



OUR EATING HABITS

Projekt Erasmus+ - Sports and healthy food for inclusion

At our school, we interviewed 120 students aged from 15 years to 18 years.

We compared the results with the data of the National Institute of Public Health about the eating habits of Slovenian and the eating habits of Slovenian adolescents.

Nutrition of Slovenians is sufficient in terms of the quantity of the food intake, but is inadequate in its quality. We eat too much fat, sugar, salt and red meat and not enough fruits, vegetables, whole-grain cereals and fish. The quantity and distribution of meals per day is also inappropriate.

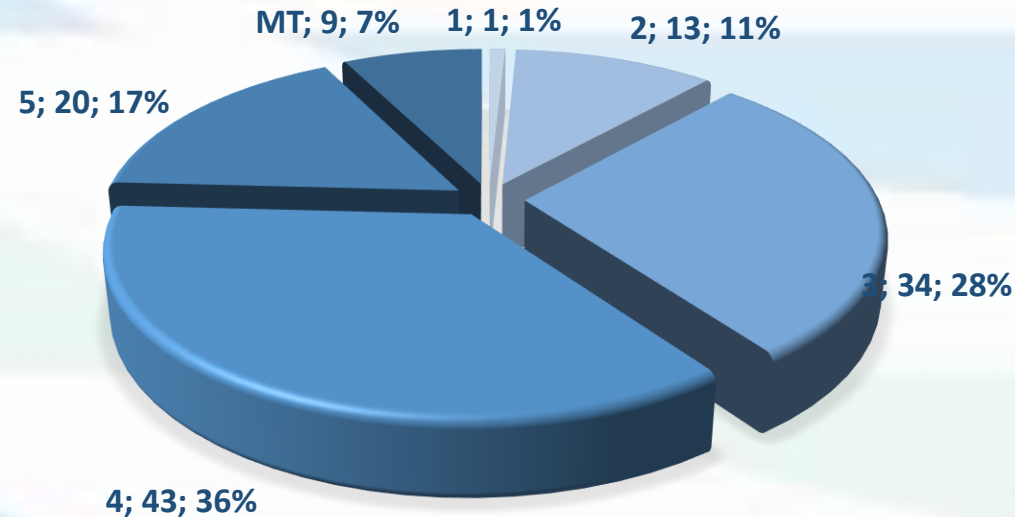
The most common mistakes in the diet of Slovenian adolescents are:

- dropping breakfast,
- drinking sweet and fizzy drinks,
- drinking alcohol,
- eating too salty food (chips, snacks),
- insufficient consumption of fruits and vegetables.

The results of the questionnaire for SŠ Izola

NUMBERS OF MEALS PER DAY

Number of meals	1	2	3	4	5	MT
RESULTS	1	13	34	43	20	9
%	1	11	28	36	17	7

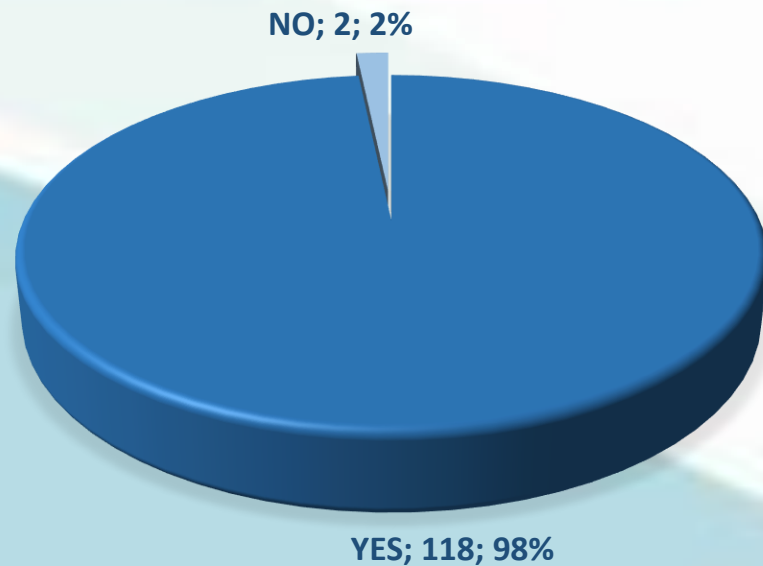


At our school during the main break, which lasts 35 minutes (from 10:25 to 11:00), our students can have a warm meal, warm vegetarian meal or nutritionally richer cold snack. Students living at the boarding school have at least 3 warm meals guaranteed by the school.

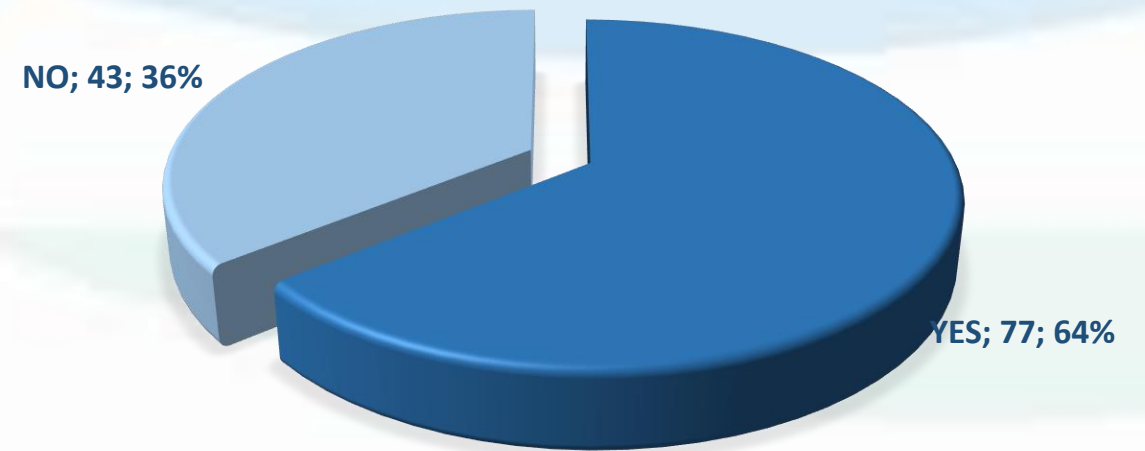
The results of the questionnaire for SŠ Izola

