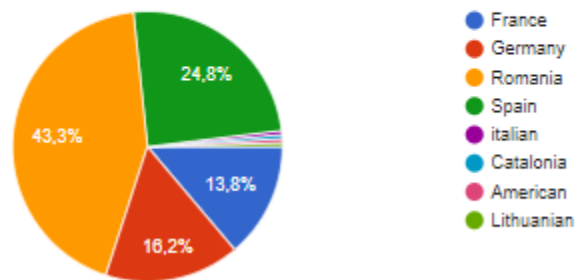**EATING HABITS AND OUR HEALTH**

The questionnaire contained 24 questions, of which 3 identifying;   a number of 210 students responded to them.
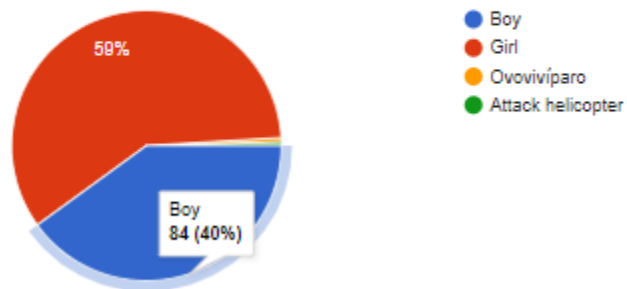
1. Nationality

210 răspunsuri

The majority of students are romanians (43.3%), then spanish (24.8%)
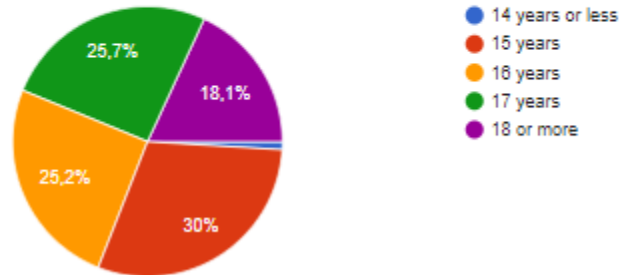
2. Gender

210 răspunsuri

The structure of the respondents is predominantly feminine (80% of the total)

3. Age

210 răspunsuri

The majority of respondents is 15 (30%), then 17 and 16 years old.

Eating habits

4. Choose the meals you usually have (more than one option are possible)
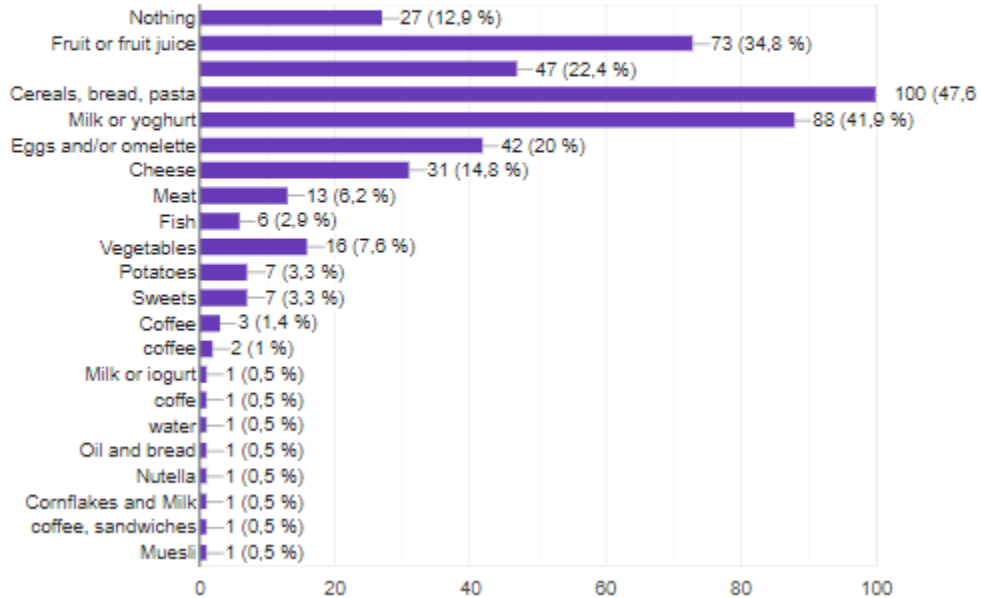
210 răspunsuri

The students usually have breakfast (64%) , dinner (61%) and lunch (58%).

