



IES Nosa Señora dos Ollos Grandes



**BERUFSKOLLEG**  
Wirtschaft und Verwaltung  
mit Wirtschaftsgymnasium



# FOOD IN OUR LIVES

COLEGIUL ECONOMIC BUZAU



Erasmus+

## PARTNERS



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IES Nosa Señora dos Ollos Grandes-  
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## INTANGIBLE OBJECTIVES

RAISE AWARENESS in students and teachers for the RICH CULTURAL HERITAGE food offers

RAISE AWARENESS for the dangers of unhealthy food

To create an interest in the process of production and MARKETING of ( local) food products and in supporting SMEs (work dimension)

RAISE AWARENESS for the impact of food production on the ENVIRONMENT,

RAISE AWARENESS for the tragedy of food being WASTED

RAISE AWARENESS for the impact of food production on the ENVIRONMENT

## OTHER OBJECTIVES



Development of ICT SKILLS



Training of COMMUNICATION SKILLS



A furtherance of FOREIGN LANGUAGE SKILLS



INTERCULTURAL COMPETENCE



A development of SELF-CONFIDENCE

# RESULTS

Logo of the project

Leaflet of the project

Web documentary

Calendar of seasonal crops

DVD – film containing the most important activities

eTwinning platform

Facebook page

Cookery book

Booklet of healthy food recipes

Collection of lesson plans



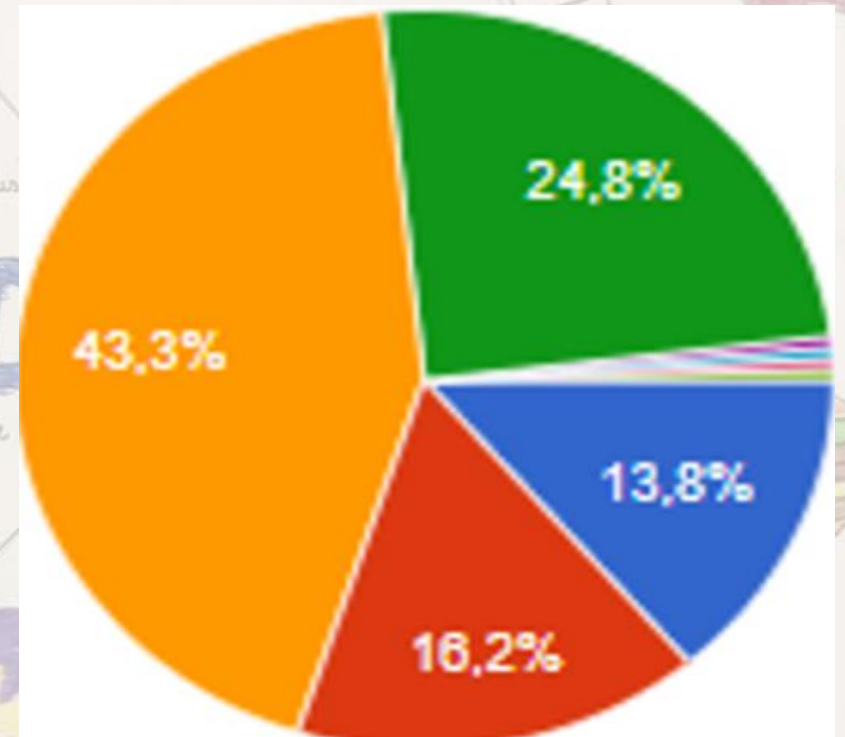


RESULT- RESEARCH ABOUT TEENAGERS LIFESTYLE

# DO WE LIVE HEALTHY?

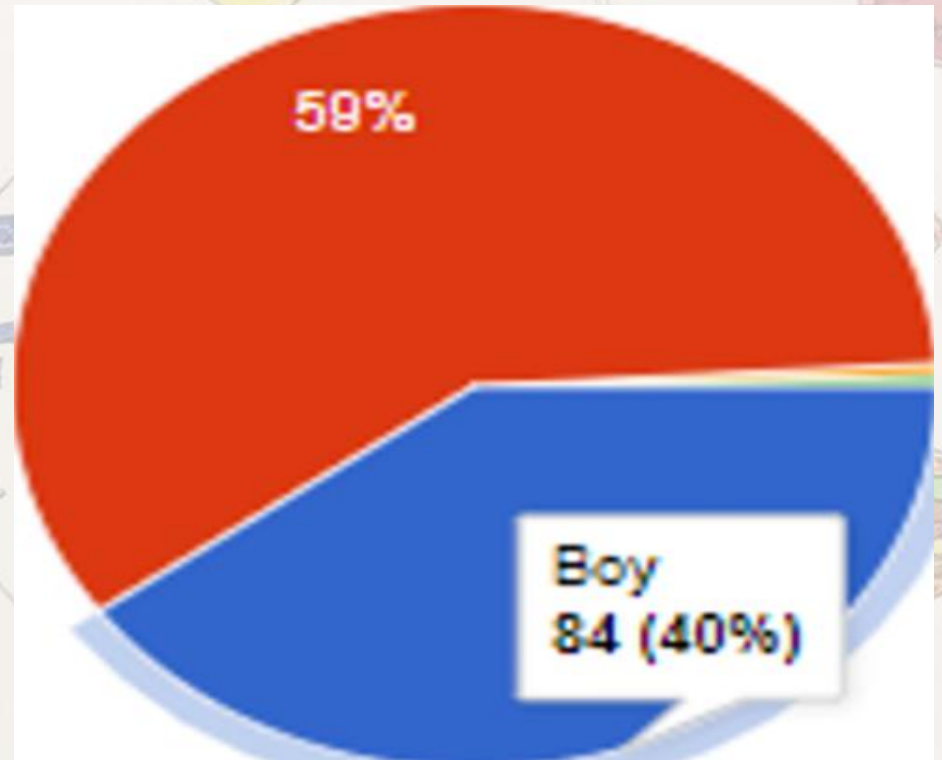
# 1. Nationality

Most of the students are *Romanians* (43,3%), then *Spanish* (24,8%), followed by *Germans* (16,2%) and *French* (13,8%).



## 2. Gender

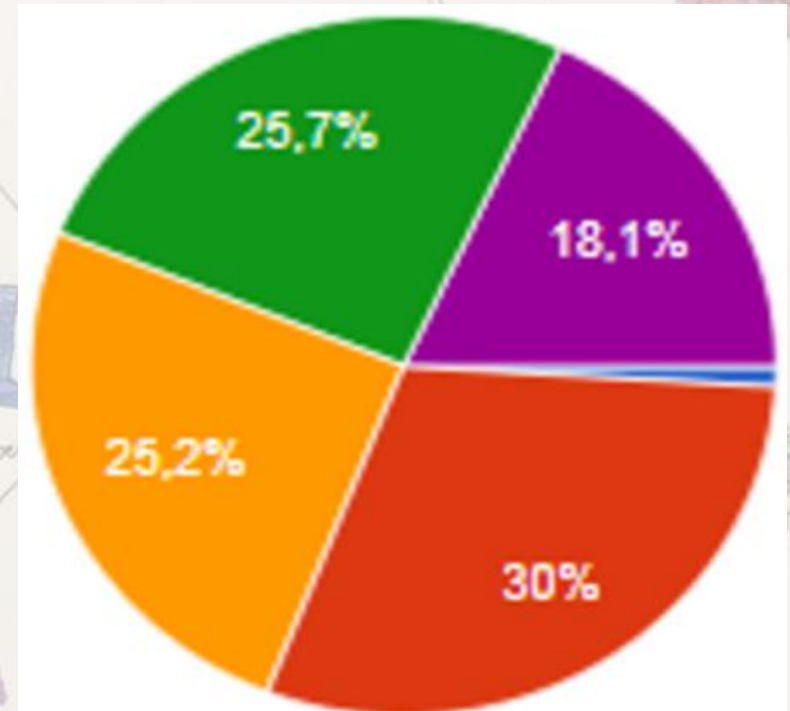
The structure of the respondents is predominantly *feminine* (80% of the total)