IMPORTANCE OF HAVING BREAKFAST

Awareness of importance	YES	NO
RESULTS	118	2
%	98	2



Having breakfast	YES	NO
RESULTS	77	43
%	64	36



The results of the questionnaire for SŠ Izola

IMPORTANCE OF HAVING BREAKFAST

Breakfast frequency	Every morning	Only when I go to school	When I've time
RESULTS	53	9	32
%	56	10	34

Reason they do not eat breakfast	I' no time	I'm not hungry	I feel sick when I travel to school
RESULTS	30	29	7
%	45	44	11

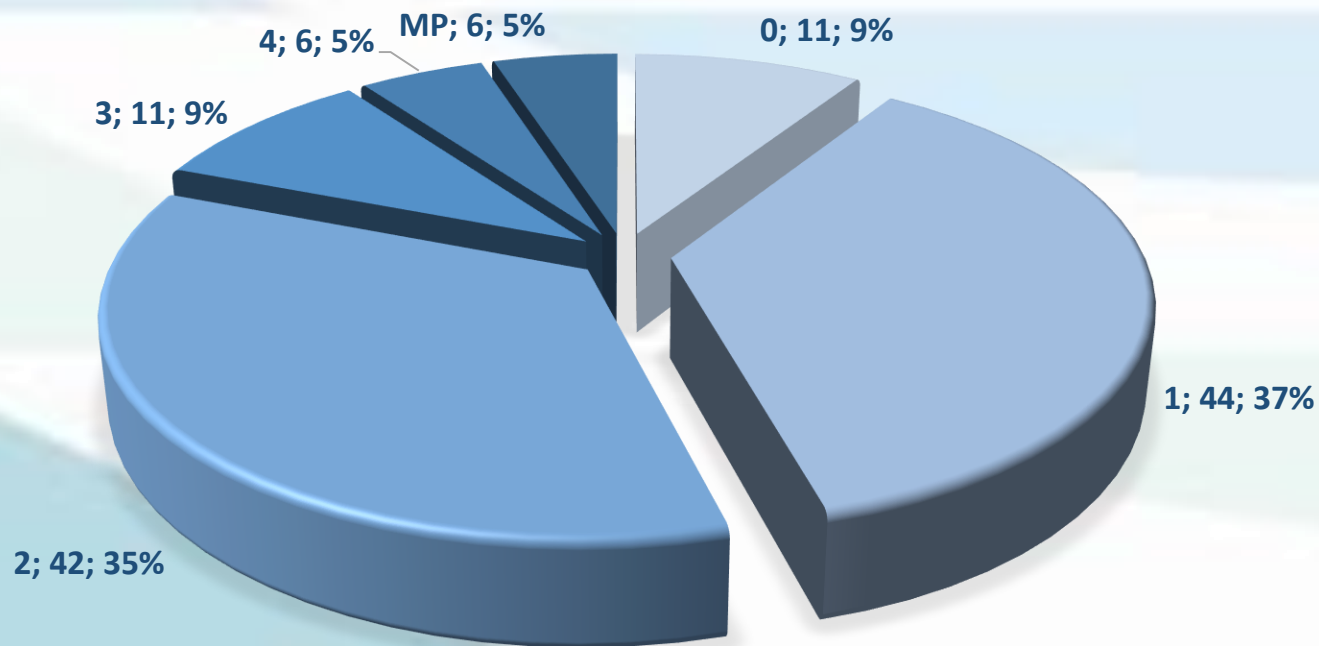
Students of our school are highly aware of the importance of having breakfast, but less than half of them eat breakfast every morning.

Comparing the results, the number of our students eating breakfast is the same as the Slovenian average.

