

Nutrition habits of Erasmus+ students and other students from our school

We made an interview to raise the awareness. The results were very different than our expectations. 123 students from school participated in this research, we compared their results with ours.

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.

NUMBER OF MEALS:

It is recommended to have five meals a day every three to four hours: three main meals and two snacks. To obtain the optimum efficiency of the body performance it is very important to divide properly the amount of energy throughout the day. 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 dry snacks. Students living at the dormitory have at least 3 warm meals guaranteed by the school.

The results show that 45% of Erasmus+ students have 4 meals a day, but only 22% of others are consistent with their meals

IMPORTANCE OF HAVING BREAKFAST:

Erasmus+ students are highly aware of the importance of breakfast. 85% of us eat breakfast every morning. Others are aware of its importance but only half eat it regularly.

Having breakfast every day helps us to get enough energy for work and it is good for a better brain concentration.

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

SUGAR INTAKE PER DAY:

It is important to focus more on education of the sugar harmfulness and its healthy alternatives. For example replacing sugar with honey and dried fruit..

83% of Erasmus+ students eat one piece of candy a day, meanwhile other students eat more than 3 a day

FRUIT AND VEGETABLES INTAKE:

Most other students like fruits but only 75% others like vegetables.

100% of the students Erasmus+ eat fresh fruit once or more times a day, only 6% of other students don't eat fresh fruits. Comparing the results, the number of our students eating fresh fruit is above the Slovenian average.

13% of students not included in the project don't like vegetables.

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. Fresh vegetables and fruits are an important source of vitamins, minerals, water and fibres. It is recommended to eat not only cooked vegetables and fruits, but also fresh. Try to consume organic, seasonal local produce as much as you can.

CONSUMPTION OF BREAD

22% of the students included in the project eat white bread, while 60% of others eat it. The reason of the popularity of eating white bread is the influence of the Italian kitchen. Among the variety of different kinds of bread, the healthiest is whole-wheat bread. 72% of students in the project eat whole wheat meanwhile only 38% of others eat it. Besides carbohydrates it also contains proteins, minerals and fibres. Erasmus+ students also eat rye bread and others don't.

CONSUMPTION OF MILK OR YOGHURT

One half of students eat milk or yoghurt once a day, 44% eat it two times, others are also very good at their protein intake.

Milk is a rich source of easily digestible proteins, calcium and potassium. This applies also to other dairy products like cheese and yoghurt.

CONSUMPTION OF FLUIDS

All Erasmus+ students drink water regularly. One of the reasons why our students drink water is the prohibition of selling sweet drinks at school. Water consumption is very important for our body. Water is the basic component of cells, tissues and body fluids. Its tasks are to maintain constant body temperature, transmit information throughout the body, ensure proper blood circulation, brain function. It is also needed for the proper functioning of the kidneys and it facilitates digestion.

48% of others don't drink water but prefer fizzy drinks or juices.

CONSUMPTION OF ALCOHOL

Students of Erasmus+ project don't consume as much alcohol as others. 43% of others drink alcoholic beverages once a week meanwhile only 11% of Erasmus+ students drink that much.

We are more aware of alcohol harmfulness. Alcohol is a socially acceptable drug.

Drinking alcohol is harmful, even in small quantities, especially for young people who are still in growth.

CONSUMPTION OF SALT

Students not involved in the project consume significantly more salt than us. They salt their food almost two times more but they are aware of its harmfulness.

Too much salt overloads our liver, can lead to high blood pressure and represents a risk for heart and coronary diseases. Instead of salt we can use aromatic herbs and spices to make our dishes taste better.

RELATION BETWEEN BODY WEIGHT AND HEALTH

It is advised to control our body weight regularly. Try to keep your body-mass index within the recommended values. If you want to lose weight, do not skip the meals, try to eat less and increase your physical activity.

Almost everyone is aware of the relation between body weight and health. Students in our school are very educated on this topic.

CONSUMPTION OF FAT

In our region, olive trees grow, so our students are aware of the health benefits of olive oil, so they mainly use it to cook or in salads. The worst fat is margarine because it's made of bad trans fats in the structure.

EATING HABIT

Students of Secondary school Izola are very aware of their eating habits

At school and at home, we must try to improve the habits that lead to a healthier lifestyle. Besides enjoying our regular healthy meals, we should also try to be more physically active. And adults (parents and teachers) should set a good example to young people.