



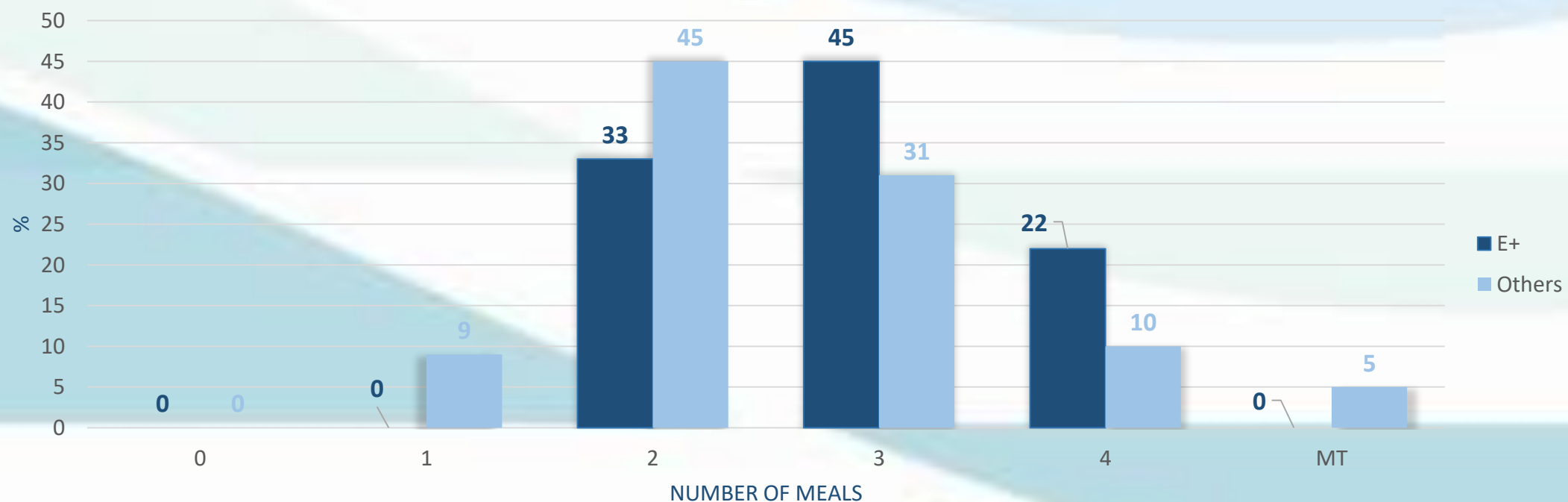
# OUR EATING HABITS

**Projekt Erasmus+ - Sports and healthy food for inclusion**

# The results of the questionnaire for SŠ Izola

## NUMBERS OF MEALS PER DAY

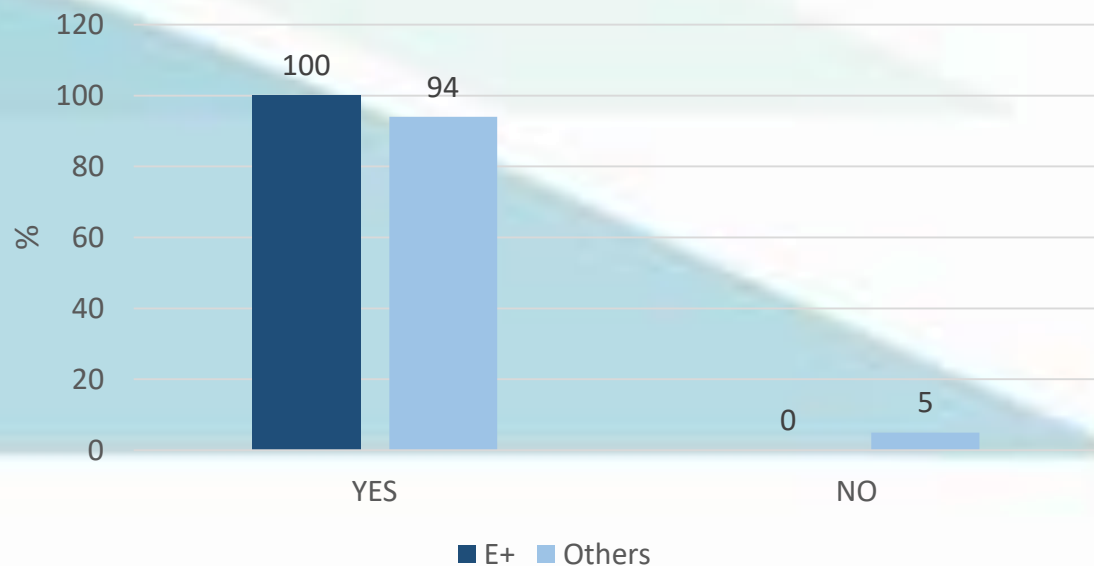
| Number of meals          | 1 | 2  | 3  | 4  | 5  | MT |
|--------------------------|---|----|----|----|----|----|
| RESULTS – E+ students    | 0 | 0  | 6  | 8  | 4  | 0  |
| % – E+ students          | 0 | 0  | 33 | 45 | 22 | 0  |
| RESULTS – other students | 0 | 11 | 55 | 39 | 12 | 6  |
| % – other students       | 0 | 9  | 45 | 32 | 10 | 5  |