The results of the questionnaire for SŠ Izola

SUGAR INTAKE PER DAY

Number of sweets per day	0	1	2	3	4	MP
RESULTS	11	44	42	11	6	6
%	9	37	35	9	5	5



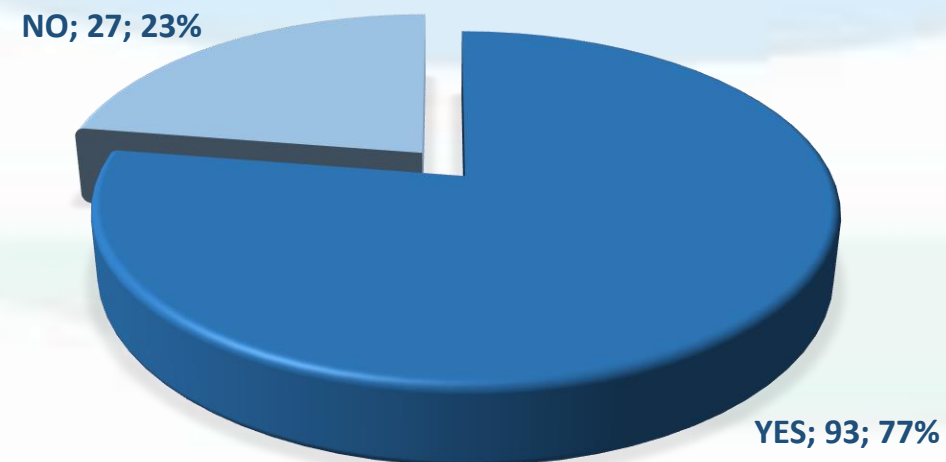
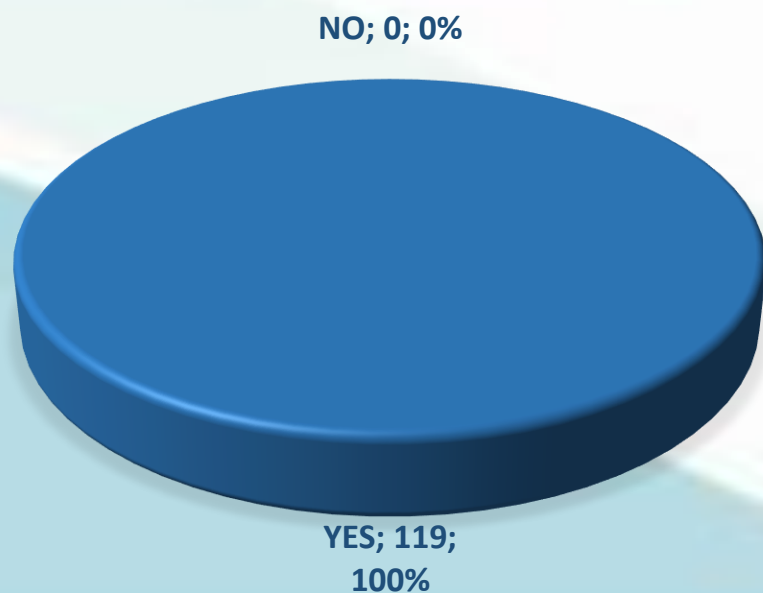
The majority of our students eat one or two pieces of sweets a day.

The results of the questionnaire for SŠ Izola

FRUIT AND VEGETABLES INTAKE

Like fresh fruit	YES	NO
RESULTS	119	0
%	100	0

Like vegetables	YES	NO
RESULTS	93	27
%	77,5	22,5



100 or 83% of our students eat fresh vegetables.

The results of the questionnaire for SŠ Izola

FRUIT AND VEGETABLES INTAKE

Frequency of eating fruit per day	0	1	2	3	4	MT
RESULTS	3	40	45	18	6	8
%	2	33	38	15	5	7

Frequency of eating vegetables per day	0	1	2	3	4	MT
RESULTS	9	46	37	13	9	5
%	8	39	31	11	8	4

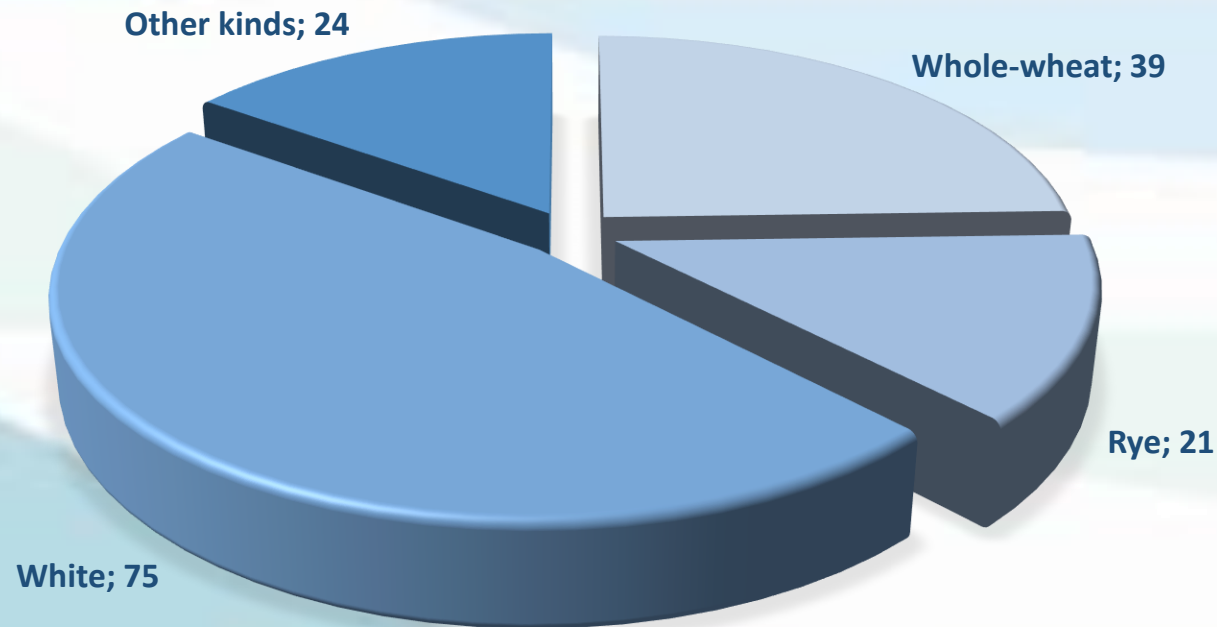
The Slovenian adolescent eat fruit and vegetables once or more times a day in 47,6%. Comparing the results, the number of our students eating fresh fruit and vegetable is above the Slovenian average.

The reason why the number of our students eating fresh fruit and vegetables is above Slovenian average is the region location near the Mediterranean Sea. Our region is influenced by the Mediterranean diet, which includes a lot of fruit and vegetables.

