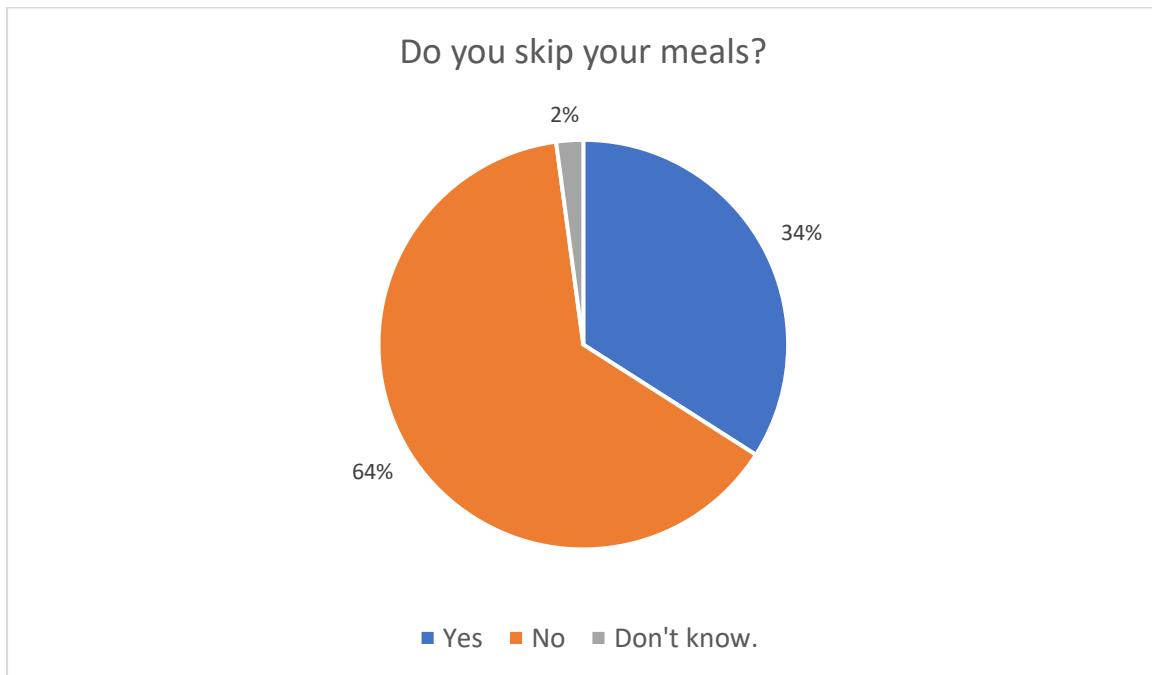
Questions about their favourite drink and favourite food followed. 47 students answered these two questions. 25 (or 53%) of students responded that their favourite drink is water; others stated soft beverages (12 or 25%) and fizzy drinks (8 or 17%).

What is your favourite drink?

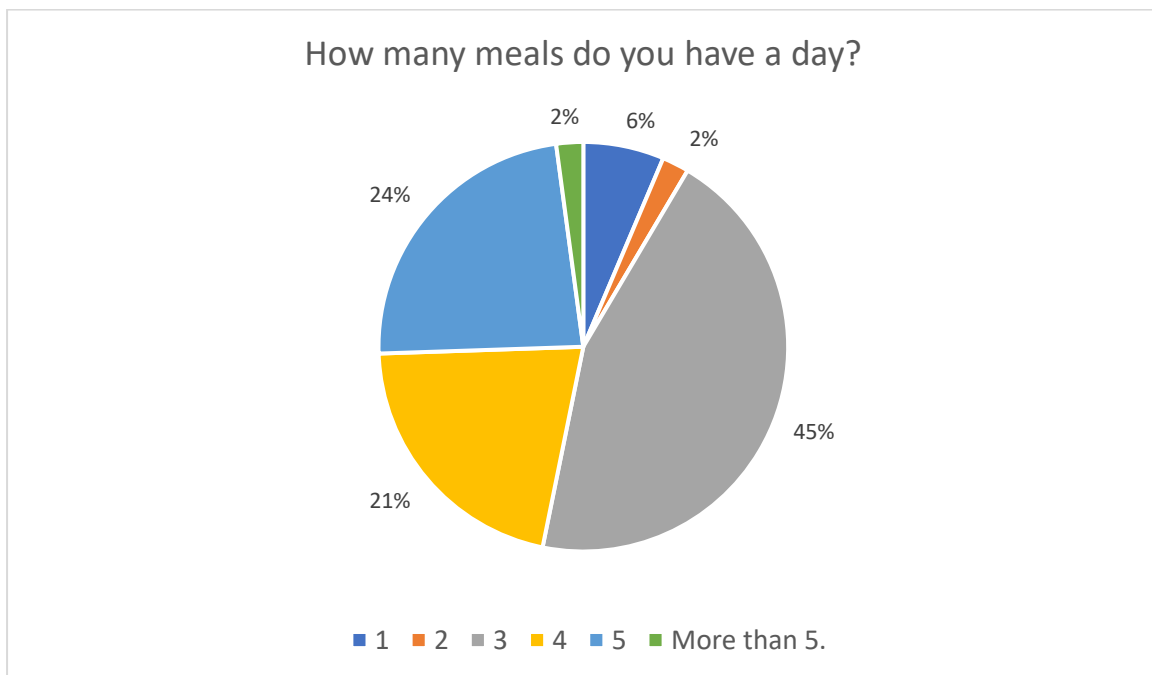


We also asked them about their favourite food. Because the question was open-ended, the sum is as follows: chicken 9%, pasta (spaghetti, pasta, lasagna) 23%, fast food (hot dogs, burgers, pizza, French fries, kebab) 28%, salad 7%, other (like paella, meatballs, sarma) 23% and three students don't know what their favourite meal is.