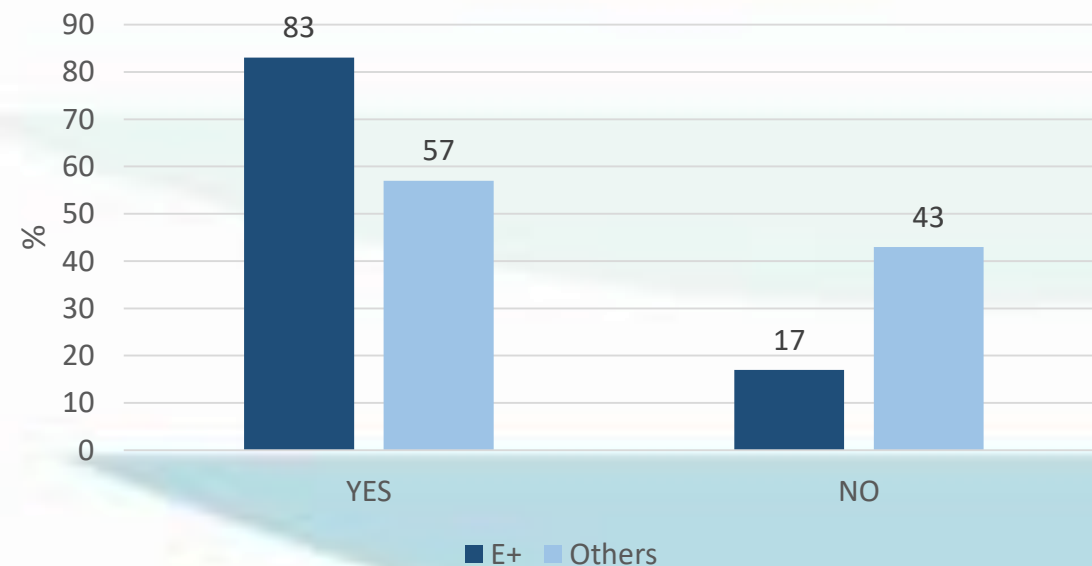
# The results of the questionnaire for SŠ Izola

## IMPORTANCE OF HAVING BREAKFAST

| Awareness of importance  | YES | NO |
|--------------------------|-----|----|
| RESULTS – E+ students    | 18  | 0  |
| % – E+ students          | 100 | 0  |
| RESULTS – other students | 116 | 7  |
| % – other students       | 94  | 5  |



| Having breakfast         | YES | NO |
|--------------------------|-----|----|
| RESULTS – E+ students    | 15  | 3  |
| % – E+ students          | 83  | 17 |
| RESULTS – other students | 70  | 53 |
| % – other students       | 57  | 43 |



# The results of the questionnaire for SŠ Izola

## IMPORTANCE OF HAVING BREAKFAST

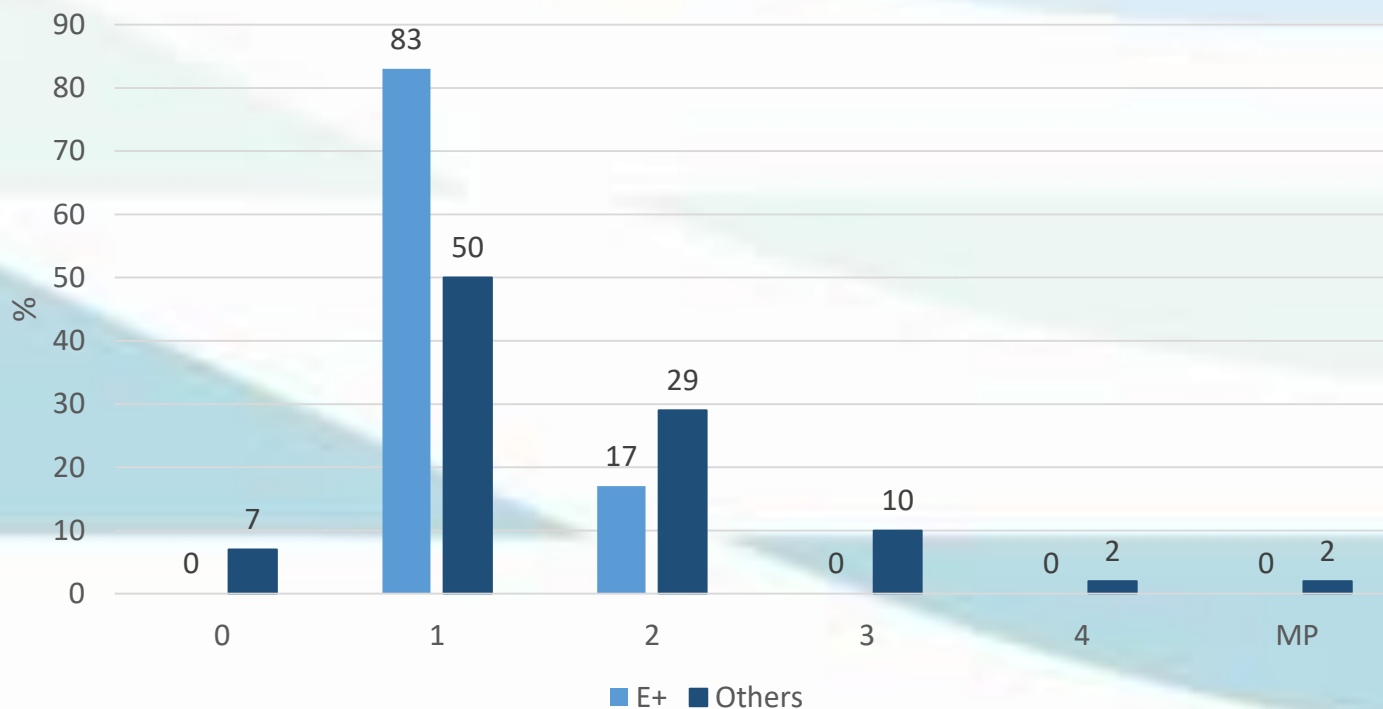
| Breakfast frequency      | Every morning | Only when I go to school | When I've time |
|--------------------------|---------------|--------------------------|----------------|
| RESULTS – E+ students    | 13            | 1                        | 4              |
| % – E+ students          | 72            | 6                        | 22             |
| RESULTS – other students | 46            | 9                        | 47             |
| % – other students       | 37            | 7                        | 38             |

| Reason they do not eat breakfast | I' no time | I'm not hungry | I feel sick when I travel to school |
|----------------------------------|------------|----------------|-------------------------------------|
| RESULTS – E+ students            | 2          | 4              | 0                                   |
| % – E+ students                  | 33         | 67             | 0                                   |
| RESULTS – other students         | 30         | 35             | 12                                  |
| % – other students               | 24         | 28             | 10                                  |