The results of the questionnaire for SŠ Izola

CONSUMPTION OF BREAD

Kind of bread	Whole-wheat	Rye	White	Other kinds
RESULTS	39	21	75	24
%	33	18	63	20

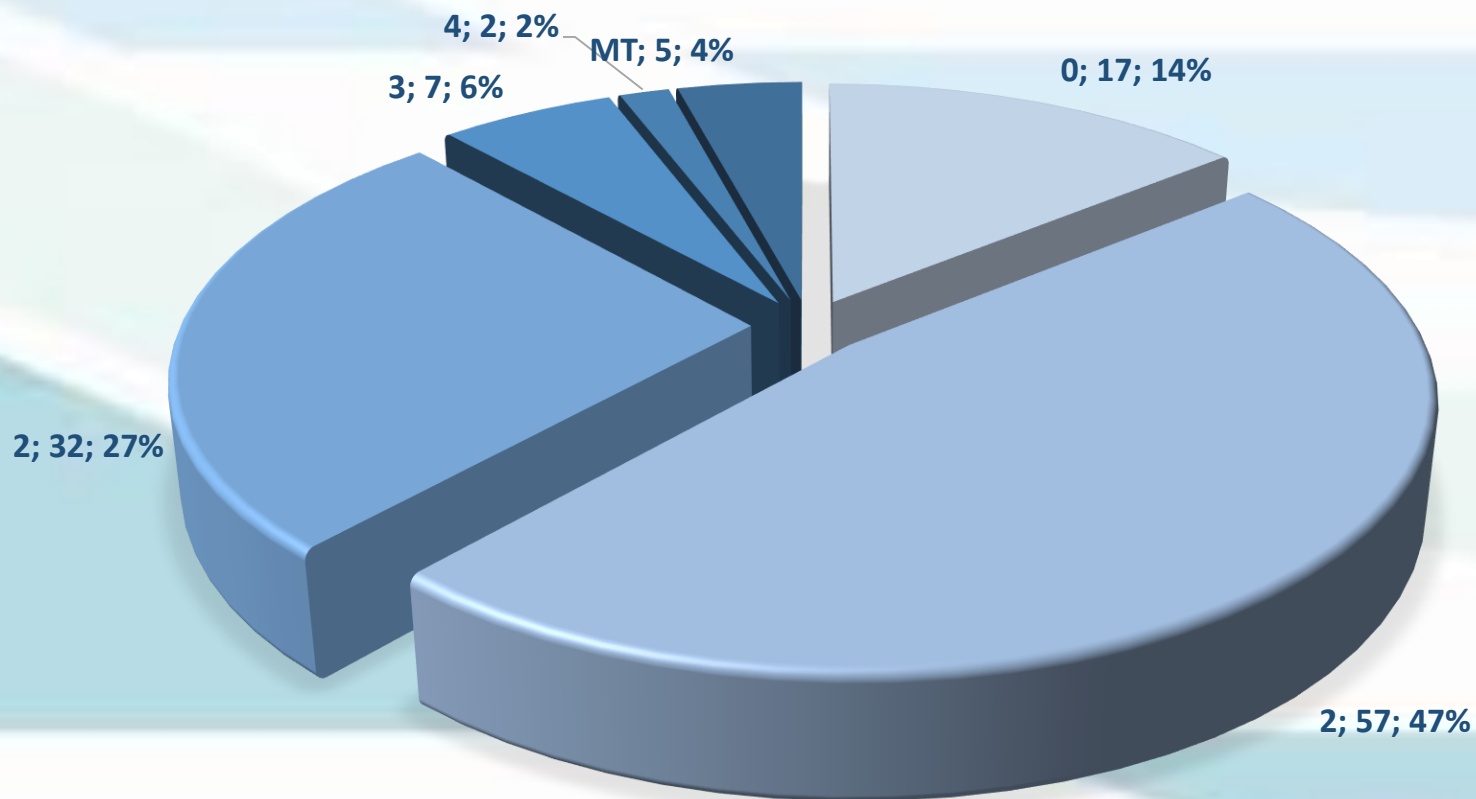


63% of the our students eat white bread. The reason of the popularity of eating white bread is the influence of the Italian kitchen.