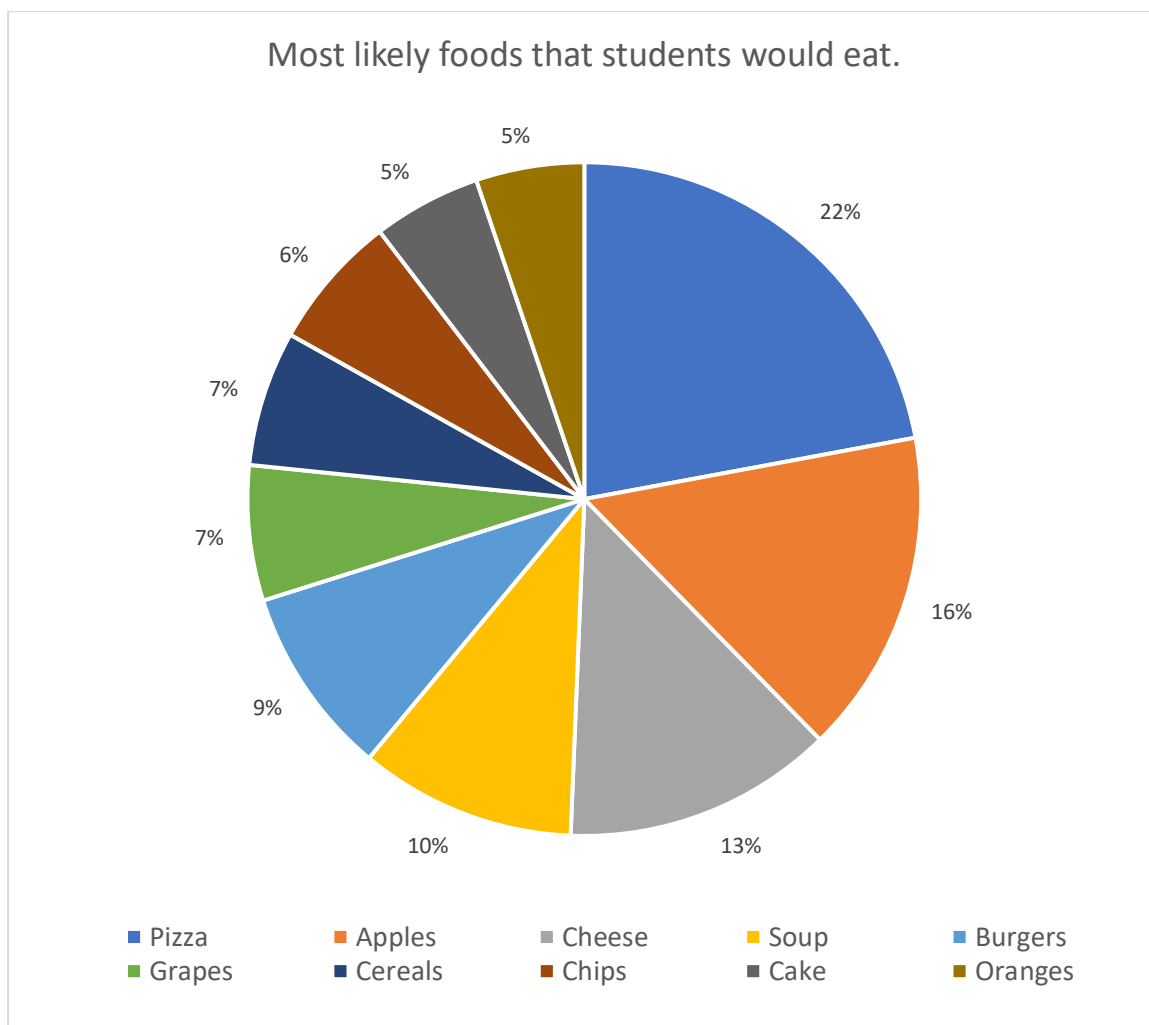
We asked the students if they skip their meals. 16 students (or 34%) stated that they skip their meals. We should work on this with them and show them why skipping meals is not OK.



Most students have three (21 or 45%) or 4 (10 or 21%) meals daily. 11 (or 23%) have five meals a day. We will have to pay attention to those 4 who have only 1 or 2 meals a day.



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 pizza (17 or 36%), apples (12 or 26%), and cheese (10 or 21%). The soup, burgers, grapes, cereals, chips, cake, and oranges follow.



We asked about the food organization at school. Slovenian, Turkish, Romanian and Italian schools have a cafeteria where they offer breakfasts, lunches and afternoon snacks. 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.