# The results of the questionnaire for SŠ Izola

## SUGAR INTAKE PER DAY

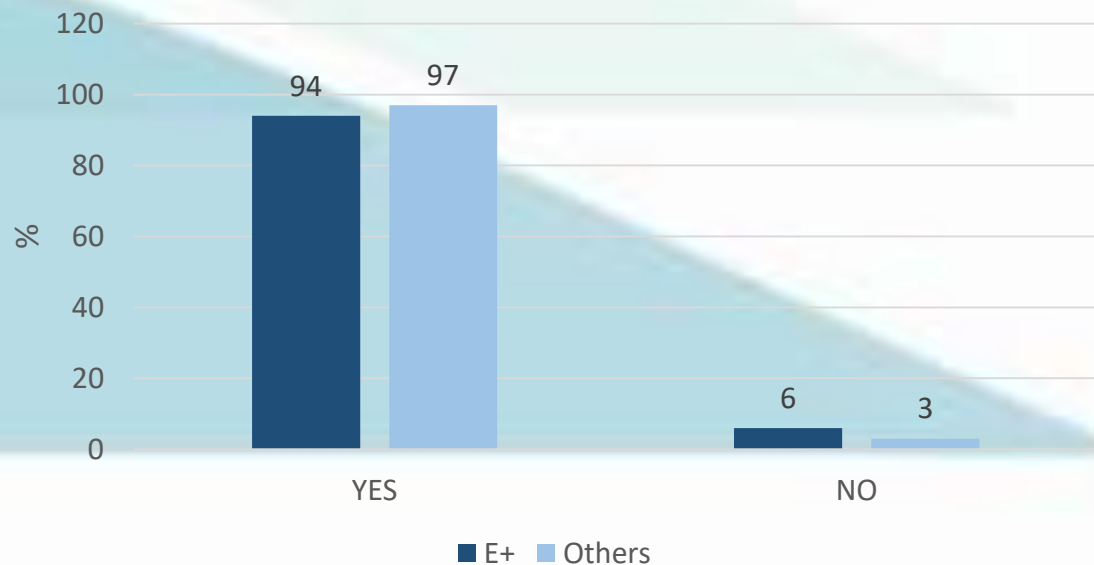
| Number of sweets per day | 0 | 1  | 2  | 3  | 4 | MP |
|--------------------------|---|----|----|----|---|----|
| RESULTS – E+ students    | 0 | 15 | 3  | 0  | 0 | 0  |
| % – E+ students          | 0 | 83 | 17 | 0  | 0 | 0  |
| RESULTS – other students | 9 | 62 | 36 | 12 | 2 | 2  |
| % – other students       | 8 | 50 | 29 | 10 | 2 | 2  |



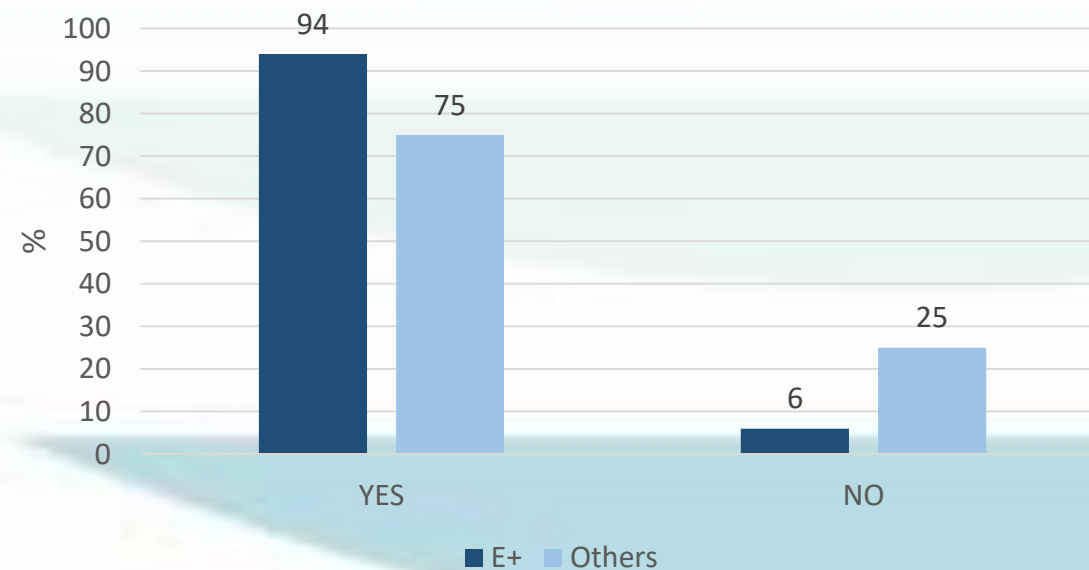
# The results of the questionnaire for SŠ Izola

## FRUIT AND VEGETABLES INTAKE

| Like fresh fruit         | YES | NO |
|--------------------------|-----|----|
| RESULTS – E+ students    | 17  | 1  |
| % – E+ students          | 94  | 6  |
| RESULTS – other students | 119 | 4  |
| % – other students       | 97  | 3  |



| Like vegetables          | YES | NO |
|--------------------------|-----|----|
| RESULTS – E+ students    | 17  | 1  |
| % – E+ students          | 94  | 6  |
| RESULTS – other students | 92  | 31 |
| % – other students       | 75  | 25 |



