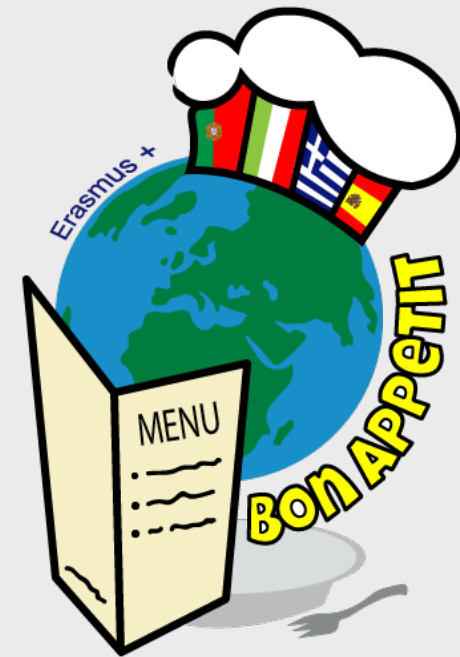


EATING HABITS SURVEY



QUESTIONNAIRE FOR STUDENTS THE RESPONDENTS.

Aged 10-13

45%

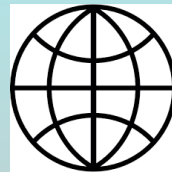


55%



92% EUROPEAN

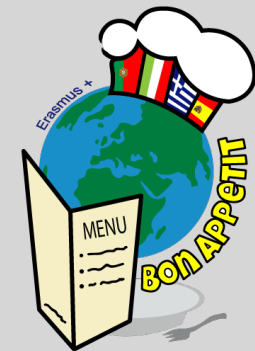
8% EXTRA-EUROPEAN



100% LOWER SECONDARY SCHOOL

To analyze the research findings we focused on some critical issues emerging from the survey.

We will take these issues as starting points to improve our students' awareness and behavior as regards their eating habits and life style.



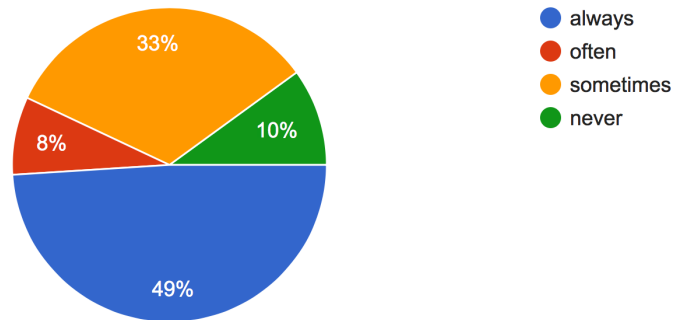
FOOD HABITS AND CONSUMPTION

Only half of respondents always have breakfast. 8% often, 33% sometimes and 10% never.

!! Something to work on being breakfast on important daily meal !!

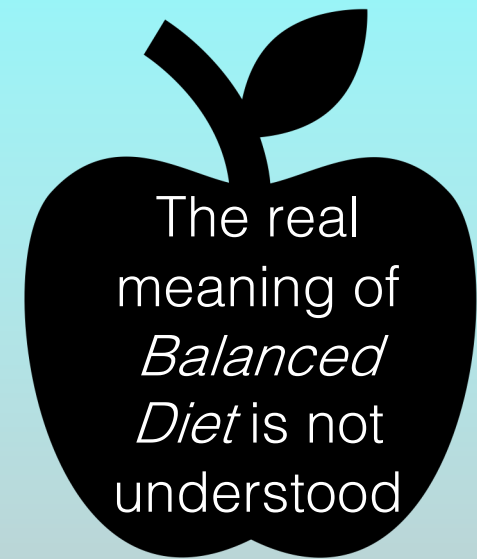
A. 1. Do you eat breakfast?

100 responses



As for food consumption all respondents report to have a balanced diet. *However...*

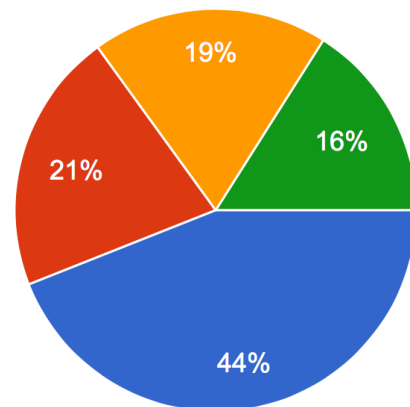
- 28% never eat legumes
- 34% never eat fish
- 48% eat fish only once a week
- 26% never eat fruit or eat fruit only once a week
- 63% never eat wholemeal bread
- Almost no one eats dried fruit.



44% report their diet is different every day.
19% say it is different only at the weekend.
16% say it is very monotonous.