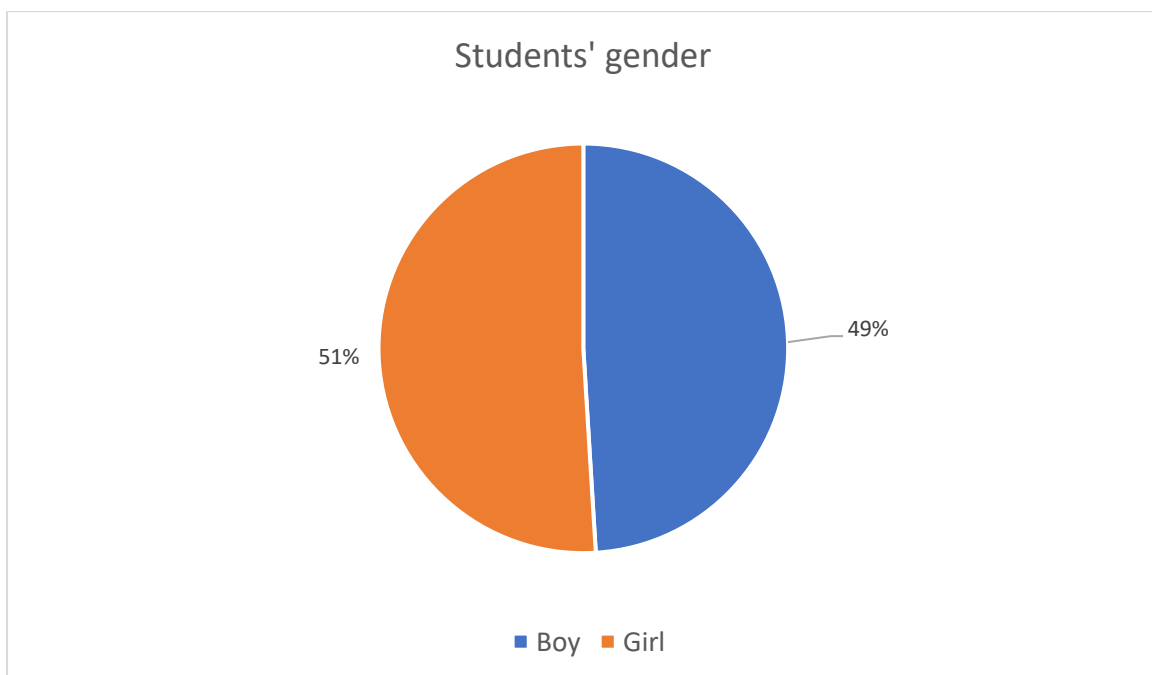
The next set of questions was about the sport. 31, or 66%, responded that they do practice sports. 16 (or 34%) students don't practice any sport. The most common answers were football (8 or 25%), karate (5 or 15%), and gymnastics (5 or 15%); less common are basketball, swimming, handball, athletics, volleyball, dancing, badminton, field hockey, and running. 2 of students practice two sports. Most of these students practice their sport two times a week (12 or 40%), three times a week (6 or 20%), four times a week (4 or 13%) or more (5 or 17%). Their activities last more than 1 hour on average (35 or 76%).

We also asked the students if they had done a cycle ride in the past seven days. 25 or 54% answered yes, and 21 or 46% responded that they didn't ride a bicycle in the past seven days. In that time period, 43 (or 93%) of students have done a continuous walk lasting at least 10 minutes, and 3 (or 7%) 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. 21 or 46% of students spend between 1 and 2 hours doing it, 12 or 26% of students spend between 2 and 3 hours doing that, 2 or 4% between 3 and 4 hours and 5 or 11% more than 4 hours. 6 or 13% spend less than 1 hour.

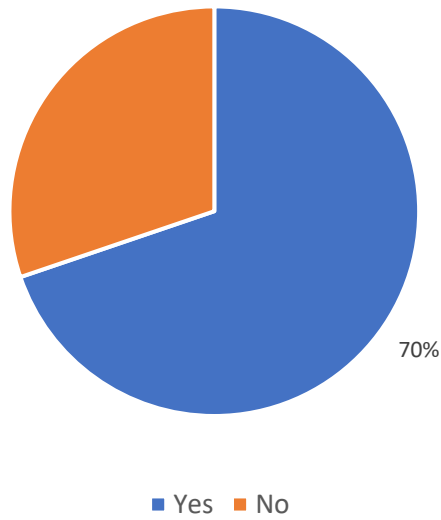
2) Initial survey indirect participants

We received 470 valid answers (throughout the questionnaire, the number of responses varies). The girls represented 51% (210) of students who answered the questions, and the boys 49% (202).

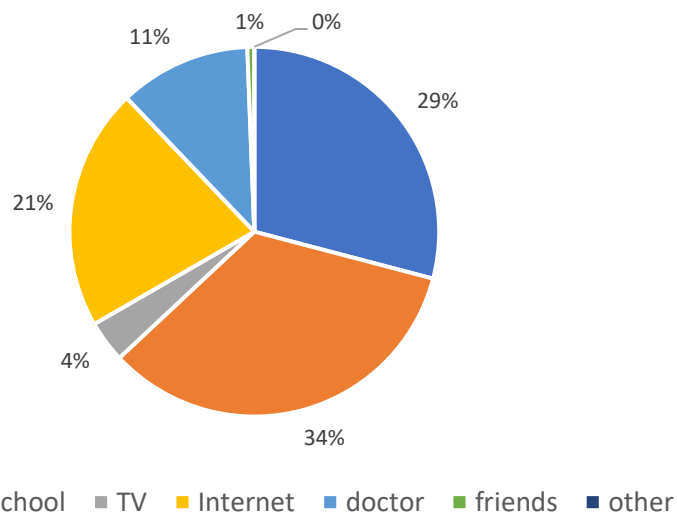


Not all of the students who answered the questions know the healthy eating pyramid/food pyramid. 70% of students know it, and 30% don't. Most of the students who know get the information about the healthy diet at their homes (29%), at school (34%), on the internet (21%), at doctor's offices (12%). Because 30% of students don't know the food pyramid, we will carry out different activities to teach them about it.

Do you know healthy eating pyramid/food pyramid?

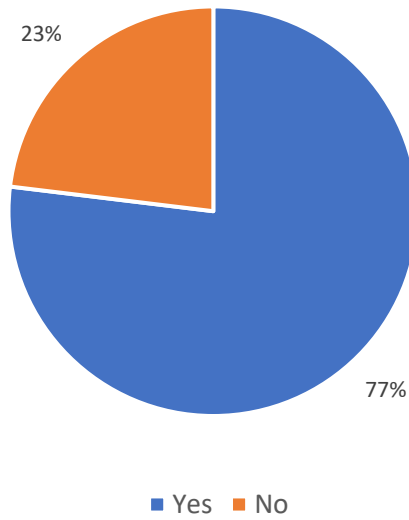


Where do you get the most information about a healthy diet?

