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**Inclusion in Secondary School**

**2018-1-DE03-KA229-047219\_4**

**Iasi, Romania, the 12-19th of May 2019**

**Wednesday, the 15th of May 2019**

**Topic *: Healthy Food***

**Activity 3 – Healthy Food Survey**

**Argument**

Education for a healthy life/food starts from analysing the present situation .

**Objective:**

To estimate how many colleagues (%) are aware about what healthy food means.

**Procedure**

You have to interview 24 people. Divide you group into 4, so each of you can interview 6 persons. Make notes with the answers.

Question your colleagues about their daily habits concerning eating. Express the results in %. Make a chart and present the conclusions about awareness to healthy food. Use a sheet of flipchart and colours.

**Questions:**

**1.Do you have a snack at school?** Yes/No

**2.What do you prefer as a snack?**

* Biscuits
* Chips
* A fruit/a vegetable
* A sandwich
* A cake
* A burger
* Other

**3.Whick is your favorite drink?**

* Coke
* Milk
* Water
* Juice (orange, lemon, apricot, etc)
* Tea
* Nes tea
* Soda
* Hot chocolate
* Other

**4.How many meals do you have per day? Put in a chart**

* Breakfast
* Snack
* Lunch
* Snack
* Dinner
* More than 5

**5.When you buy somethink to eat or drink, what do you take into consideration?**

* Taste
* Brand
* Label/content
* Price
* Habit/experience
* Size