# 3. Age

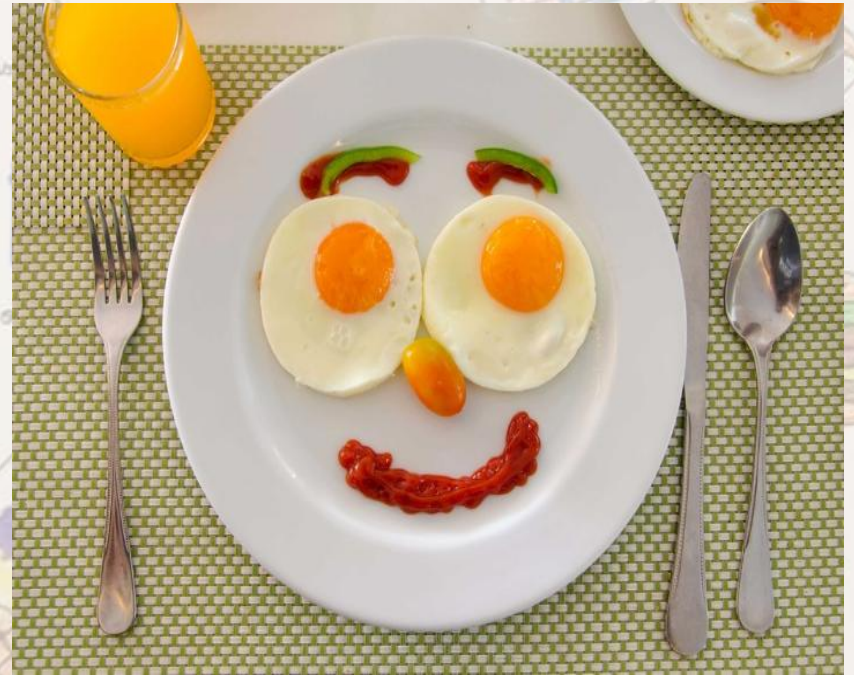
The majority of respondents is 15 (30%), then 17 (25,7%) and 16 years old (25,2%). The rest are represented by the 18 years old (18,1%).



# Eating habits

## 4. Choose the meals you usually have:

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



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

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





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

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





7. Which is the usual composition of your AFTERNOON meal ( around 14:00-15.00 hh.)?



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

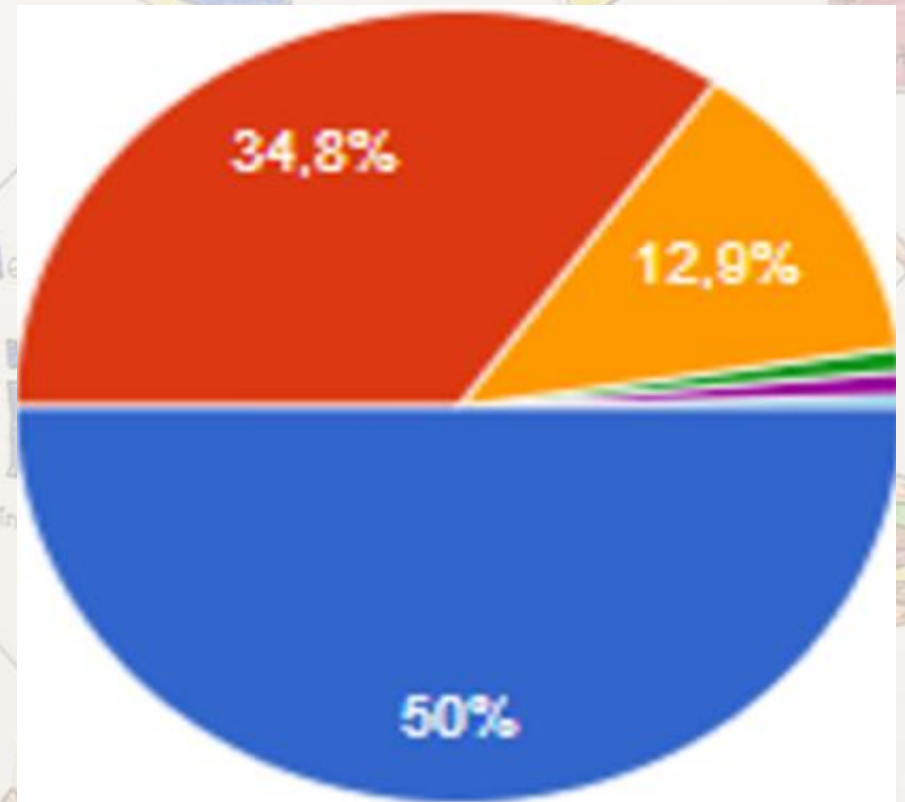
8. Which is the usual composition of your DINNER-  
EARLY EVENING meal (around 18:00-19:00 hh.)?