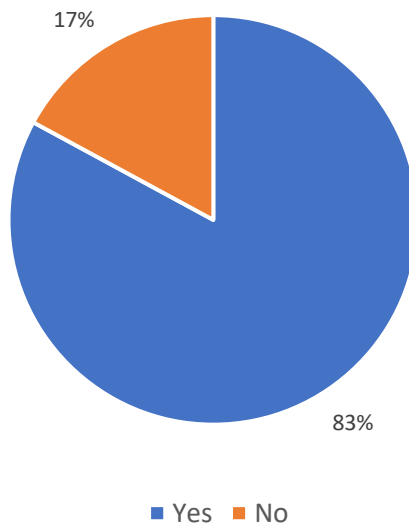


A significant majority of the students think that they have a balanced diet. They represent 77% of all students. They also believe that they live healthy life (83%).

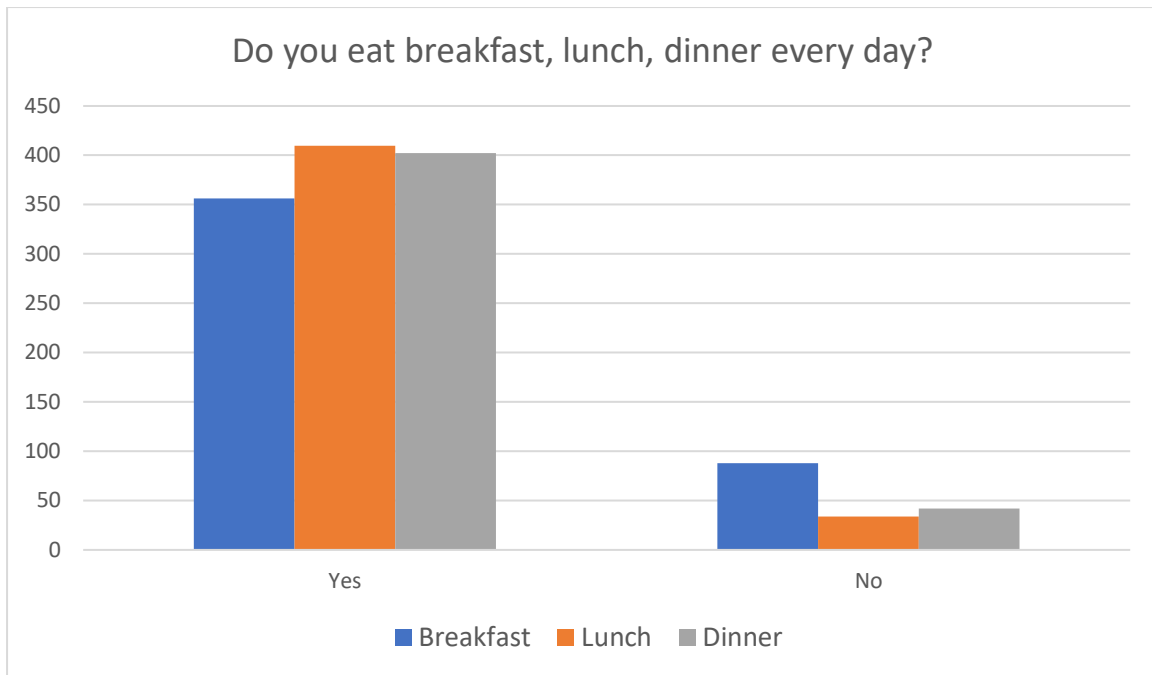
Do you consider that you have a balanced diet?



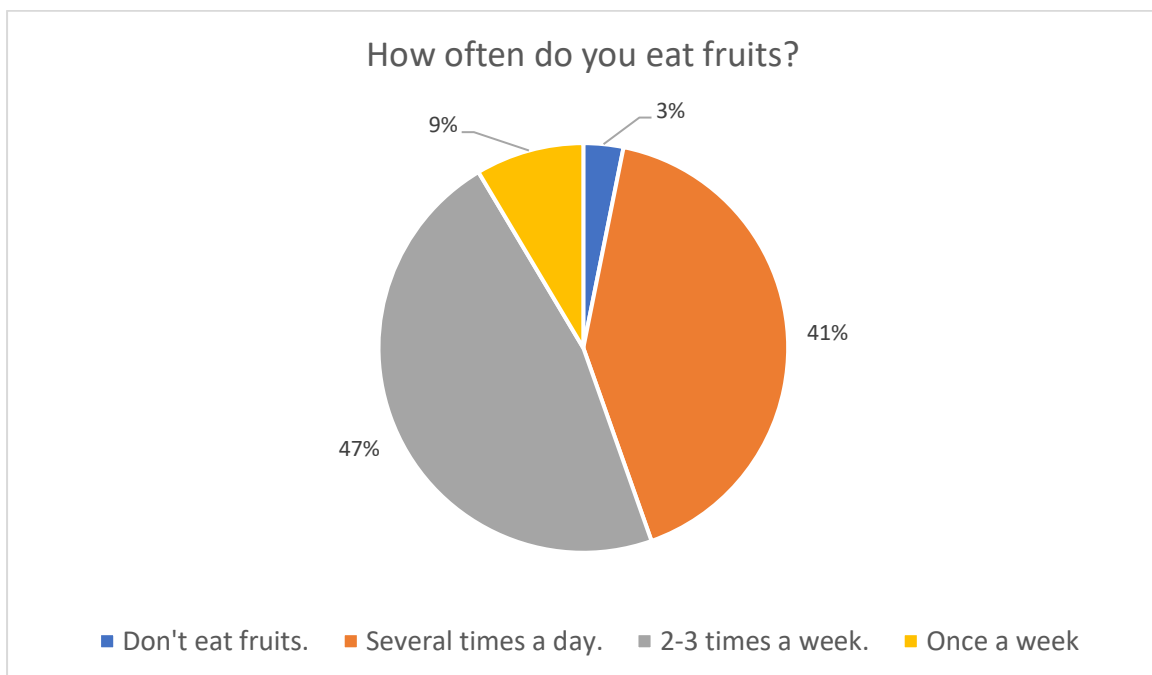
Do you think you live a healthy life?