5. Which is the usual composition of your EARLY MORNING meal?
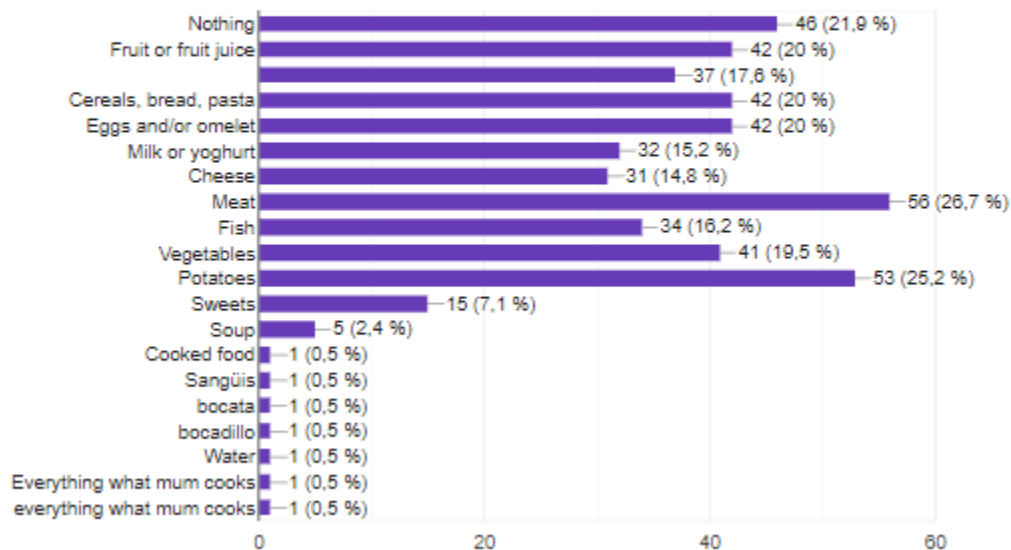
210 răspunsuri

Cereals, bread, pasta is the usual composition of EARLY MORNING meal (47%), then *milk or youghurt* (41%) and *fruit or fruit juice* (34%)

6. Which is the usual composition of your LUNCH - NOON MEAL (around 12:00 hh.) meal?
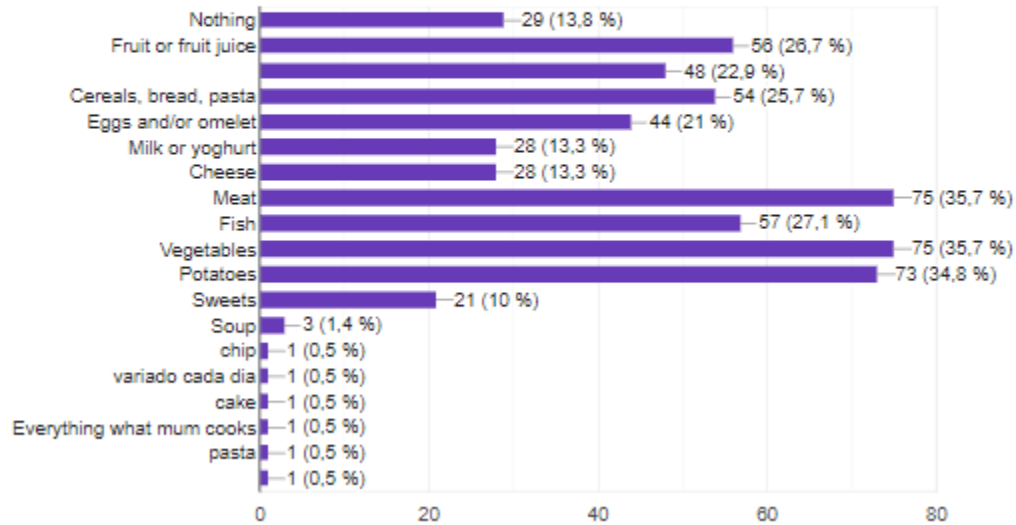
210 răspunsuri

Meat and vegetables is the usual composition of LUNH- NOON MEAL (26%), then *potatoes* (25%).