Vegetables, fruit or fruit  
juice are the usual  
composition of DINNER-  
EARLY EVENING meal  
(30%), then meat ( 27%),  
cereals, bread, pasta  
(25%).



## 9. Frequency of consumption of vegetables

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





10. Mark the fruits that you like:

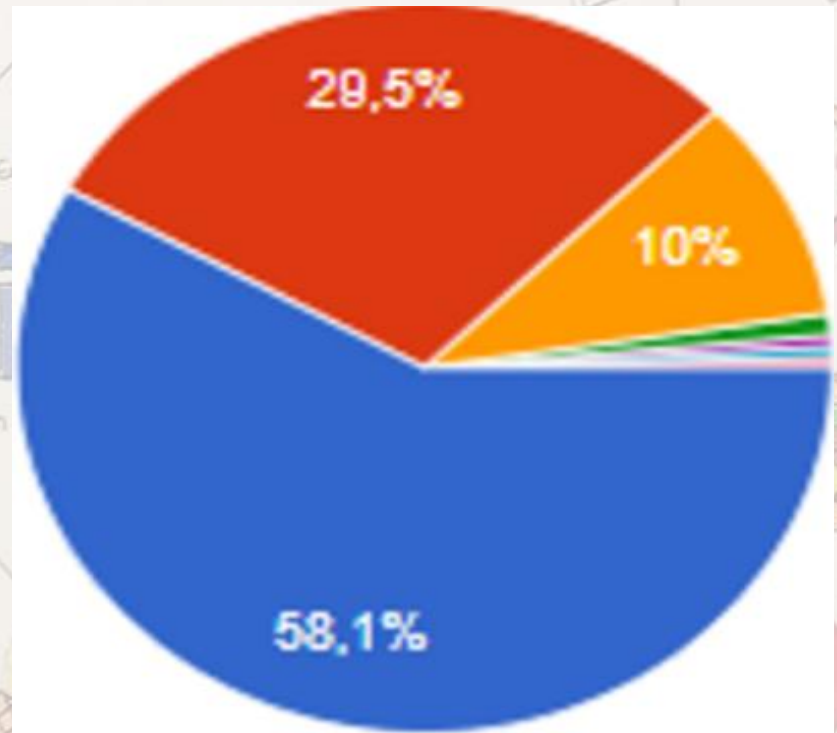
Apple is preferred by majority of respondents(83%), than orange or banana (79%), cherry (74%) and strawberry(73%).





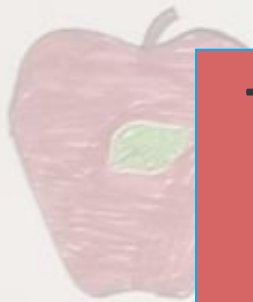
## 11. Frequency of consumption of fruit.

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



12. Mark the type of fish and/on meat that you like?

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



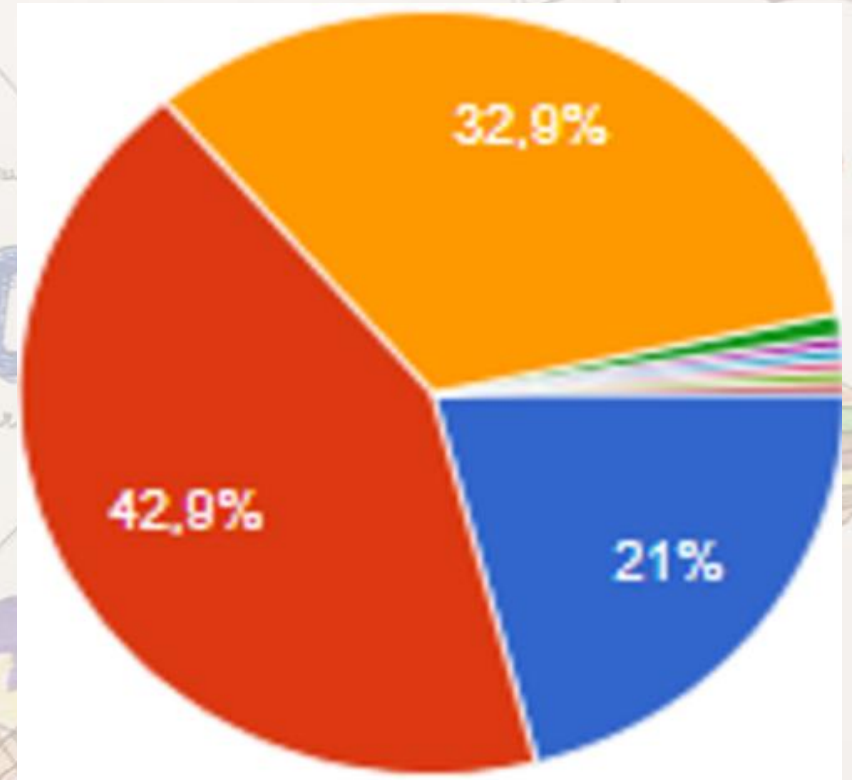
## 13. Frequency of consumption of meat or fish