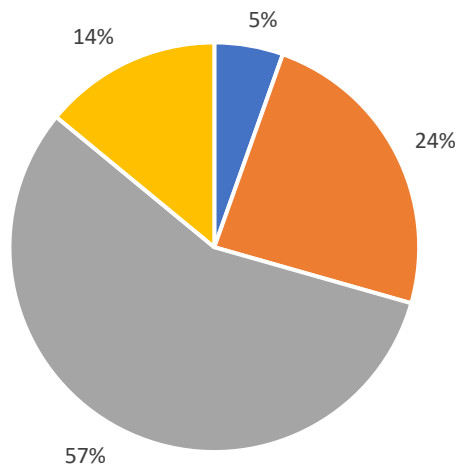
80% of students eat breakfast every day; 92% eat lunch every day, and 91% eat dinner every day. We can see that one of our focuses should be on breakfast – how important is this meal for the students, why it is important, and what our body needs to function well in the morning and at school.



We are glad to learn that majority of participants eat fruits several times a week. The same goes for eating vegetables. But only 3% or 5% of students don't eat fruits and vegetables. 4 of those students don't eat fruits and vegetables. We are also delighted to find that most students (74%) eat homemade food daily and 24% several times a week.

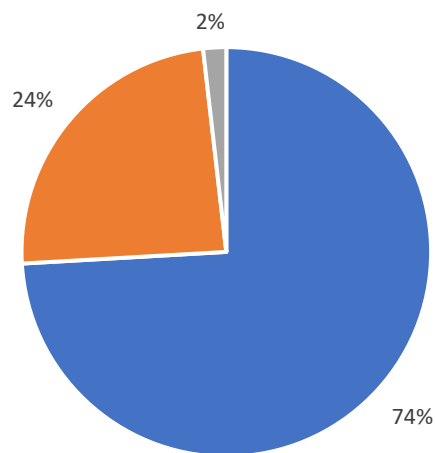


How often do you eat vegetables?



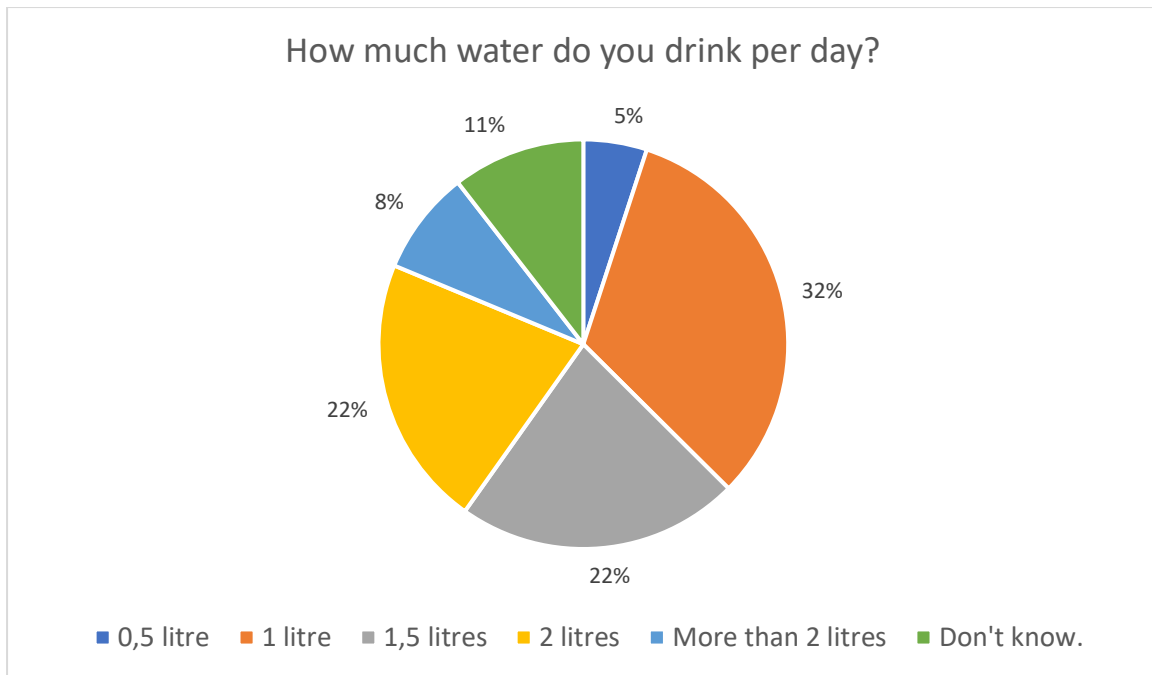
■ Don't eat vegetables. ■ Several times a day. ■ 2-3 times a week. ■ Once a week.

How often do you eat home-made food?