7. Which is the usual composition of your AFTERNOON meal (around 14:00-15:00 hh.)?
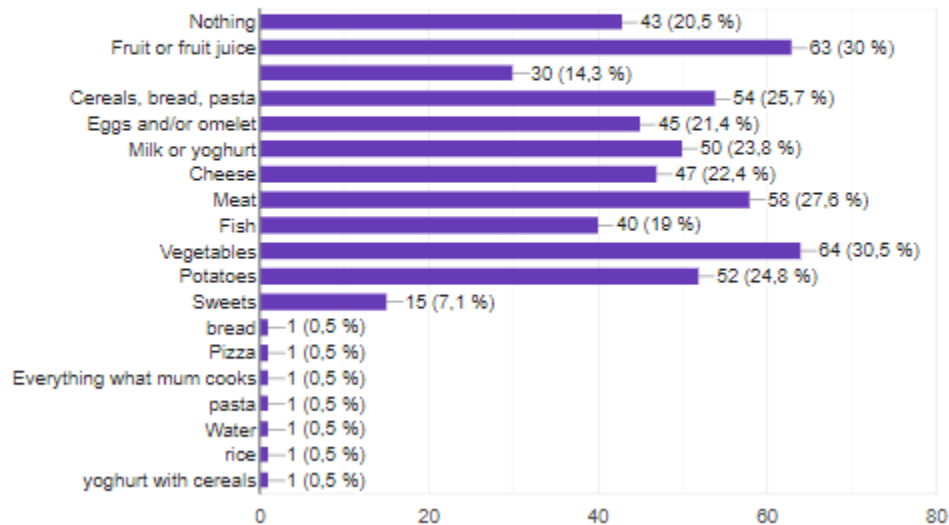
210 răspunsuri

Category	Count (%)
Nothing	29 (13,8 %)
Fruit or fruit juice	56 (26,7 %)
	48 (22,9 %)
Cereals, bread, pasta	54 (25,7 %)
Eggs and/or omelet	44 (21 %)
Milk or yoghurt	28 (13,3 %)
Cheese	28 (13,3 %)
Meat	75 (35,7 %)
Fish	57 (27,1 %)
Vegetables	75 (35,7 %)
Potatoes	73 (34,8 %)
Sweets	21 (10 %)
Soup	3 (1,4 %)
chip	1 (0,5 %)
variado cada dia	1 (0,5 %)
cake	1 (0,5 %)
Everything what mum cooks	1 (0,5 %)
pasta	1 (0,5 %)
	1 (0,5 %)

Meat and vegetables are the usual composition of AFTERNOON MEAL (35%), then *potatoes* (34%).

8. Which is the usual composition of your DINNER - EARLY EVENING meal (around 18:00-19:00 hh.)?
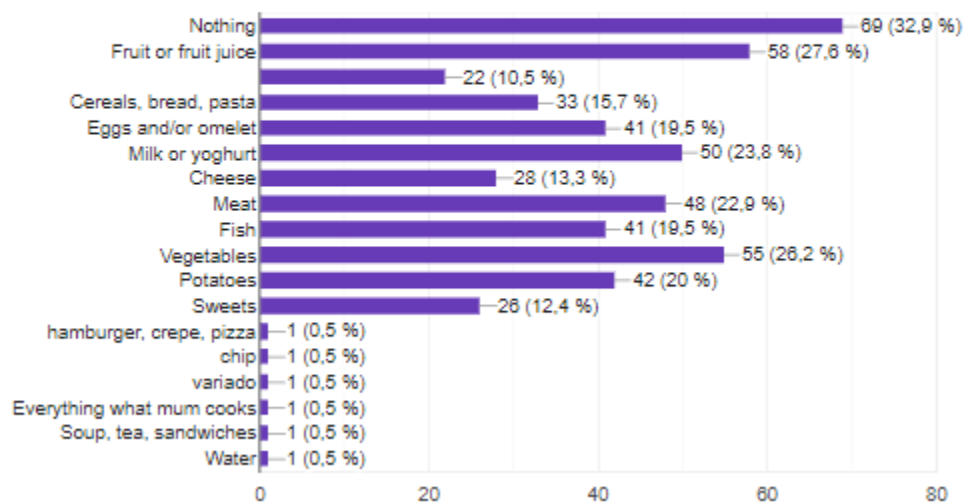
210 răspunsuri