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



# 14. Frequency of consumption of pasta and vegetables.

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





# Healthy habits

## 15. When do you wash your hands?

- 81% of respondents wash their hands before eating.
- 76% often going to the toilette.
- 54% when they arrive home.

## 16. When do you brush your teeth?

- 67% of respondents brush their teeth when they get up.
- 62% before going to bed.
- 51% often each meal.

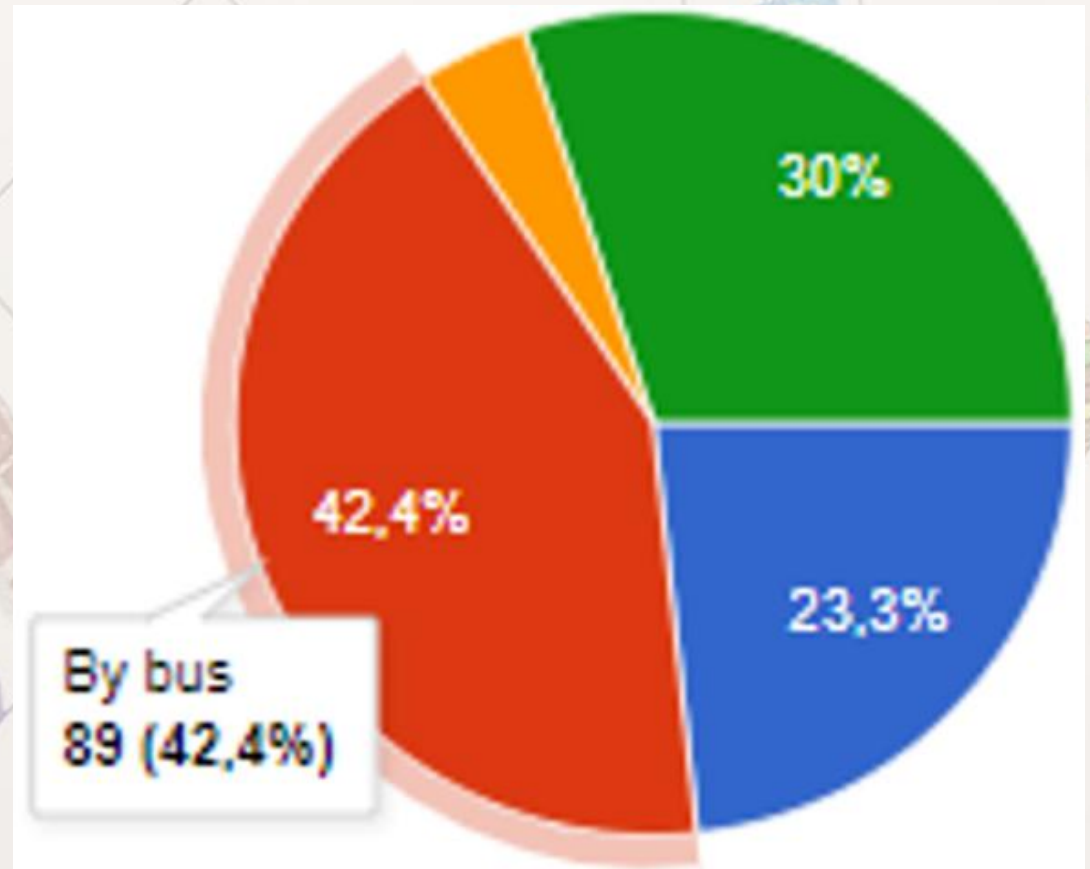


17. Do you do any exercise apart from school classes?

77% of respondents do some exercise apart from school classes.