# The results of the questionnaire for SŠ Izola

## FRUIT AND VEGETABLES INTAKE

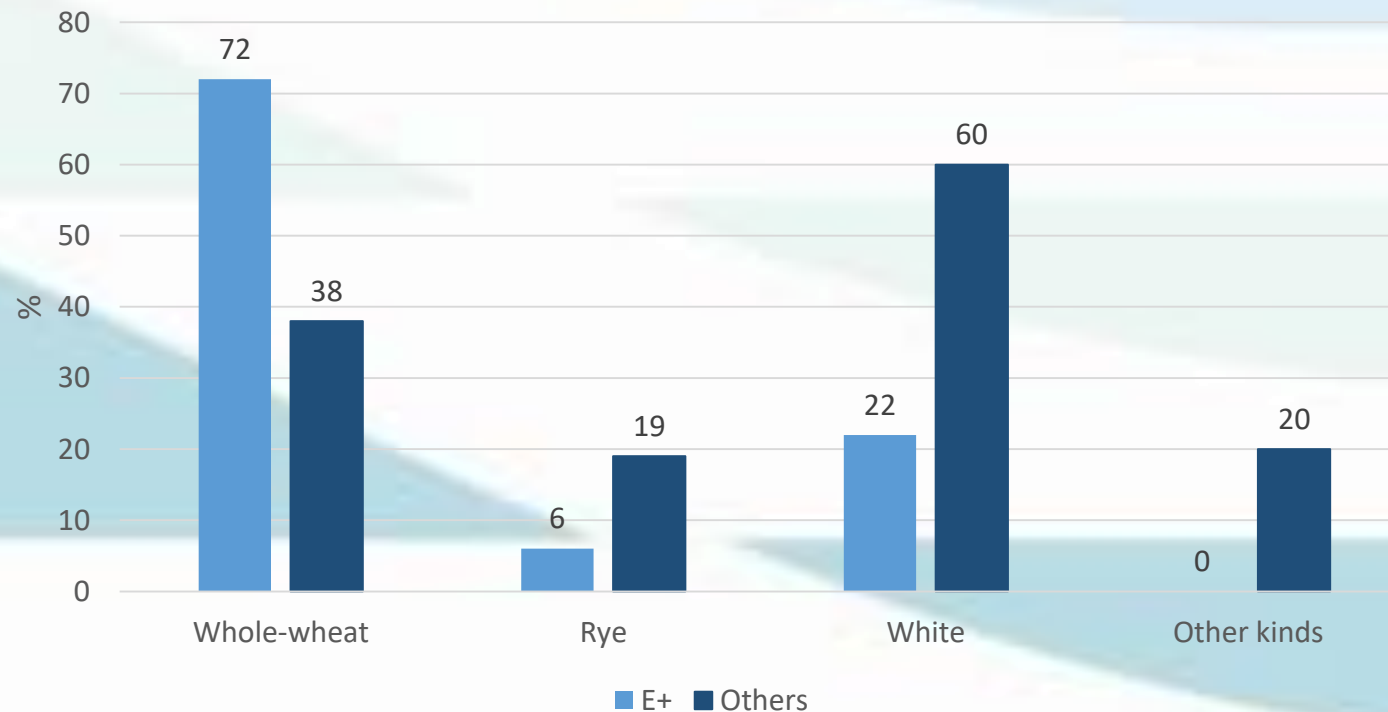
| Frequency of eating fruit per day | 0 | 1  | 2  | 3  | 4 | MT |
|-----------------------------------|---|----|----|----|---|----|
| RESULTS – E+ students             | 0 | 2  | 12 | 4  | 0 | 0  |
| % – E+ students                   | 0 | 11 | 67 | 22 | 0 | 0  |
| RESULTS – other students          | 8 | 45 | 43 | 20 | 5 | 2  |
| % – other students                | 6 | 37 | 35 | 16 | 4 | 2  |

| Frequency of eating vegetables per day | 0  | 1  | 2  | 3  | 4 | MT |
|--|----|----|----|----|---|----|
| RESULTS – E+ students                  | 0  | 3  | 9  | 6  | 0 | 0  |
| % – E+ students                        | 0  | 17 | 50 | 33 | 0 | 0  |
| RESULTS – other students               | 16 | 44 | 45 | 15 | 0 | 3  |
| % – other students                     | 13 | 36 | 37 | 12 | 0 | 2  |

# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF BREAD

| Kind of bread            | Whole-wheat | Rye | White | Other kinds |
|--------------------------|-------------|-----|-------|-------------|
| RESULTS – E+ students    | 13          | 1   | 4     | 0           |
| % – E+ students          | 72          | 6   | 22    | 0           |
| RESULTS – other students | 47          | 23  | 74    | 25          |
| % – other students       | 38          | 19  | 60    | 20          |