Category	Count (%)
Nothing	43 (20,5 %)
Fruit or fruit juice	63 (30 %)
	30 (14,3 %)
Cereals, bread, pasta	54 (25,7 %)
Eggs and/or omelet	45 (21,4 %)
Milk or yoghurt	50 (23,8 %)
Cheese	47 (22,4 %)
Meat	58 (27,6 %)
Fish	40 (19 %)
Vegetables	64 (30,5 %)
Potatoes	52 (24,8 %)
Sweets	15 (7,1 %)
bread	1 (0,5 %)
Pizza	1 (0,5 %)
Everything what mum cooks	1 (0,5 %)
pasta	1 (0,5 %)
Water	1 (0,5 %)
rice	1 (0,5 %)
yoghurt with cereals	1 (0,5 %)

4

Vegetables, fruit or fruit are the usual composition of AFTERNOON MEAL (30%), then *meat* (27%),
cereals, bread, pasta (25%)

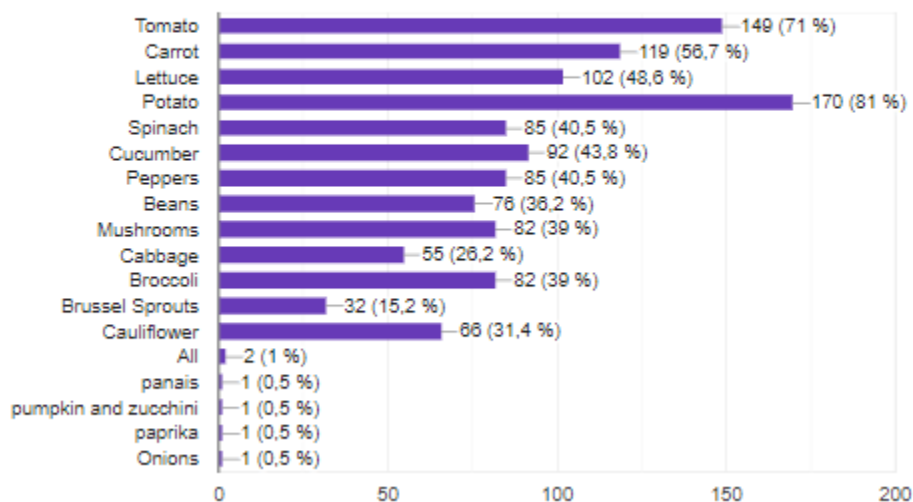## 9. Which is the usual composition of your SUPPER - LATE EVENING meal (around 21:00-22:00 hh.)?

210 răspunsuri

The majority of students chosed "*Nothing*" (32%) , then *fruit or fruit juice* (27%) and Vegetables (26%)

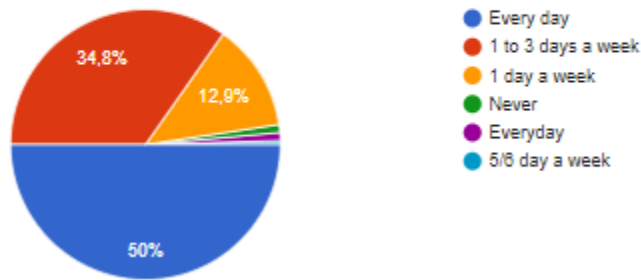## 10. Mark the vegetables you like(several options are possible)

210 răspunsuri

81% of respondents like potato, 71% tomato and 56% carrot

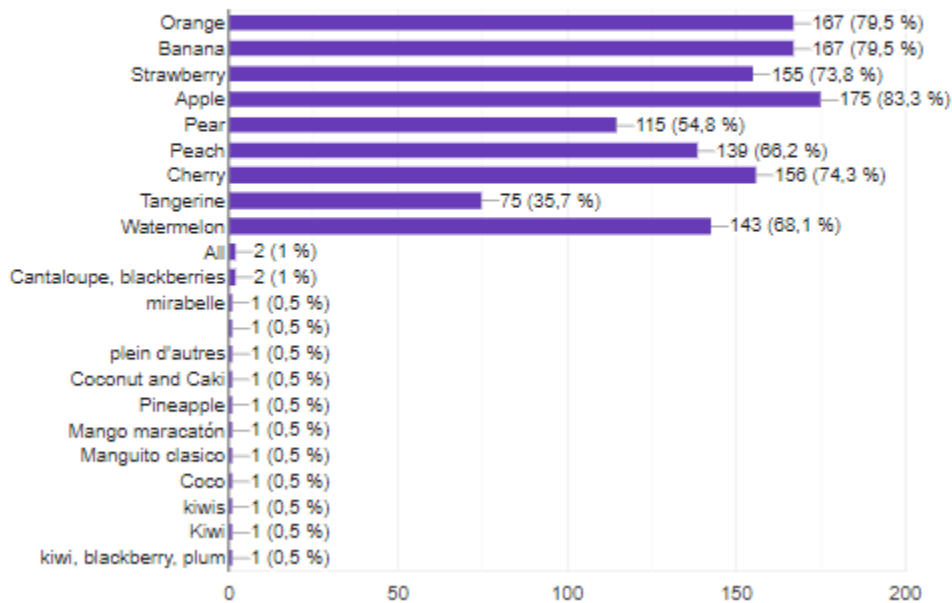## 11. Frequency of consumption of vegetables