## 18. How do you go to school?

- 42% of respondents go by bus.
- 30% walking.
- 23% by car.



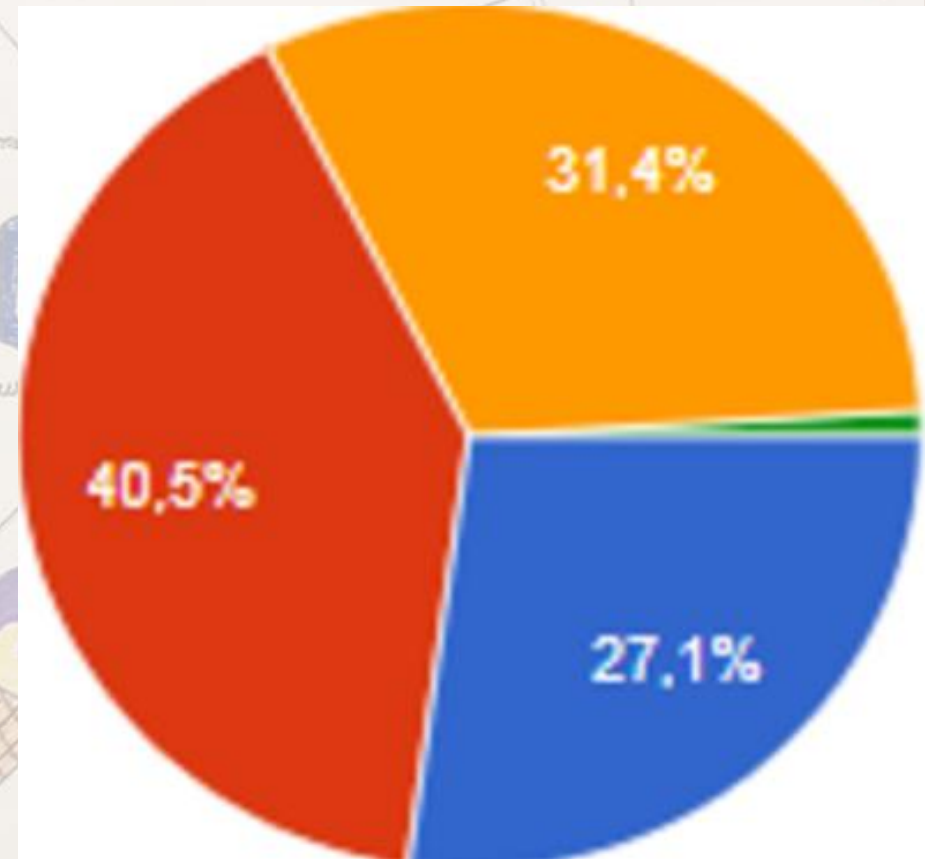


19. How many hours do you spend watching tv, playing video games or surfing the internet/ social media per day?

40% of respondents spend 2-4 hours.

- 31% more than 4 hours.

27% up to 2 hours.



## 20. What food do your family members eat together?

- Dinner for 77%.
- Lunch for 43%.
- Breakfast for 23%.