A. 12. Your diet is:

100 responses



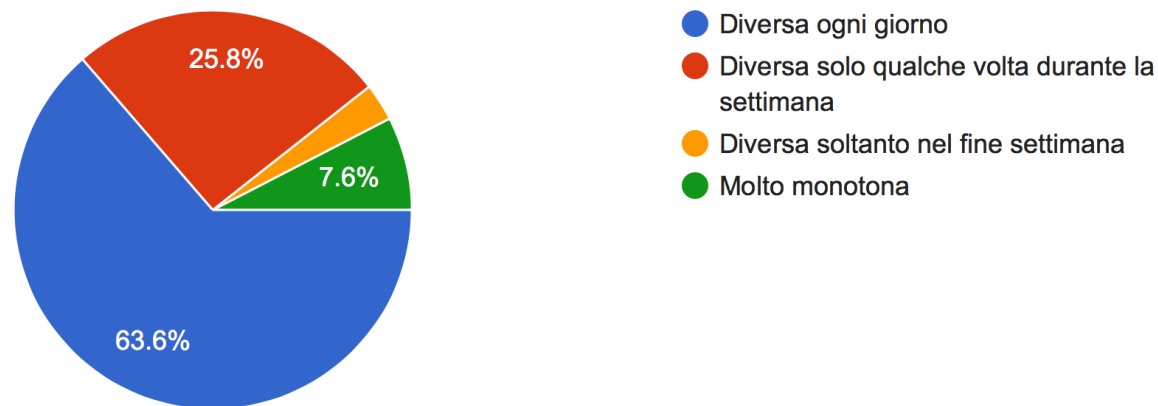
- different every day
- different only sometimes during the week
- different only at the weekend
- very monotonous

64% of parents, on the other hand, say their children's diet is different every day. Only 7% say it is monotonous.

Someone is lying here!!

C. 13. Come valuterebbe la dieta di suo/a figlio/a?

66 responses

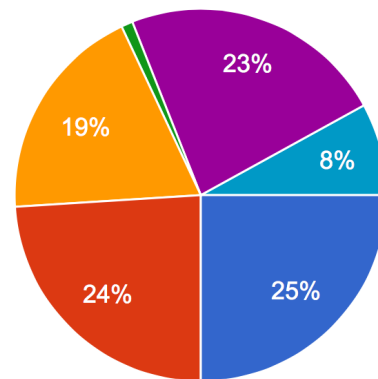


PHYSICAL ACTIVITY AND LIFESTYLE

25% of respondents practice sport every day, 24% twice a week , 19% three or four times a week. **32% don't do any sports** for various reasons.

B.1. Do you practice any physical activities?

100 responses

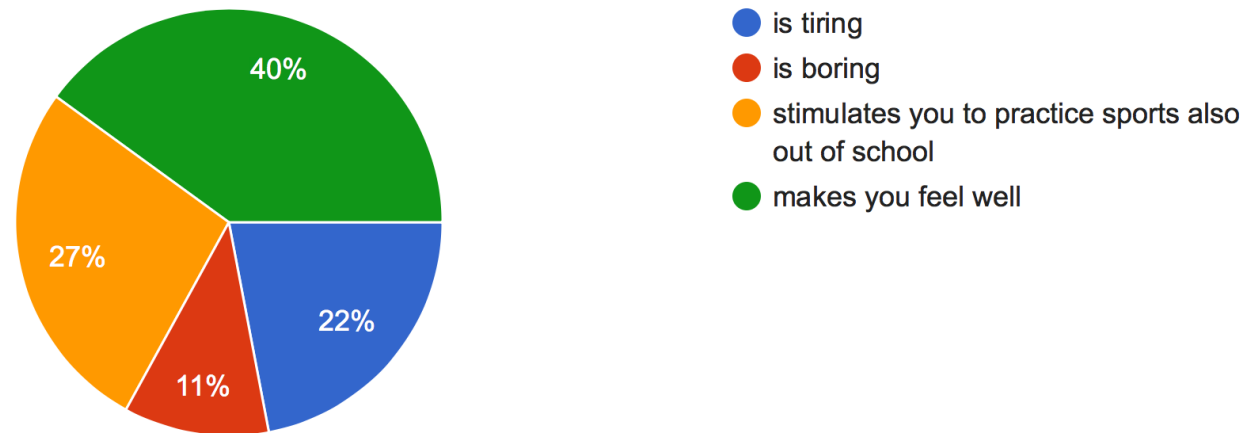


- Yes, every day
- Yes, twice a week
- Yes, three or four times a week
- No, I'm too tired in the afternoon to practice sport
- No, in the afternoon I have to do my homework
- The school physical activity is enough

The vast majority of respondents have positive feelings about the physical activity they practice at school. Only 11% is not satisfied with it.