210 răspunsuri

50% of respondents eat vegetables every day, 34% 1 to 3 days a week, 12% 1 day a week

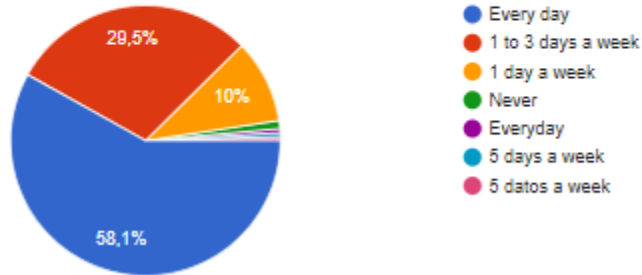## 12. Mark the fruits that you like

210 răspunsuri

Apple is preferred by majority of respondents (83%), than orange and banana (79%), cherry (74%) and strawberry (73%)

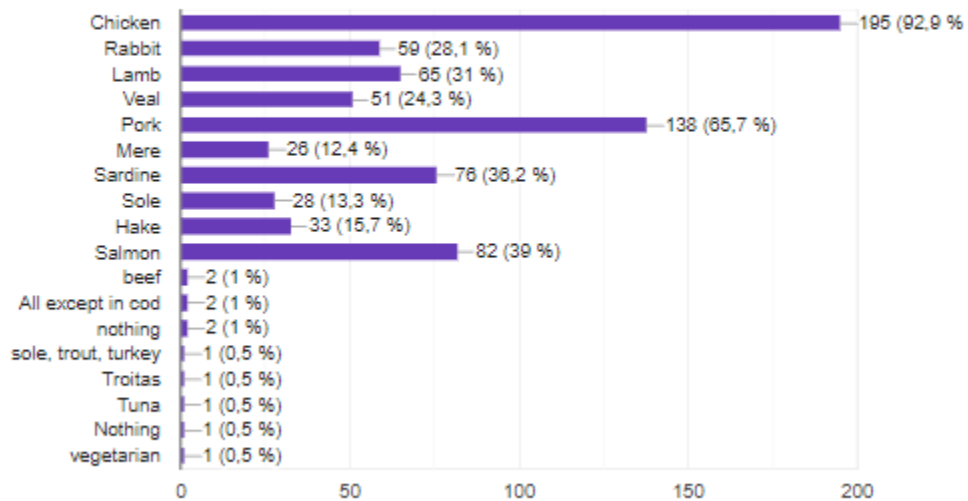## 13. Frequency of consumption of fruit

210 răspunsuri

58% of respondents consume fruit every day, 29%1 to days a week, 10% 1 day a week

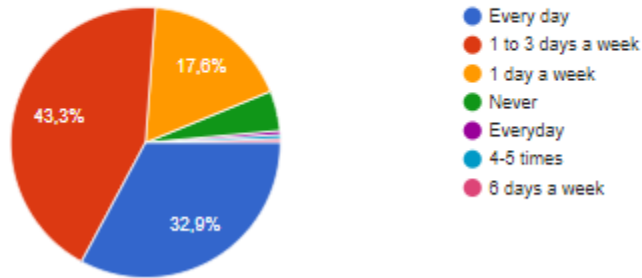## 14. Mark the type of fish and/or meat that you like

210 răspunsuri

The majority of respondents (92%) likes chicken, then pork (65%) and salmon(39%)