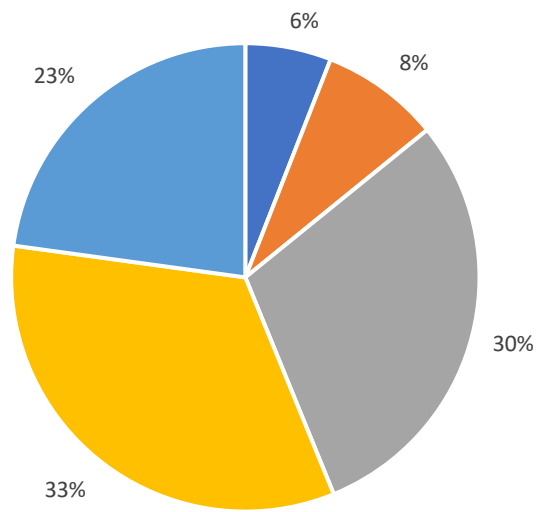
■ Every day. ■ Several times a week. ■ Never.

We asked the students how much water they drink per day. The answers vary between 1 litre and 2 litres.



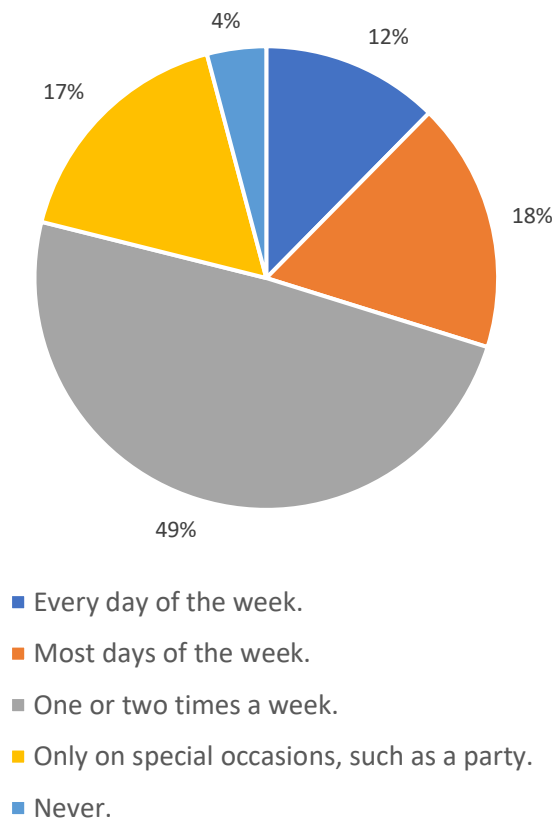
We also asked them about fizzy drinks. 6% of students drink fizzy drinks every day of the week, 8% most days of the week, and 30% one or two times a week. The students also like to eat sweets. 17% eat sweets most days of the week, and 49% eat sweets one or two times a week. 4% of students answered that they never eat sweets, and 12% that they eat sweets every day. 14% (fizzy drinks) and 32% (sweets) of students is not a small number so we will have to focus on the effect of fizzy drinks and sugar in them on the body.

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



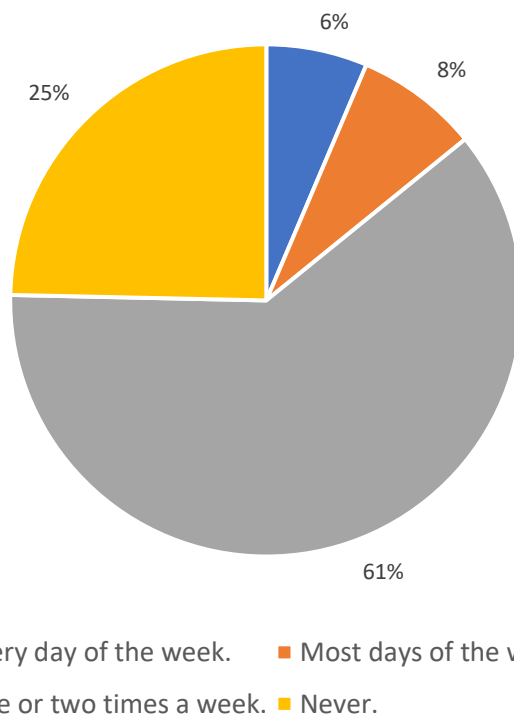
- Every day of the week.
- Most days of the week.
- One or two times a week.
- Only on special occasions, such as a party.
- Never.

How often do you have sweets?



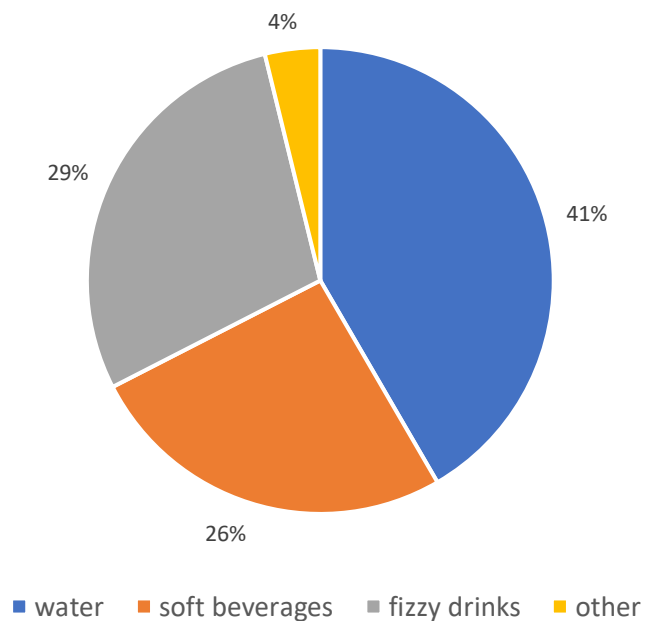
The survey shows that our students like to eat a meal out or eat fast food (75%). That is a high number that worries us (but it was an expected outcome with given answers). 25% said that they never eat out or eat fast food.