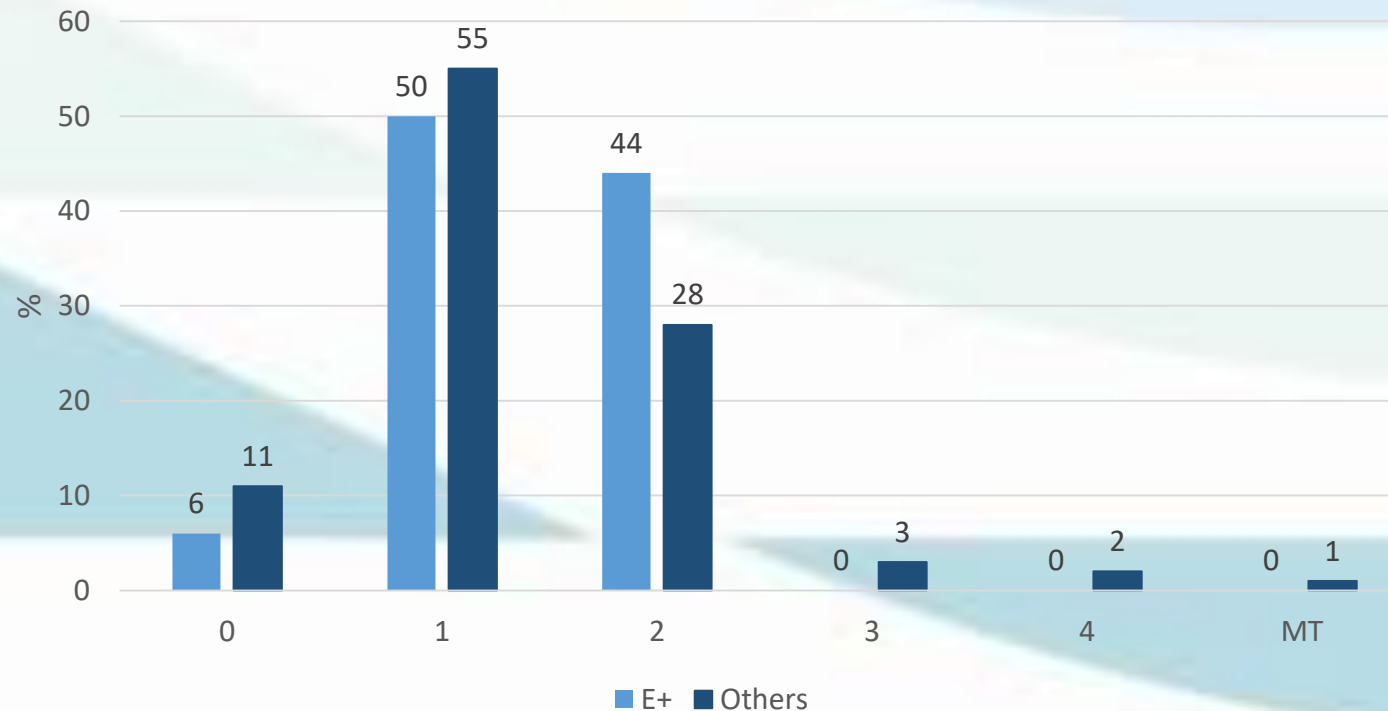




# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF MILK OR YOGHURT

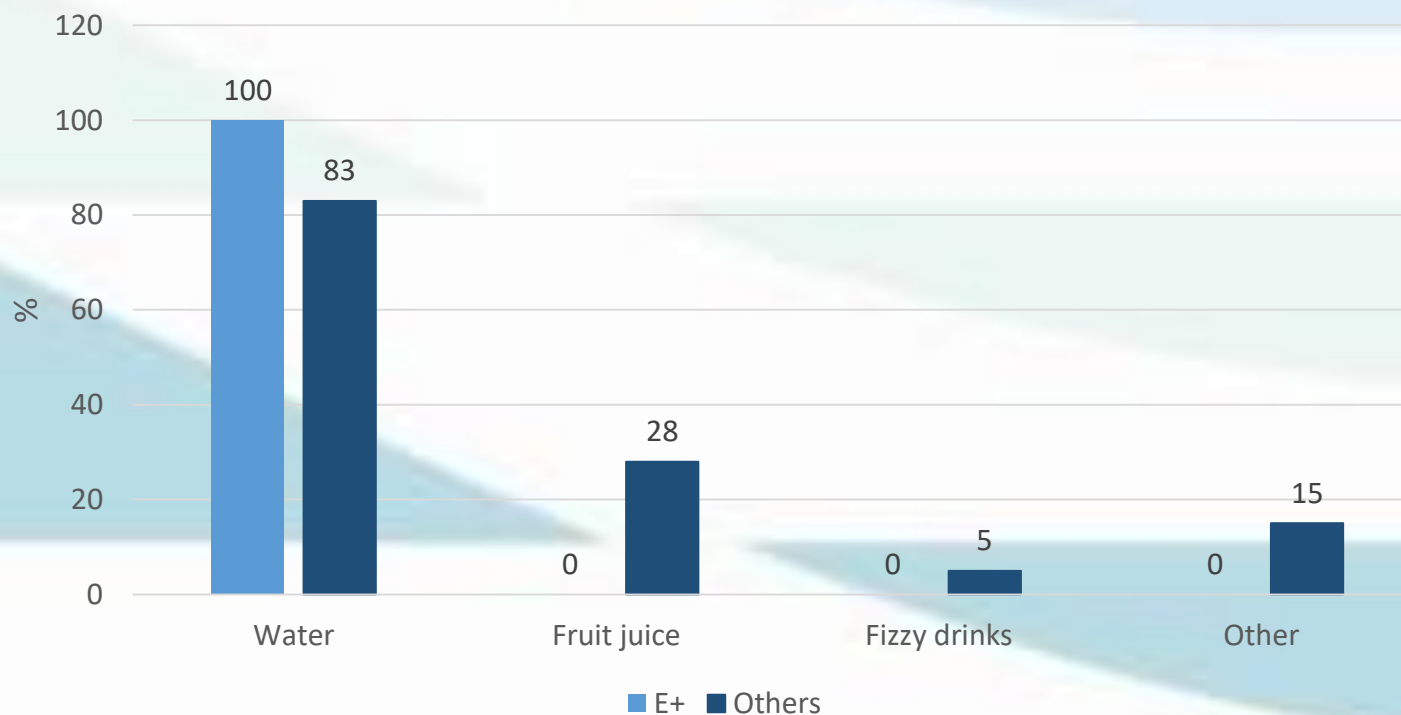
| Times per day            | 0  | 1  | 2  | 3 | 4 | MT |
|--------------------------|----|----|----|---|---|----|
| RESULTS – E+ students    | 1  | 9  | 8  | 0 | 0 | 0  |
| % – E+ students          | 6  | 50 | 44 | 0 | 0 | 0  |
| RESULTS – other students | 13 | 68 | 34 | 4 | 3 | 1  |
| % – other students       | 11 | 55 | 28 | 3 | 2 | 1  |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF FLUIDS

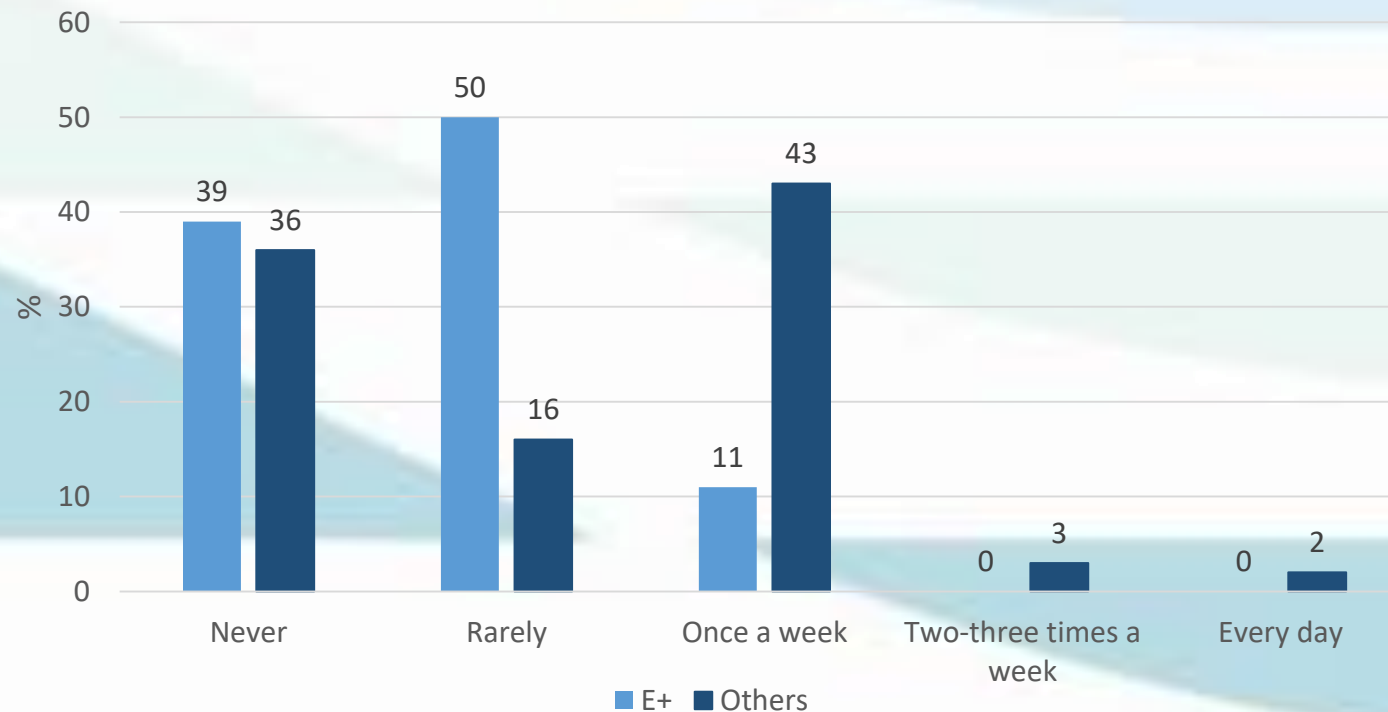
| Kind of fluid            | Water | Fruit juice | Fizzy drinks | Other |
|--------------------------|-------|-------------|--------------|-------|
| RESULTS – E+ students    | 18    | 0           | 0            | 0     |
| % – E+ students          | 100   | 0           | 0            | 0     |
| RESULTS – other students | 102   | 35          | 6            | 18    |
| % – other students       | 83    | 28          | 5            | 15    |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF ALCOHOL

