**Food and Health in Lyganuse School 2018**

Two years have passed from the first study of healthy lifestyle in Lyganuse School. We tried to find out if anything has changed during the project period. And here are our results:

1. **Feeling healthy**

About 60 % of respondents often feel healthy and 30% of them feel sometimes healthy. Comparing with the year 2016 , the healthiness has risen a bit.

1. **Exercising**

50 % of respondents exercise regularly. They go cycling , play basketball or volley- ball. About 30% play sports sometimes and about 20% don`t do sports at all.

This was almost the same in year 2016 as well.

1. **Ways to get to school**

As our school is in the country, most of our students go to school by bikes or on foot.( 70%) About 20% go by bus and 10 % by car.

1. **Eating habits**

Most of our students eat breakfast at home (about 65 %) and all of them have warm lunch, because in Estonia in all schools warm lunch is served. 80% of students eat fruits or vegetables because these are also served in our school canteen.In 2016 the percentage was almost the same.

They drink mostly fizzy drinks and water . During lunch they drink milk or fruit water. In 2016 they mostly drank water, so that has changed a bit.

1. **Sports activities**

In 2016 about 70% of students did some sports. The percentage is almost the same now.( 68%). They mostly do sports because they want to do it and some of them do sports because their friends do sports. Sport has always been popular in our school, so that didn`t change during the project.

1. **Sleeping habits**

Most of our students sleep about 7-8 hours (about 70%). That percentage has risen a bit. In 2016 it was (59,4%). That is probably thanks to the students` awareness of healthy lifestyle. They spend less time playing computer games at nights.

1. **Smoking**

Smoking has always been a big problem in our school. About 20 % of our students smoke regularly. That percentage has risen. The reason of smoking is mostly to be with friends. In 2016 the percentage was 18,8.

Drugs are not used in our school. In 2016 3,1 % of students used drugs.

Drinking alcohol is still a problem. About 46 % of students drink alcohol. The reason is sweet light alcohol, that is tasty and it is pleasant to drink. They also drink to be with friends.

**Conclusions**

In conclusion it can be said, that the project fulfilled its purposes. Students got knowledges about healthy lifestyle . They saw, how students in other countries deal with healthy lifestyle and got a lot of new experiences. They spend more time outdoors now and do more sports.