**Summary of responses of Greek students’ questionnaire “healthy lifestyle”**

Pupils from Latvia, France, Italy, Greece, Turkey and Poland participated in this questionnaire and gave their preferences and their opinion on the topic “healthy lifestyle”. The percentage of girl students is double of that of boys. It seems that girls are getting more invorved with projects or that they are more consistent, diligent and mindful. The majority of students is among 16-19 years old

1. 66.7% declare that there is always homemade food while25% of them state that sometimes they buy food when everybody is occupied out of the house. Still a minority says that they usually buy food which is not healthy for the members of the family as we all know that when selling food they don’t always use the best quality of raw materials.
2. As for the favorite main meal 91.7% choose pasta (Italians you must be very glad that your products have spread so widely). 75% likes meat and 50% different kind of vegetables. 25% prefer cereals and 16.7% like fish, pies and sweets. From the results it seems that teenagers follow the rule that is not the healthies way to feed.
3. It’s courageous that 83,3% of the participating students like practicing sports. 41.7% of the students spend about 1 hour daily on playing video games, watching tv or surfing in social media. 16.7% of them do that either for a few minutes or for more than 3 hours. Yet nobody declares that he spends more than 3 hours on that. Is it true? General research says that youngsters spend long hours on computer games. The results in the next question are also comforting. 75% of the students prefer listening to music than watching TV.
4. On being asked about smoking and drinking alcohol 41.7 of the students supported the attitude that they shouldn’t overdo it. 33.3% had the aspect that it doesn’t matter at all (it may be just for opposition to forbidding it to young people by parents) and another 25% of more “reasonable” students’ proposes “never taste it”.
5. 50% of the interrogated pupils supported the aspect that necessity for consuming low fat and low calories food depends on the metabolism and the age, while they consider that organization needs all kinds of food despite the fact that overconsumption of full calories food is not healthy for the body at all ages.
6. Most pupils (58.3%) consider that there is straight connection between healthy lifestyle and life span. The more healthy way someone leads the longer he/she will leave if some unexpected illness doesn’t occur. 91.7%, and that is a great percentage, of the pupils have the opinion that happiness and fitness are greatly connected. 66.7% believes approves of leading a healthy lifestyle, while 33.3% believes that moderation is best of all. Of course there is a distance between what I wish and what I follow in life.