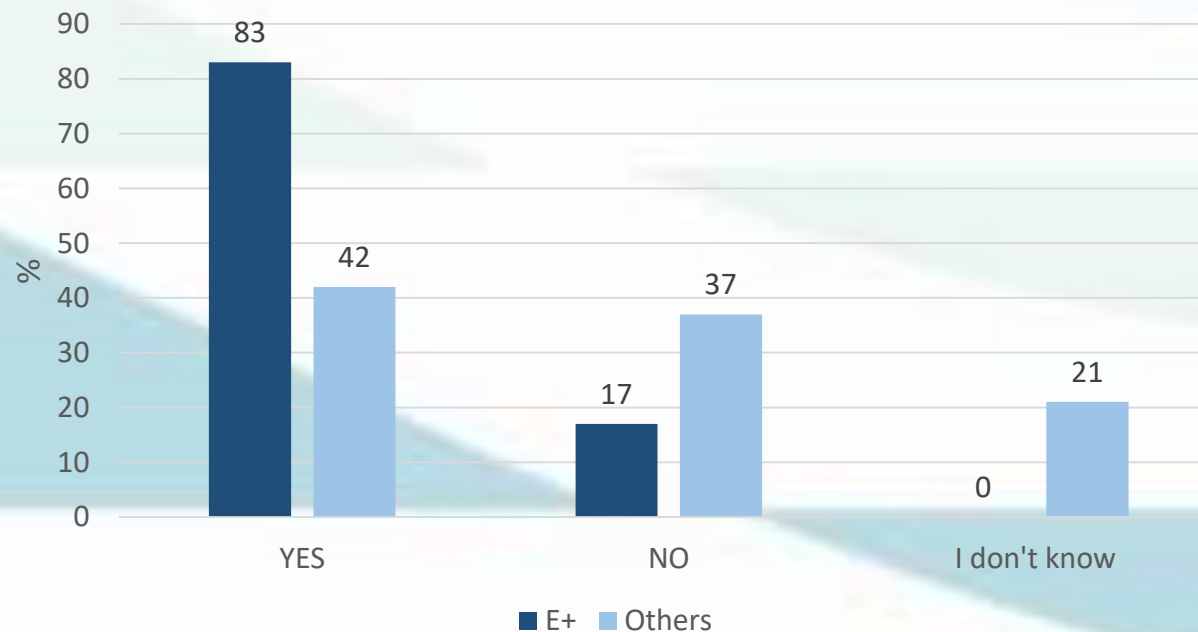
| Frequency of drinking alcohol | Never | Rarely | Once a week | Two-three times a week | Every day |
|-------------------------------|-------|--------|-------------|------------------------|-----------|
| RESULTS – E+ students         | 7     | 9      | 2           | 0                      | 0         |
| % – E+ students               | 39    | 50     | 11          | 0                      | 0         |
| RESULTS – other students      | 44    | 20     | 53          | 4                      | 2         |
| % – other students            | 36    | 16     | 43          | 3                      | 2         |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF ALCOHOL

