**FOOD AND HEALTH, IT´S BETTER TO PREVENT THAN TO CURE**

We are going to present a summary of the results of the questionnaire done at our high school. Everything revolves around how live a longer life. Our conclusions are organized into eight ítems.

What about food habits? Most of them are keen on eating sweets and junk food. In addition they eat vegetables only once or twice a week and fruit isn´t they favourite choice.

Howewer, one thing is t hat they know the theory another is putting the theory into practice. They know healthy food is very important in order to be healthy.

Not everything is negative: they eat healthy food and breakfast is very important for them (the favourite breakfast is coffeee with toast and the excelent spanish oil). They eat a great variety for dinner which includes light foods such as salad and fresh cheese, fruit and vegetables.

To sum up they love sweets but in general they have healthy habits.

It´s time to check their health. Most of them haven´t got any serious health problems, also they haven´t got any type of addiction or allergies. They enjoy n active lifestyle because they spend between 2-3 hours in the fresh air, doing physical activities and trying to improve their mind by doing crosswords and playing cards. Nevertheless not everything is pink. A number of them have health problems (collesterol, high sugar, obesity), they get medication and they spend between 2-3 hours a day watching TV.

Weight is important to them because they are living in a society with very thin beautiful models and it is essential for their self-image. They see themselves with a normal weight but they have never been on a diet base on food without oil or fat, proteins and a lot of fruit and vegetables.

Sports. As we have said before, they do exercise every day and walking is the most common and cheapest. A personal trainer is not necessary. In addition an important number of them used to do sports when they were younger.

What about smoking? Two of them are smoking nowadays. It isn´t a striking number but it is true that people that smoke, smoke between five and 15 per day.

What about alcohol? They said that wine is good for their health and they think that drinking doesn´t affect their health. 50% have never drunk alcohol and almost half of them usually drink alcohol. It seems that for elderly people alcohol is not as dangerous for their health as smoking habits.

To end, our elderly people haven´t ever tried drugs and nowadays neither.

They get enough sleep (8-9 hours), they get enough rest at night and consequently they say that they sleep well.

To sum up, the most striking results for us are those related to alcohol and the low perception of health risk among our elders.