The results of the questionnaire for SŠ Izola

CONSUMPTION OF MILK OR YOGHURT

Times per day	0	1	2	3	4	MT
RESULTS	17	57	32	7	2	5
%	14	47	27	6	2	4

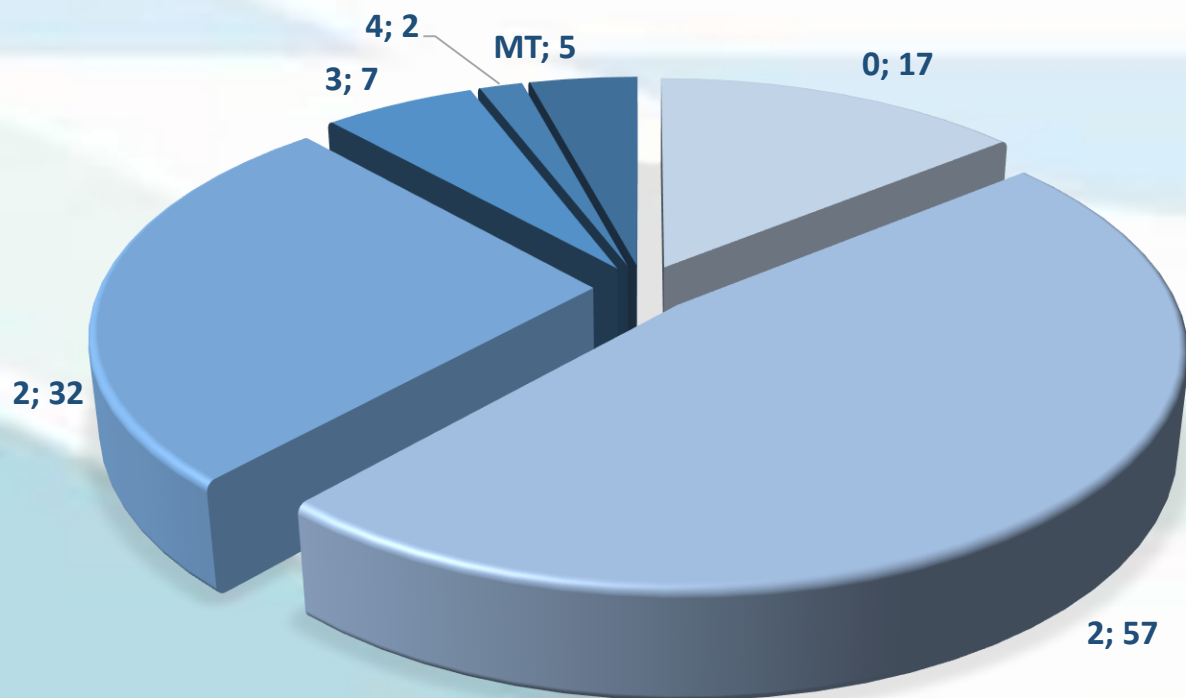


74,2% of our students have milk or yogurt once or twice a day

The results of the questionnaire for SŠ Izola

CONSUMPTION OF FLUIDS

Kind of fluid	Water	Fruit juice	Fizzy drinks	Other
RESULTS	93	37	8	12
%	78	31	7	10

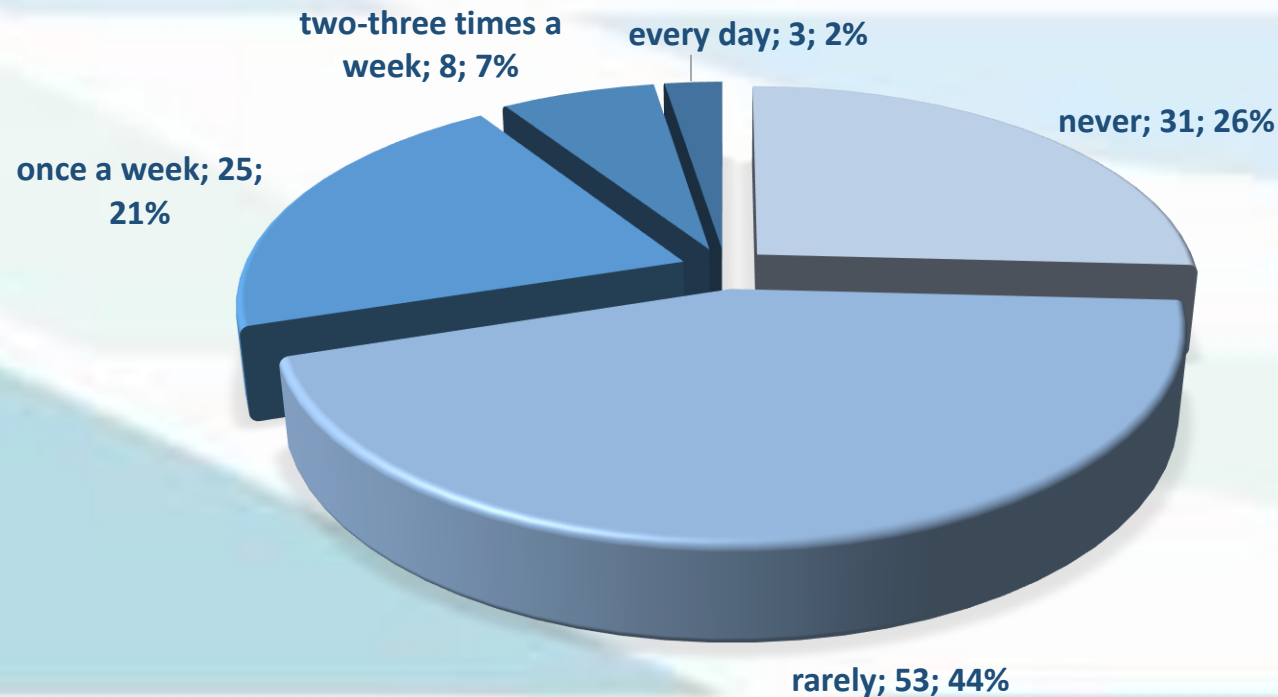


78% of our students drink water. One of the reasons why our students drink water is the prohibition of selling sweet drinks at school.

The results of the questionnaire for SŠ Izola

CONSUMPTION OF ALCOHOL

Frequency of drinking alcohol	Never	Rarely	Once a week	Two-three times a week	Every day
RESULTS	31	53	25	8	3
%	26	44	21	7	2