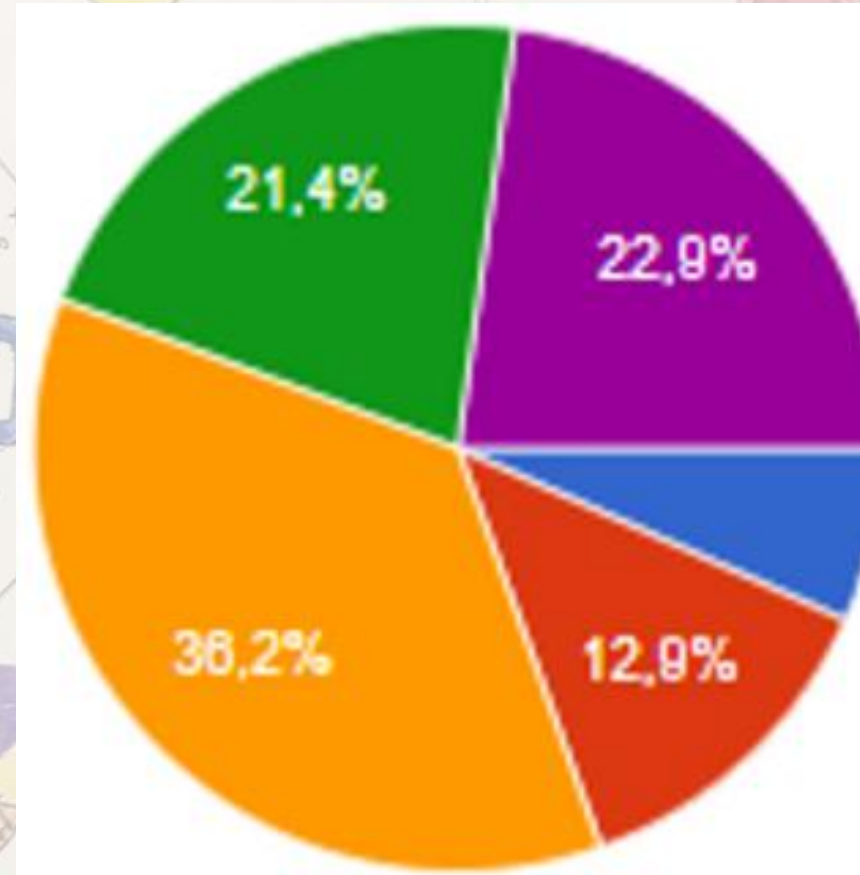


21. At what time do you go to bed?

38% go to bed at 23  
hh.

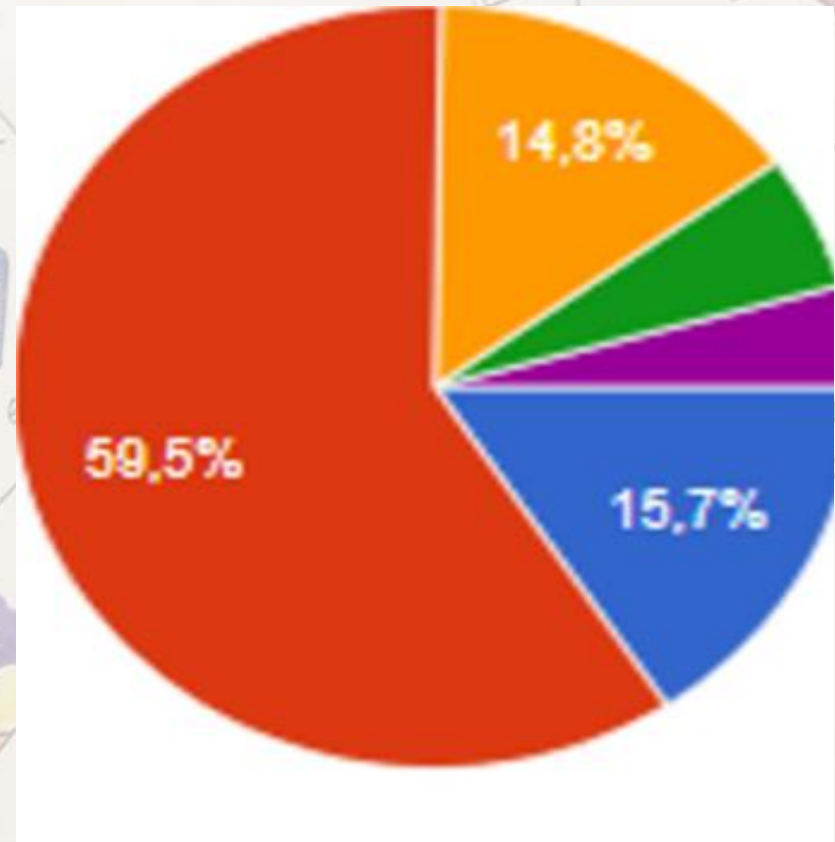
22% later than 24 hh.

- 21% at 24 hh.



## 22. How many hours do you sleep normally?

- 59% sleep normally between 6 and 8 hours.
- 15% less than 6 hours.
- 14 more than 8 hours



## 23. What do you do to relax after stress?

- 86% prefer listening to music.
- 48% do sport.
- 33% play computer games.





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‘This project is financed with support from the European Commission. This material only reflects the views of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.’