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



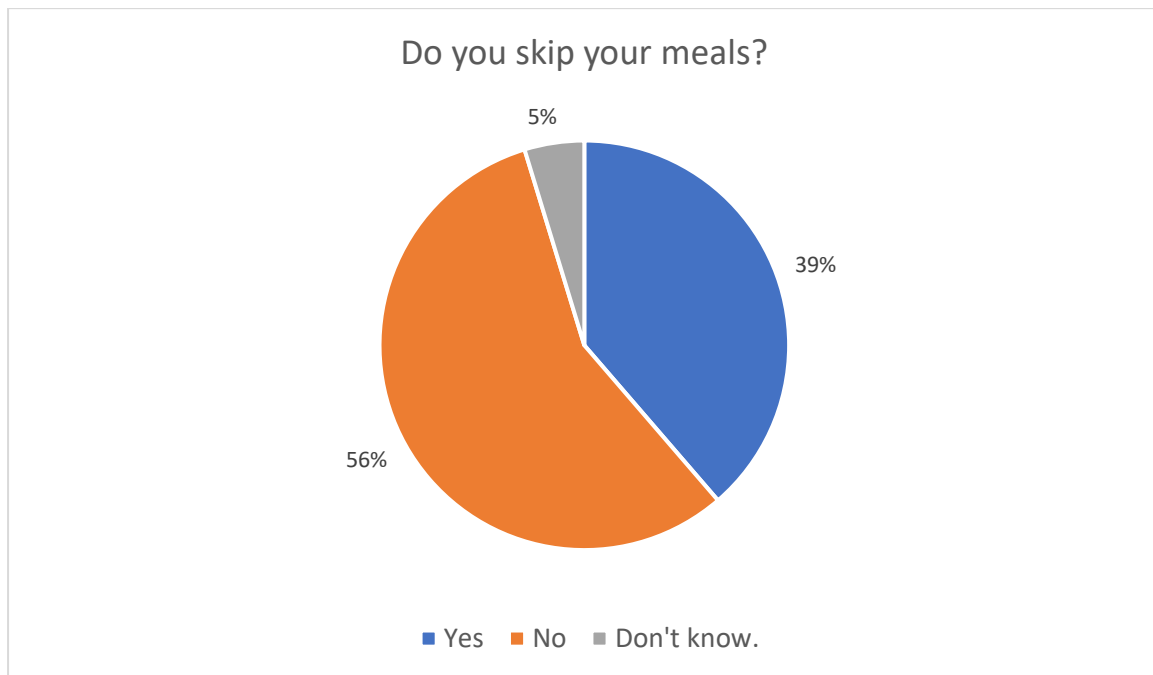
Questions about their favourite drink and favourite food followed. 426 students answered these two questions. 41% of students responded that their favourite drink is water; others stated soft beverages – 26%, fizzy drinks 29% and other (like buttermilk, milkshake) 4%.

What is your favourite drink?

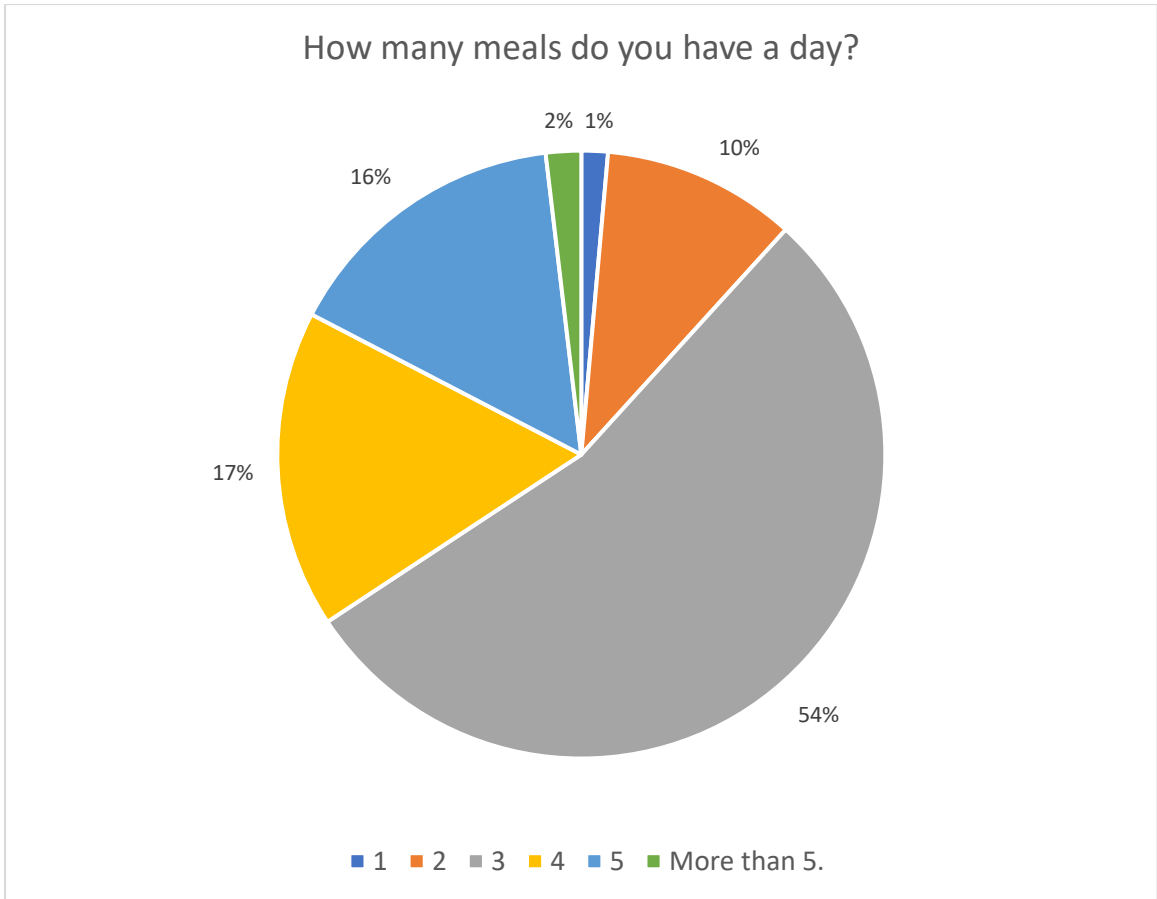


We also asked them about their favourite food. Because the question was open-ended, the sum is as follows: 6% of students like the fast food the most, 26% pizza, 18% pasta, 5% meat, 8% soups, 6% vegetables, 2% rice. The rest is the mix of different type of dishes. This will also be the issue, we have to tackle it during the project.

