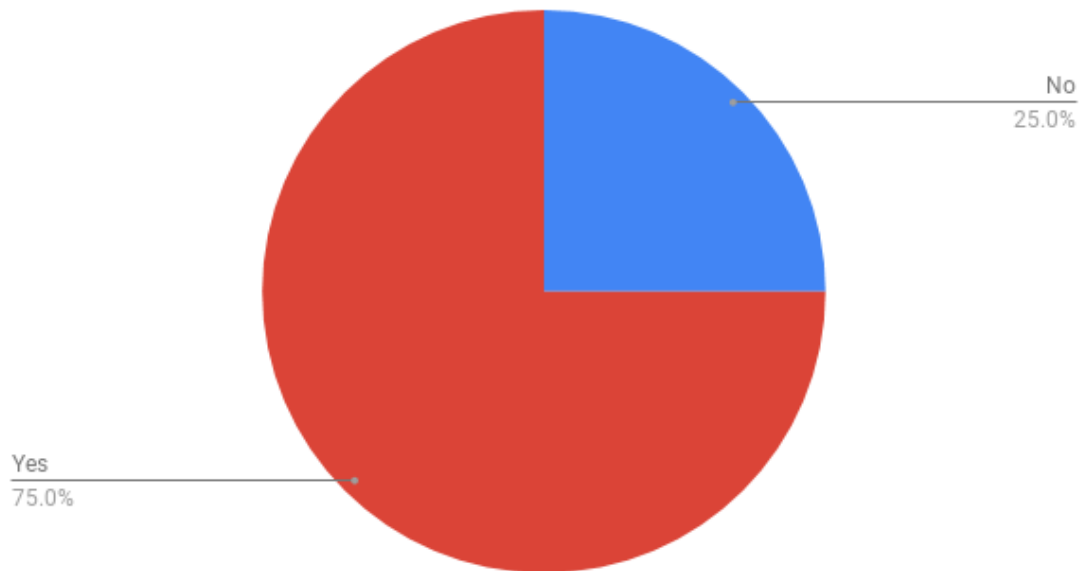




INITIAL EVALUATION: ASPECTS RELATED TO THE FOURTH RING

Do you know what a balanced diet is?



Which different kinds of diet do you know?

The most representative answers:

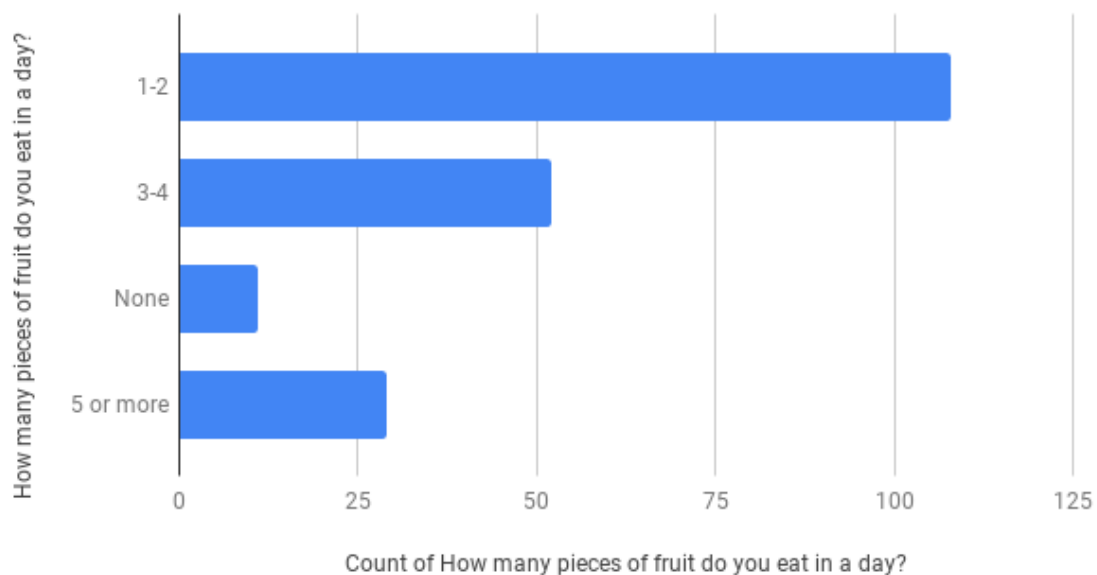
High-protein diet, weight watchers.
Weight watchers, Pascal Naessens, Sandra Bekkari
Health conditioned and religion conditioned diets
The Mediterranean, the whole 30, vegetarianism
Vegan, Raw Vegan, Vegetarian
The "special" diet, the Mediterranean diet, intensive diet, the not diet, etc.
Diet because of health problems, detoxing, don't eat confectionery....
Vegetarian, vegan, Mediterranean, hypo caloric, medical
A diet without sweets and chocolate.
Vetarm diet
Low-salt diet, weight loss diet
I always eat some fruits or vegetables I don't know how is my balanced diet
I heard about some diets but i am not thinking much about it, because i am not fat and i think you don't have to have diet when you are sporting.
Diet through which we eat a lot of vegetables..
Fruit diet, colour diet, Weight Watchers diet
Alfa diet, pineapple diet
Bread diet, fruit diet



HIGHWAY TO HEALTH (#h2h2020)

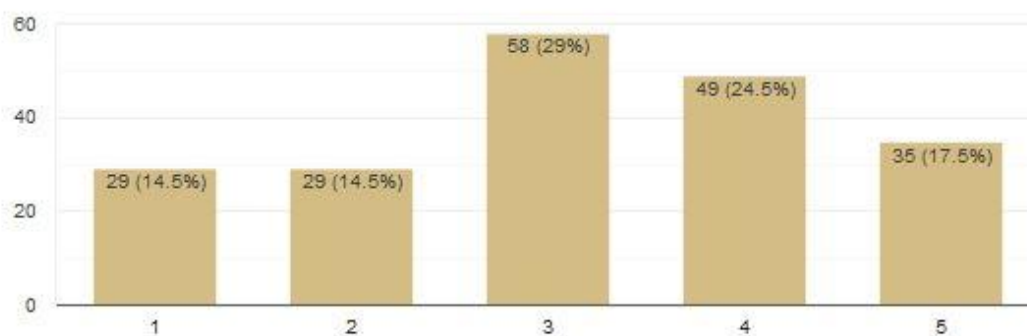


How many pieces of fruit do you eat in a day?



How important is your diet for you?

200 responses





Do you know what organic food is?



Do you know what organic food is?

Most representative answers:

No pesticides, good keeping of animals

Products without pesticides, hormones, additives...

Fruits and vegetables.

The organic food is for example potatoes, tomatoes, lettuce ...

It is the ecologic food. In my farmhouse we made ecologic products like vegetables or eggs.

It's food not processed

I don't know how to explain.

Food that is produced locally and without pesticides

It's when the food doesn't contain sugar or a lot of chemicals.

Is the food like fruit or vegetables that with the passing of the time goes rotten.

Food that is made with respect of nature

No meat in food.

Sacharids, vitamins, proteins, sugars

I can't explain it but I know what it is. Well, it is bio and more healthy than normal food.

The farmers do not use conventional methods to fertilize or prevent disease among livestock