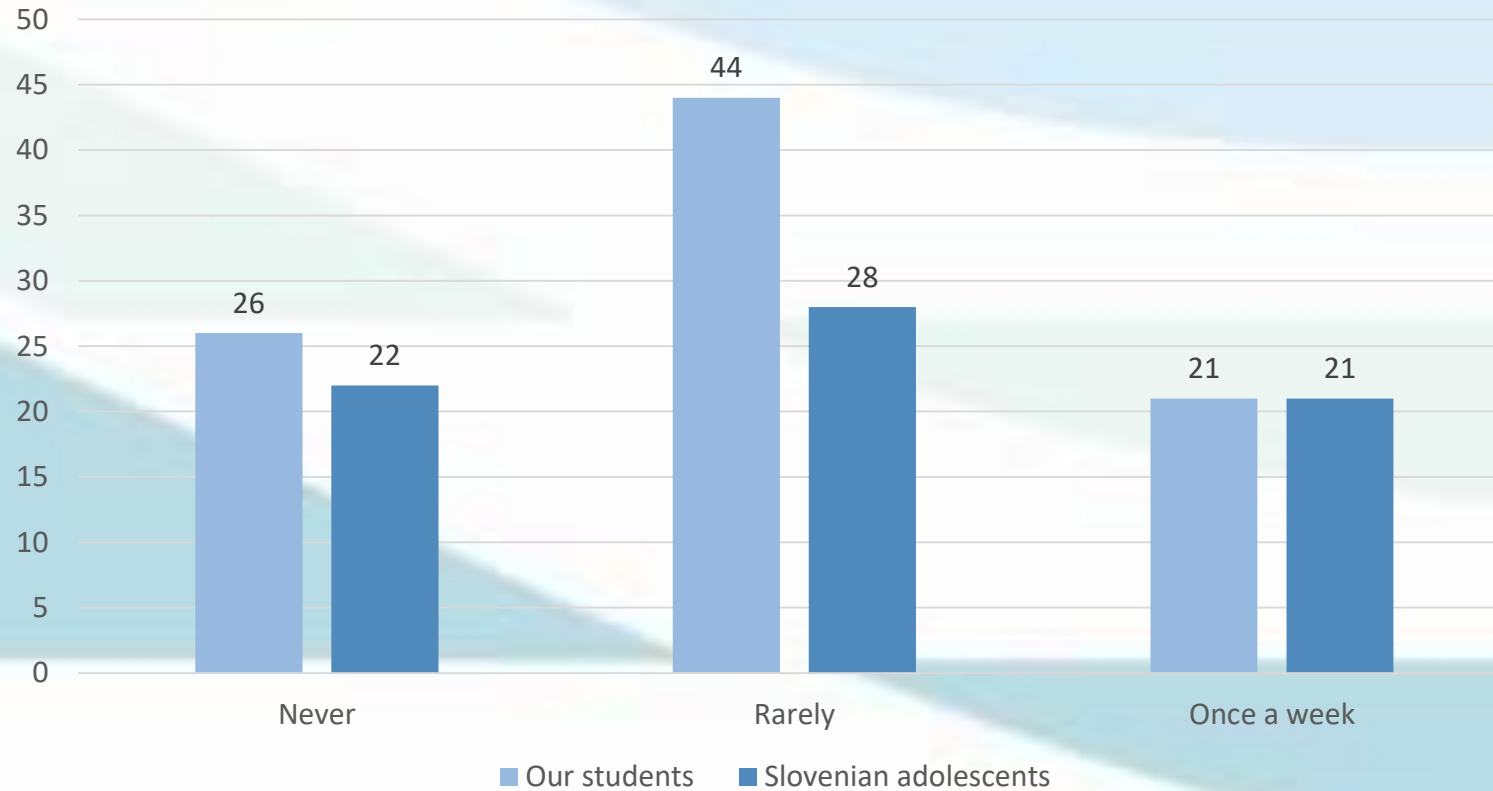


We cannot be happy with these results. Alcohol is a socially acceptable drug.

The results of the questionnaire for SŠ Izola

CONSUMPTION OF ALCOHOL

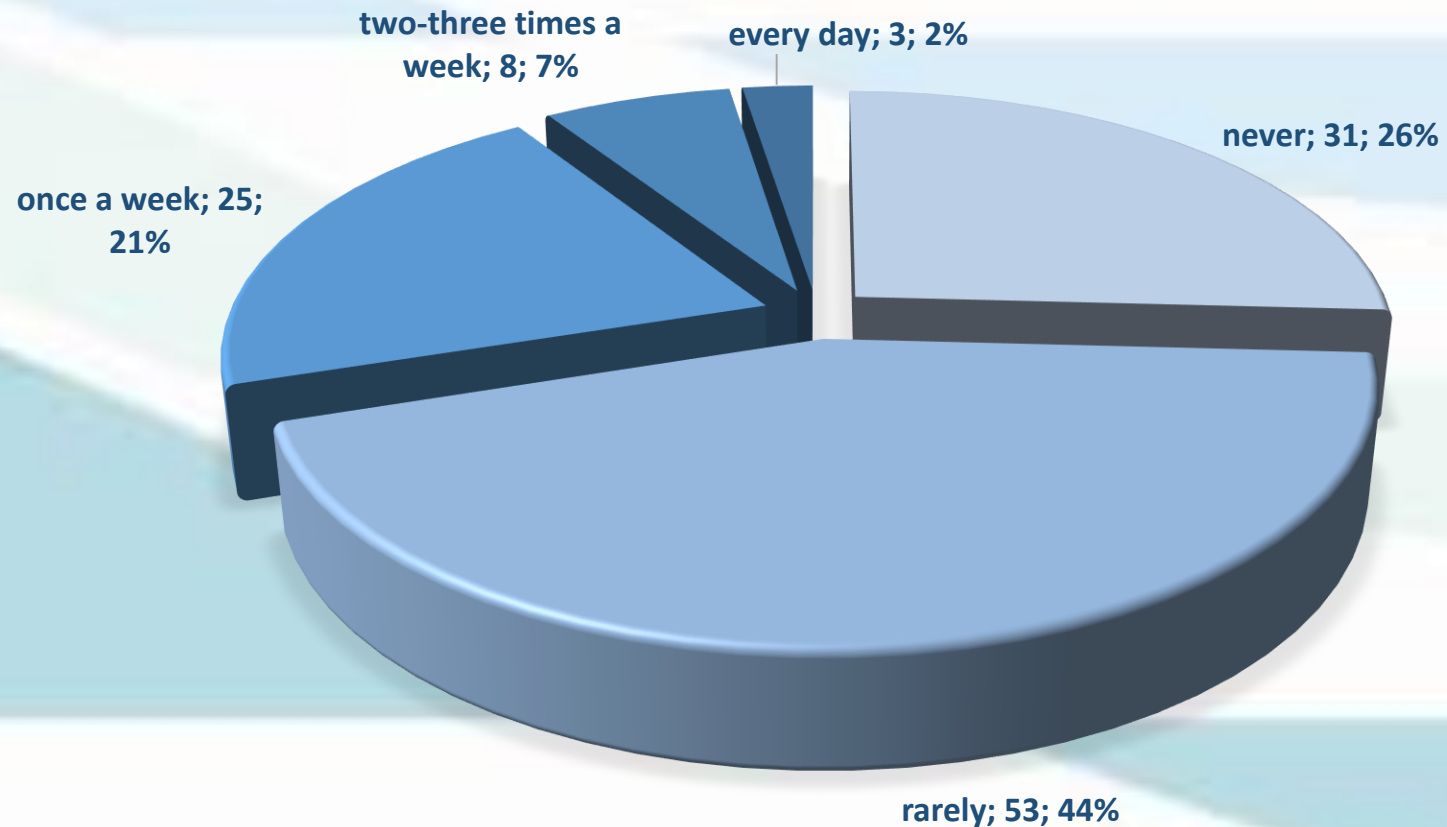
Compared to national data in %	Our students	Slovenian adolescents
Never	26	22
Rarely	44	18
Once a week	21	21