15. Frequency of consumption of meat or fish

210 răspunsuri

Legend:
- Every day
- 1 to 3 days a week
- 1 day a week
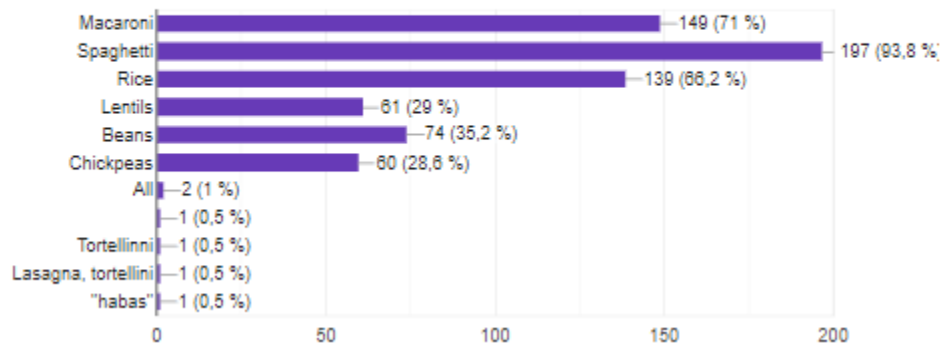- Never
- Everyday
- 4-5 times
- 6 days a week

43,3%
17,6%
32,9%

43% of respondents consume meat or fish 1 to 3 days a week, 32% every day, 17% 1 day a week.

16. Mark the type of pasta and legumes that you like

210 răspunsuri

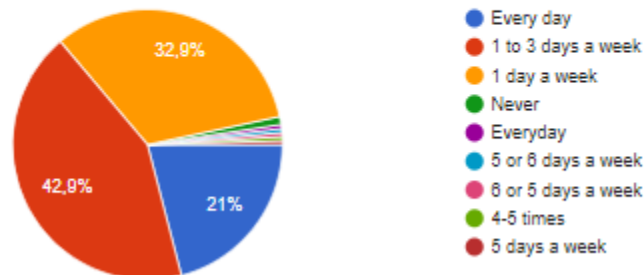|	
Macaroni	149 (71 %)
Spaghetti	197 (93,8 %)
Rice	139 (66,2 %)
Lentils	61 (29 %)
Beans	74 (35,2 %)
Chickpeas	60 (28,6 %)
All	2 (1 %)
	1 (0,5 %)
Tortellinni	1 (0,5 %)
Lasagna, tortellini	1 (0,5 %)
"habas"	1 (0,5 %)

93% of respondents likes spaghetti, 71% macaroni, 66% rice

17. Frequency of consumption of pasta and legumes

210 răspunsuri

Legend:
- Every day
- 1 to 3 days a week
- 1 day a week
- Never
- Everyday
- 5 or 6 days a week
- 6 or 5 days a week
- 4-5 times
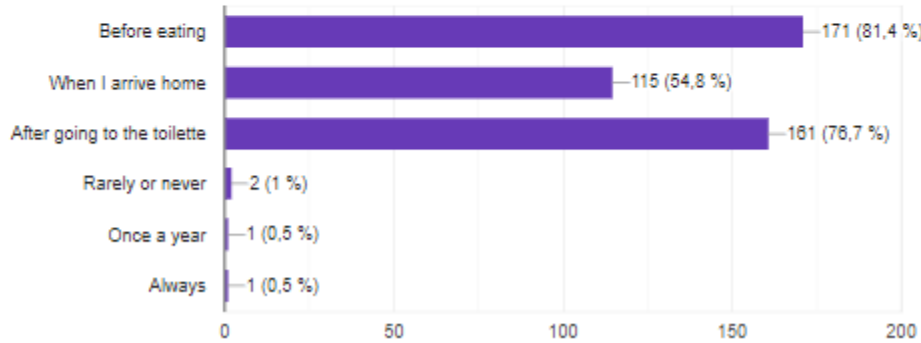- 5 days a week

32,9%
42,9%
21%

42% of respondents consume pasta or legumes 1 to 3 days a week, 32% 1 day a week, 21% every day.

Healthy habits
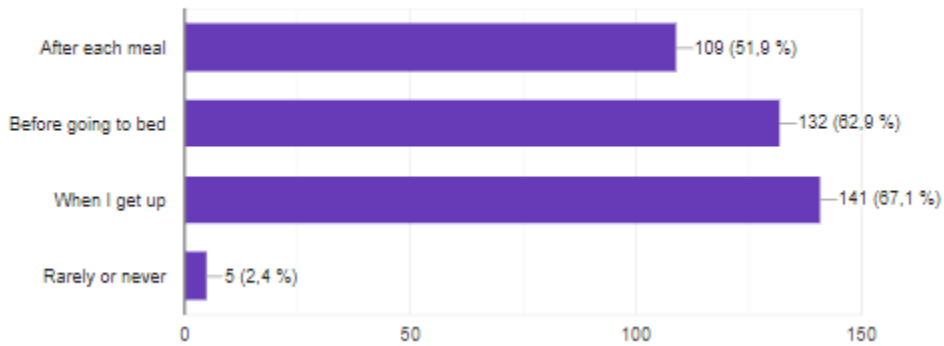
18. When do you wash your hands?