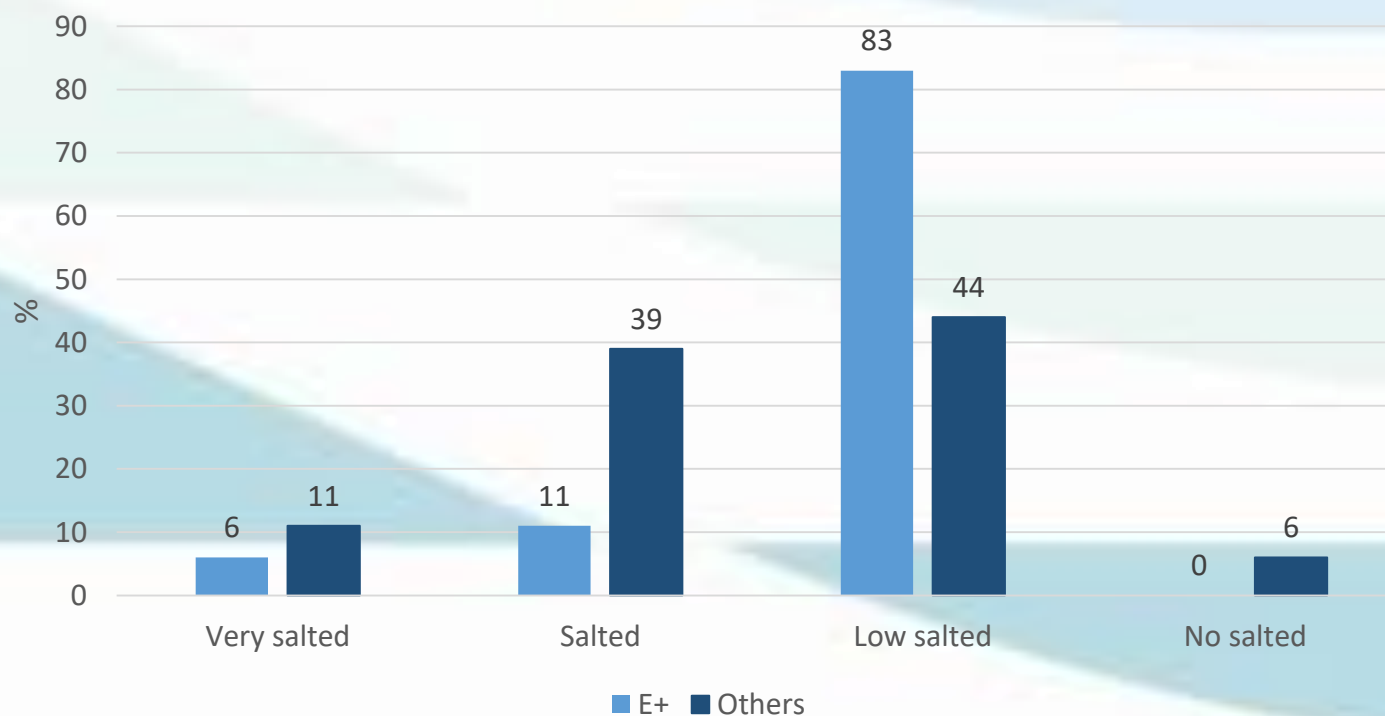
| Awareness of harmfulness | YES | NO | I don't know |
|--------------------------|-----|----|--------------|
| RESULTS – E+ students    | 15  | 3  | 0            |
| % – E+ students          | 83  | 17 | 0            |
| RESULTS – other students | 51  | 46 | 26           |
| % – other students       | 42  | 37 | 21           |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF SALT

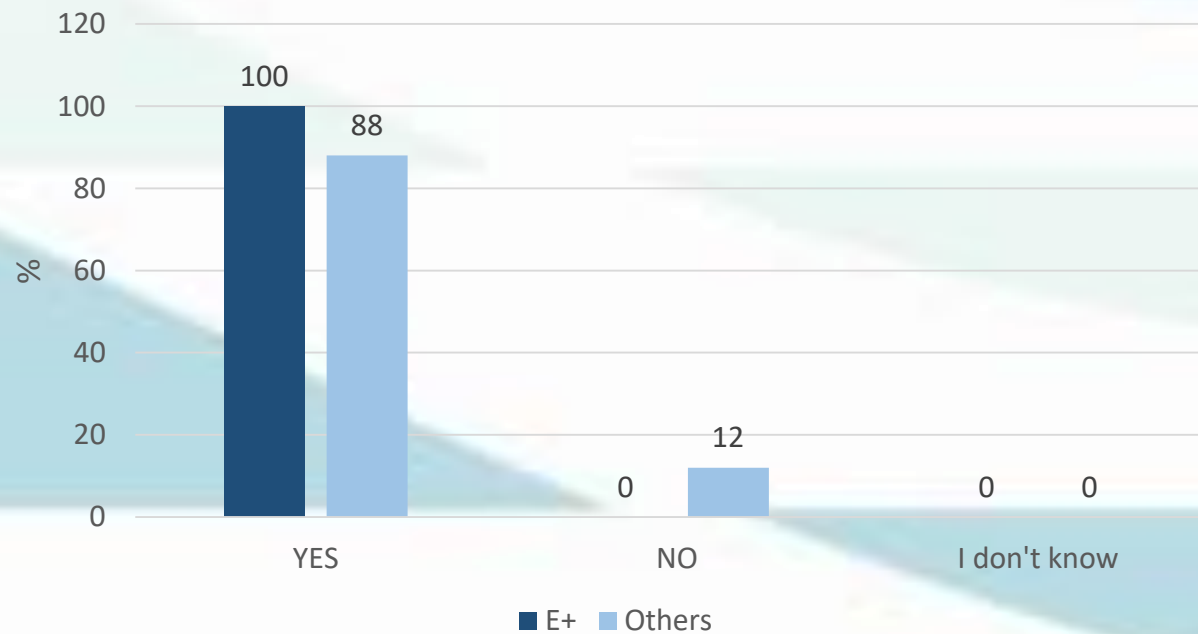
| Salted dishes            | Very salted | Salted | Low salted | No salted |
|--------------------------|-------------|--------|------------|-----------|
| RESULTS – E+ students    | 1           | 2      | 15         | 0         |
| % – E+ students          | 6           | 11     | 83         | 0         |
| RESULTS – other students | 14          | 48     | 54         | 7         |
| % – other students       | 11          | 39     | 44         | 6         |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF SALT