The results of the questionnaire for SŠ Izola

CONSUMPTION OF ALCOHOL

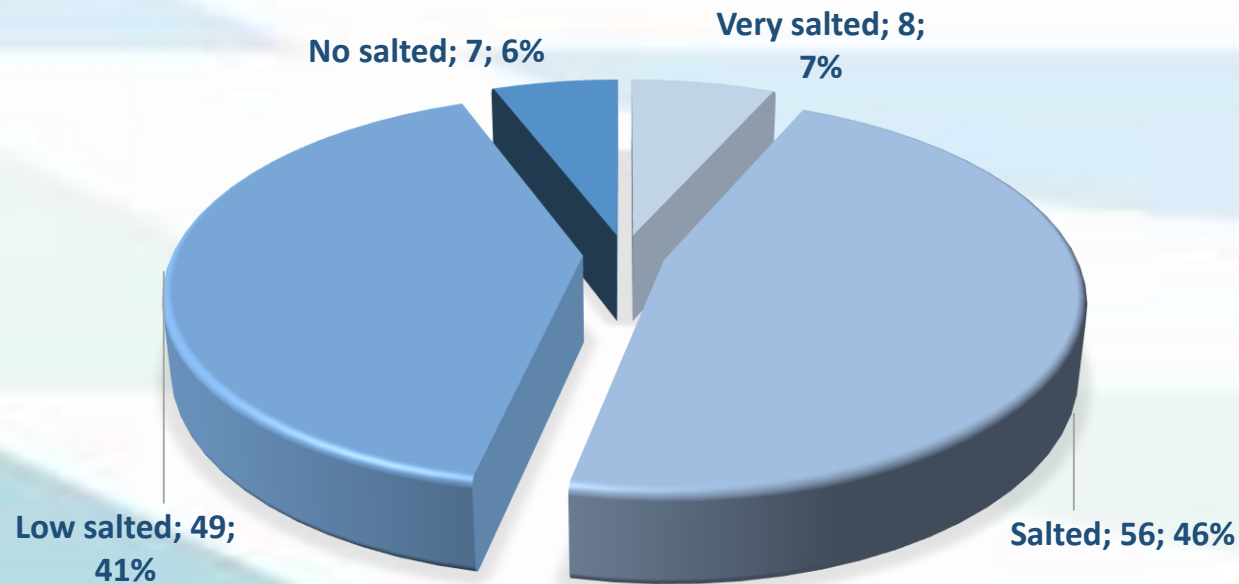
Awareness of harmfulness	YES	NO	I don't know
RESULTS	74	28	18
%	62	23	15



The results of the questionnaire for SŠ Izola

CONSUMPTION OF SALT

Salted dishes	Very salted	Salted	Low salted	No salted
RESULTS	8	56	49	7
%	7	46	41	6