210 răspunsuri

Before eating 81,4%, after going to the toilet 76,7% and when arrive home 54.8%.

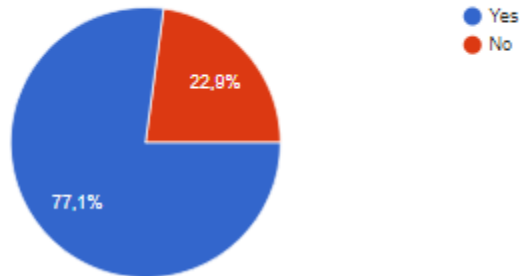## 19. When do you brush your teeth?

210 răspunsuri

Most of the people brush teeth when get up 67,1%, then before going to bed 62,9% and after each meal 51,9%.

20. Do you do any exercise apart from school classes?

210 răspunsuri

- Yes
- No

22,9%

77,1%

Most of the people 77,1 % did exercise apart from school classes.

21. How many hours a week do you exercise?

210 răspunsuri

- Never
- Up to 2 hours
- Between 2 and 6 hours
- More than 6
- More than 2
- Over 4
- Option 2

12,4%

25,7%

9,5%

39%
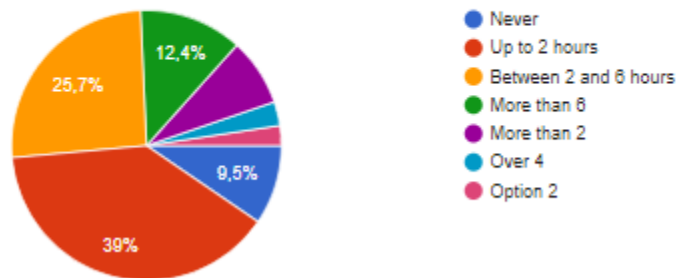
Most of the people do exercise 2 hours every week 39% and 25,7% practice between 2 and 6 hours.

22. How do you go to school?

210 răspunsuri

- By car / motorcycle
- By bus
- By bike
- Walking

30%

42,4%

23,3%

By bus
89 (42,4%)

Most of the students go by bus 42,4% and walking 30%

23. How many hours do you spend watching tv, playing videogames or surfing the Internet / social media per day?

210 răspunsuri

- Up to 2
- 2-4 hours
- More than 4 hours
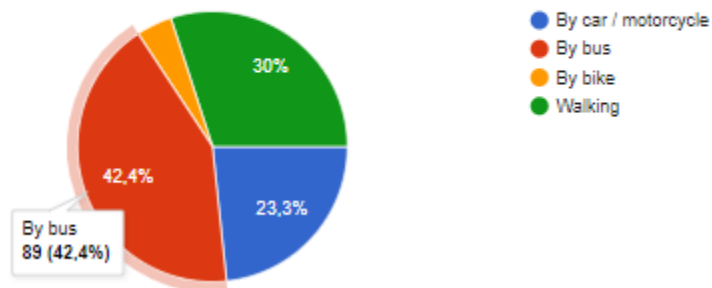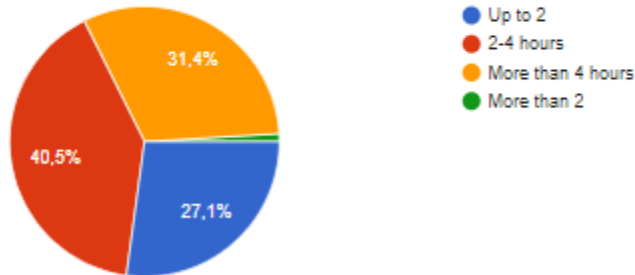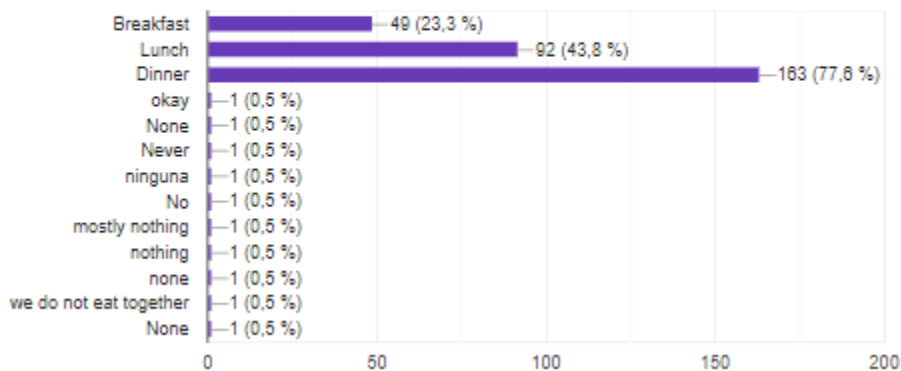- More than 2