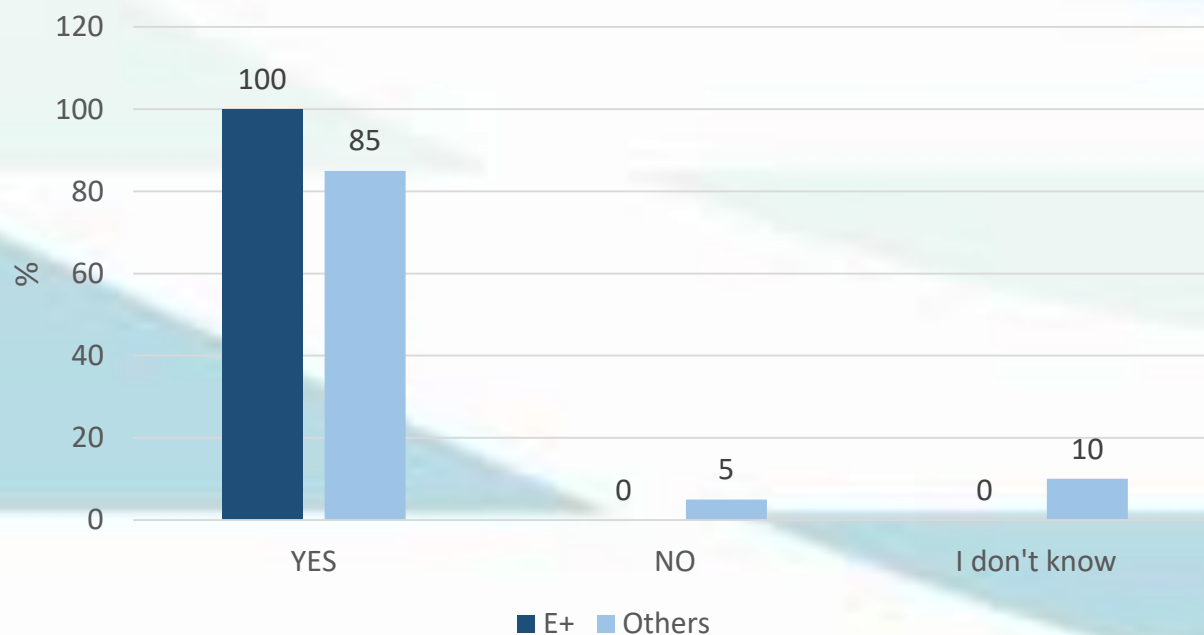
| Awareness of harmfulness | YES | NO | I don't know |
|--------------------------|-----|----|--------------|
| RESULTS – E+ students    | 18  | 0  | 0            |
| % – E+ students          | 100 | 0  | 0            |
| RESULTS – other students | 108 | 15 | 0            |
| % – other students       | 88  | 12 | 0            |



# The results of the questionnaire for SŠ Izola

## RELATION BETWEEN BODY WEIGHT AND HEALTH

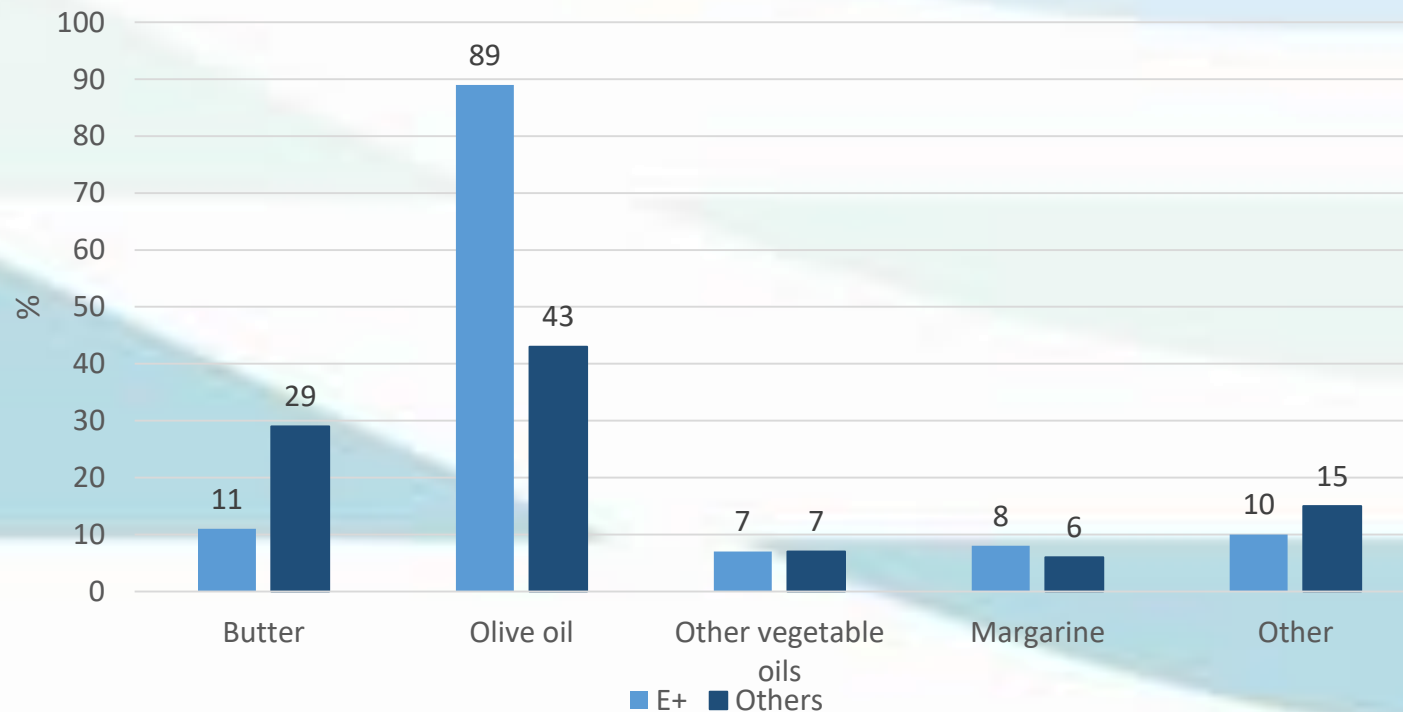
| Awareness of harmfulness | YES | NO | I don't know |
|--------------------------|-----|----|--------------|
| RESULTS – E+ students    | 18  | 0  | 0            |
| % – E+ students          | 100 | 0  | 0            |
| RESULTS – other students | 105 | 6  | 12           |
| % – other students       | 85  | 5  | 10           |



# The results of the questionnaire for SŠ Izola

## CONSUMPTION OF FATS

| Kind of fats             | Butter | Olive oil | Other vegetable oils | Margarine | Other |
|--------------------------|--------|-----------|----------------------|-----------|-------|
| RESULTS – E+ students    | 2      | 16        | 0                    | 0         | 0     |
| % – E+ students          | 11     | 89        | 7                    | 8         | 10    |
| RESULTS – other students | 35     | 53        | 9                    | 7         | 19    |
| % – other students       | 29     | 43        | 7                    | 6         | 15    |





# The results of the questionnaire for SŠ Izola

## EATING HABITS

| Teenagers in your country have good eating habits | YES | NO |
|---|-----|----|
| RESULTS – E+ students                             | 4   | 14 |
| % – E+ students                                   | 22  | 78 |
| RESULTS – other students                          | 34  | 89 |
| % – other students                                | 28  | 72 |