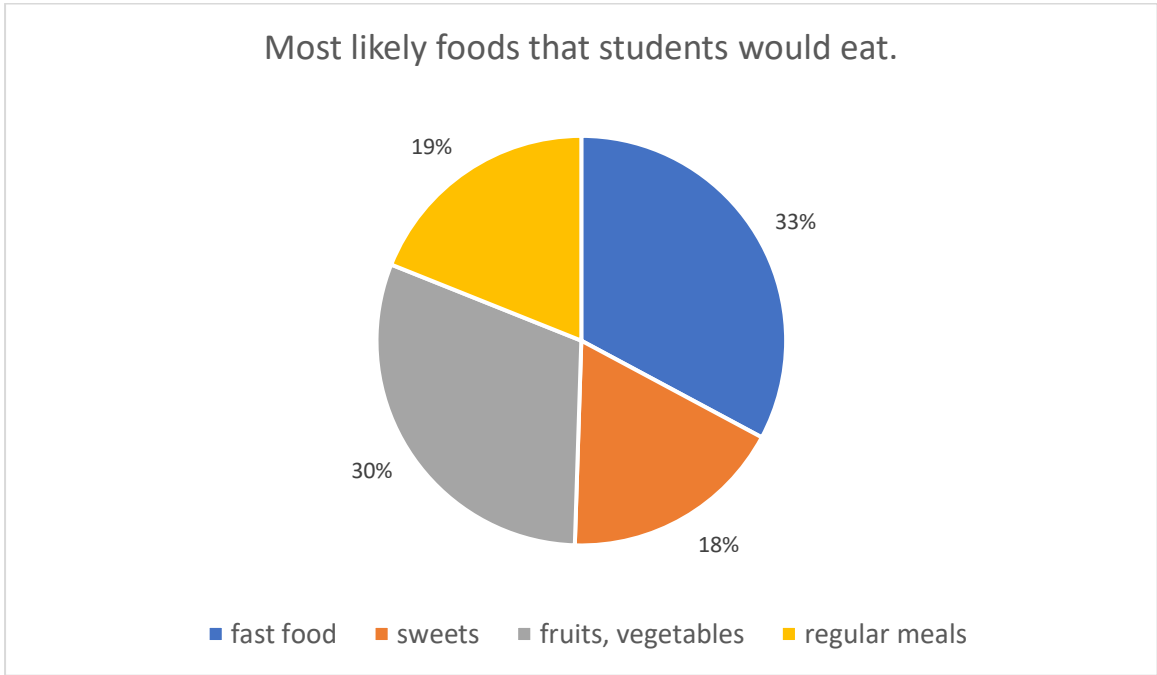
We asked the students if they skip their meals. 39% of students stated that they skip their meals. We should work on this with them and show them why skipping meals is not OK.



Most students have three (54%) or 4 (17%) meals daily. 15% have five meals a day. We will have to pay attention to those who have only 1 or 2 meals a day (11% in total).



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) – 33%, sweets 18%, fruits and vegetables 30% and regular meals 19%.



We asked about the food organization at school. Slovenian, Turkish, Romanian and Italian schools have a cafeteria where they offer breakfasts, lunches and afternoon snacks. 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. 67% responded that they do practice sports. 33% don't practice any sport. The most common answers were football 48%, dancing 12%, swimming 12%, less common are volleyball, running, handball, basketball, cycling, tennis. Most of these students practice their sport two times a week (41%), three times a week (12%), four times a week (13%) or more (13%). Their activities last between 1 and 2 hours on average (54%). 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. 42% answered yes, and 58% responded that they didn't ride a bicycle in the past seven days. In that time period, 90% of students have done a continuous walk lasting at least 10 minutes, and 10% 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. 33% of students spend less than 1 hours, 31% between 1 and 2 hours doing it, 19% of students spend between 2 and 3 hours, 6% between 3 and 4 hours and 10% more than 4 hours. The students spend a lot of time online, watching TV, and movies, playing computer games, use their phones. We will try to shorten the time they spend like this.

3) Conclusion

Analysis showed that we have to tackle some problems. Some of them were obvious, but others we didn't predict at the beginning of the project.

One of our focuses should be on breakfast. We will have to teach the students why and how important breakfast is for them, that breakfast boosts brain power, can help with weight gain, reduces the risk for obesity and weight gain, and builds better bodies (helps with heart, digestion, bones, metabolism). We must show the students why skipping meals is not OK and why they must eat at least three meals daily.

We are not surprised that the analysis showed that most students picked fast food as their preferred meal. We will have to prepare different activities to show them the healthy version of their favourite meals and how to replace some ingredients. We also learned that the students drink a lot of fizzy drinks and soft beverages and eat a lot of sweets, which all lead to high sugar consumption and how this affects their body. We will try to change this with different activities.

During the analysis of the survey taken by indirect participants, we found out that 30% of students don't know the healthy eating pyramid/food pyramid. We will prepare different activities to tackle this issue and teach the students about it.