31,4%
40,5%
27,1%

Most of the students play videogames and watch TV between 2-4 hours per day and quite a big number more then 4 hours 31,4%. 40,5%

24. What foods do family members eat together?

210 răspunsuri

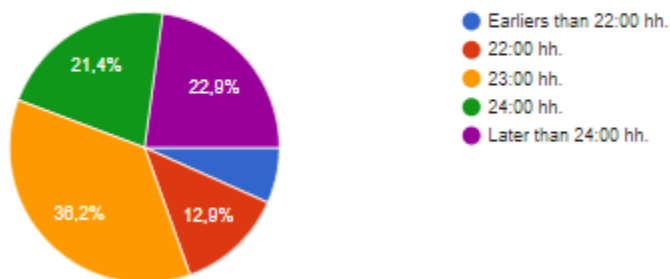|	
Breakfast	49 (23,3 %)
Lunch	92 (43,8 %)
Dinner	163 (77,6 %)
okay	1 (0,5 %)
None	1 (0,5 %)
Never	1 (0,5 %)
ninguna	1 (0,5 %)
No	1 (0,5 %)
mostly nothing	1 (0,5 %)
nothing	1 (0,5 %)
none	1 (0,5 %)
we do not eat together	1 (0,5 %)
None	1 (0,5 %)

Most of the families have dinner together 77,6%.

25. At what time do you go to bed on week days?

210 răspunsuri

- Earliers than 22:00 hh.
- 22:00 hh.
- 23:00 hh.
- 24:00 hh.
- Later than 24:00 hh.

21,4%
22,9%
36,2%
12,9%

Most of the students go to bed at 23 o clock 36,2%.

26. How many hours do you sleep normally?

210 răspunsuri

Legend:
- Less than 6
- Between 6 and 8 hours
- More than 8 hours
- More than 6
- 8 hours

Pie chart values: 14,8%, 59,5%, 15,7%
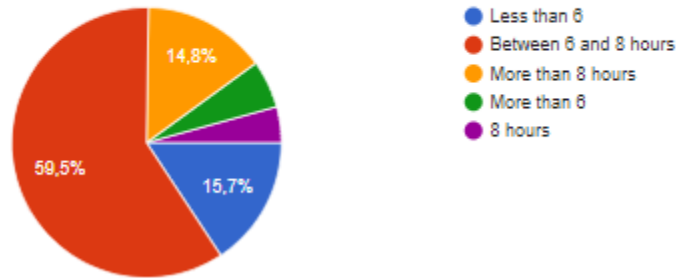
Most of the students sleep between 6-8 hours 59,5%.

What do you do to relax after stress?

208 răspunsuri

Activity	Count (Percentage)
Do sports	100 (48,1 %)
Meditate	22 (10,6 %)
Listen to music	180 (86,5 %)
Play an instrument	15 (7,2 %)
Take a walk	58 (27,9 %)
Play computer games	70 (33,7 %)
Take pictures	2 (1 %)
sleeping	1 (0,5 %)
watching tv, sleeping	1 (0,5 %)
Reading	1 (0,5 %)
smoking og kush	1 (0,5 %)
Draw	1 (0,5 %)
Tras books	1 (0,5 %)
	1 (0,5 %)
leer	1 (0,5 %)
leer y ver series	1 (0,5 %)
watch TV series le films, read	1 (0,5 %)
Netflix	1 (0,5 %)
meeting friends	1 (0,5 %)
Netflix, Youtube	1 (0,5 %)
writing	1 (0,5 %)
	1 (0,5 %)
meet friends, watch Netflix	1 (0,5 %)
sleep, watch series	1 (0,5 %)

Most of the students listen to music 86,5%.