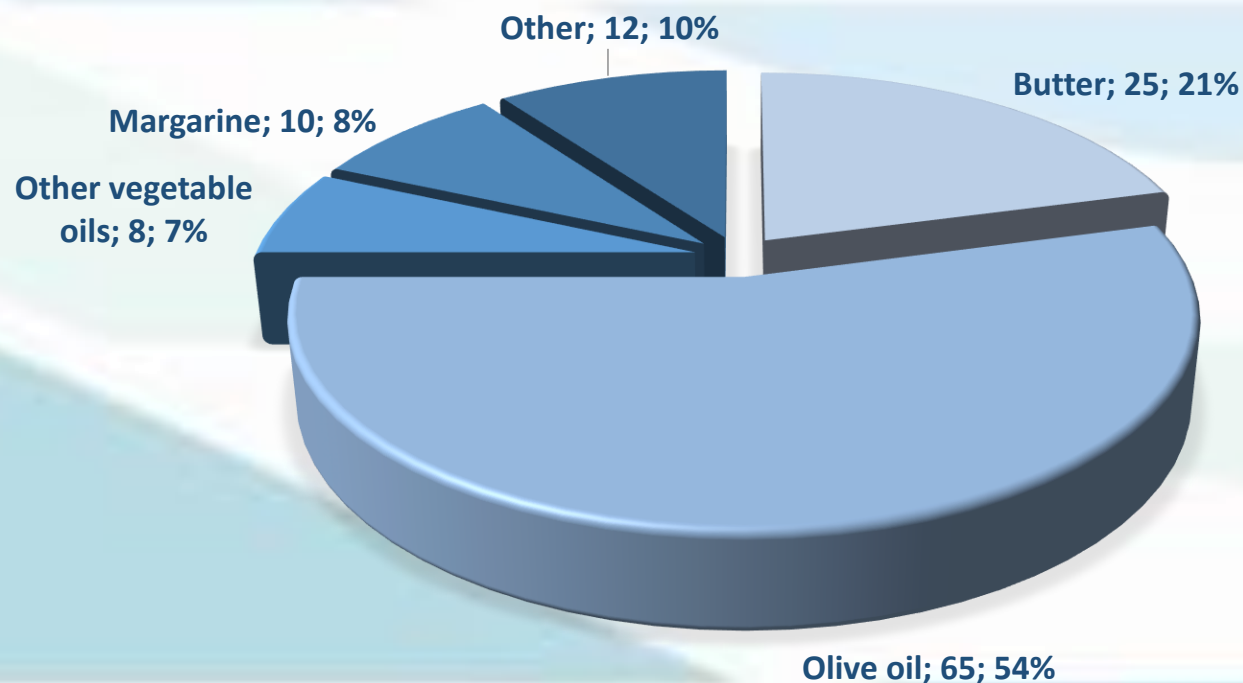


87% of the our students eat salted or low salted dishes. 93% of our student are aware of the fact that salty food is unhealthy. An avarage Slovenian adolescent eats from 9,4g to 11,5g of salt per day. Salt recommendations are up to 5g per day.

The results of the questionnaire for SŠ Izola

CONSUMPTION OF FATS

Kind of fats	Butter	Olive oil	Other vegetable oils	Margarine	Other
RESULTS	25	65	8	10	12
%	21	54	7	8	10

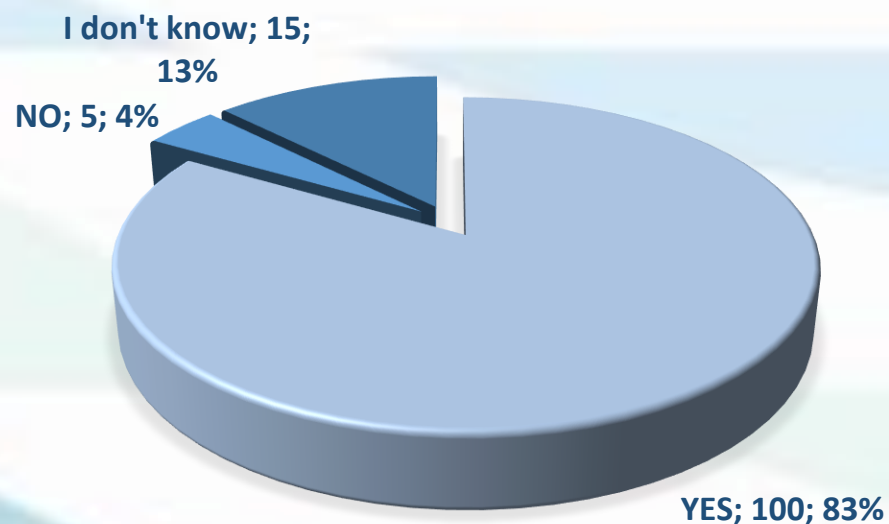


In our region, olive trees grow, so our students are aware of the health benefits of olive oil.

The results of the questionnaire for SŠ Izola

RELATION BETWEEN BODY WEIGHT AND HEALTH

Awareness of relation	YES	NO	I don't know
RESULTS	100	5	15
%	83	4	13

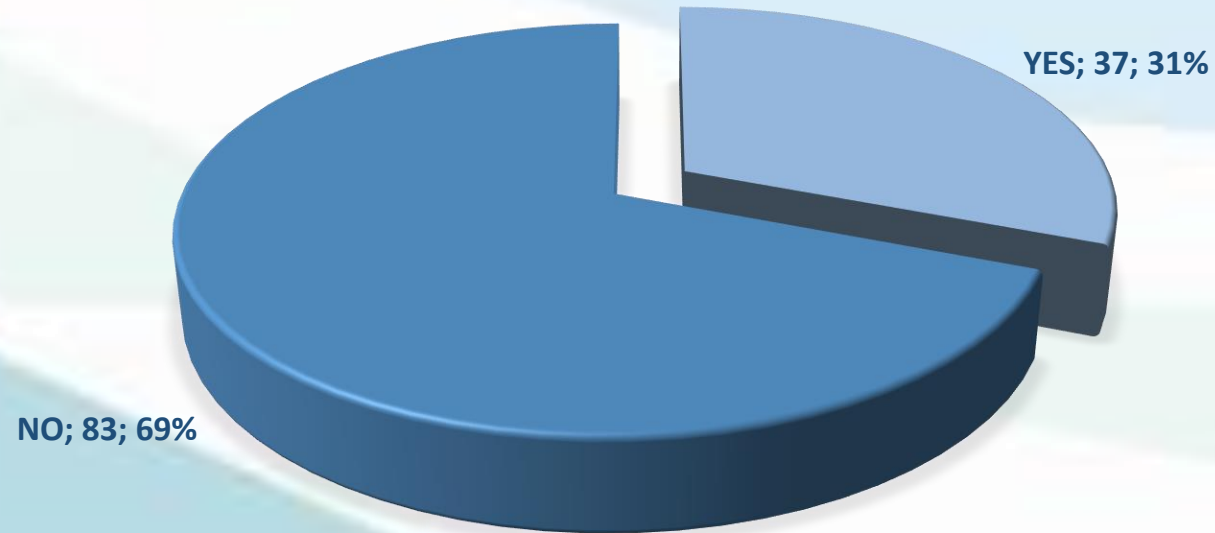


The results of the state research on adolescents' diet in Slovenia according to the National institute of public health of Slovenia, 2014 are the following: malnutrition – 5,9% adolescents, normal feeding – 70,6% adolescents, excessive feeding -18,4 % adolescents, obesity – 5,1% adolescents.

The results of the questionnaire for SŠ Izola

EATING HABITS

Teenagers in your country have good eating habits	YES	NO
RESULTS	37	83
%	31	69



69% of our students think that teenagers in Slovenia don't have good eating habits.