B. 6. The physical activity you practice at school:

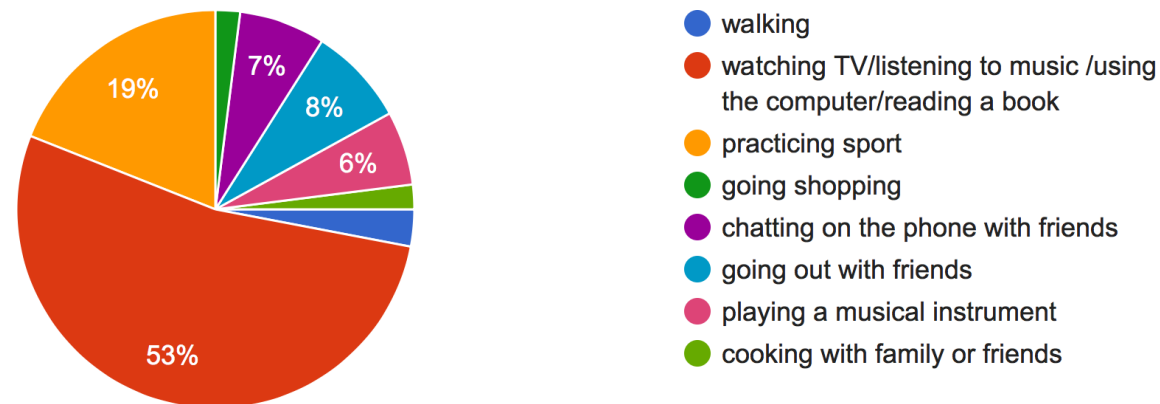
100 responses



60% of respondents spend his free time watching tv, using the computer or chatting on the phone. Only 2% consider cooking with family or friends a free time activity.

B. 3. What do you prefer doing in your free time?

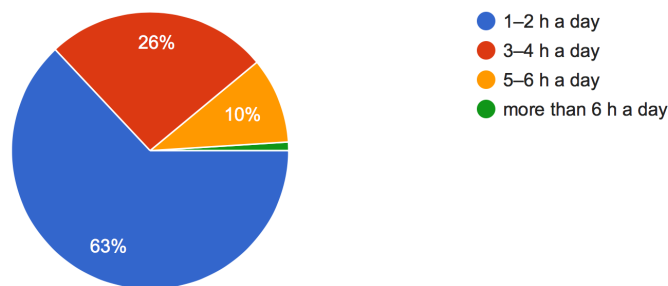
100 responses



As for the **time spent at the computer or cell phone** the percentages of what students and parents say is very similar. More than 60% spend 1 or 2 hours a day using a technological device. The only relevant difference is the percentage of 5-6 hours a day: 10% according to students, 1% according to parents!!

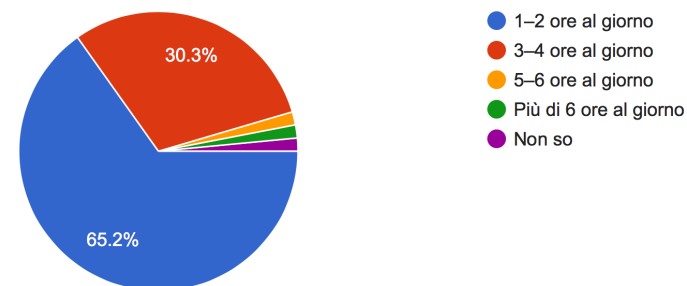
B. 4. How many hours do you spend on the computer, watching TV or using your smartphone?

100 responses



B. 2. Quante ore al giorno trascorre davanti al computer, a guardare la televisione o usare lo smartphone?

66 responses



The most interesting information
come from sections C and D:

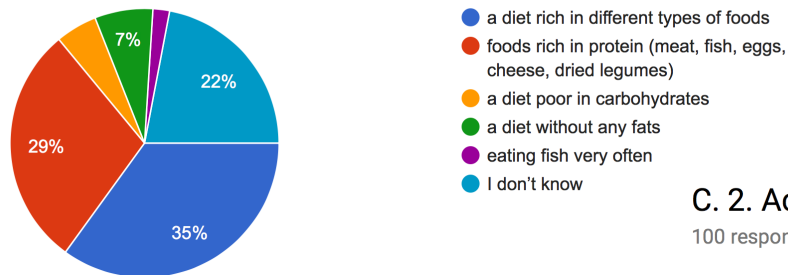
*Healthy and Unhealthy Dietary Habits
and
Food and Self-Efficacy*

This is where we should work....!!!

29% of our respondents think a healthy diet is a diet rich in proteins. 22% don't know what a healthy diet is. **Only one third think a healthy diet is a diet rich in different types of food.** 46% think healthy food is food rich in proteins. **Only 10% think healthy food is food without preservatives and additives.** 24% can't answer!!!

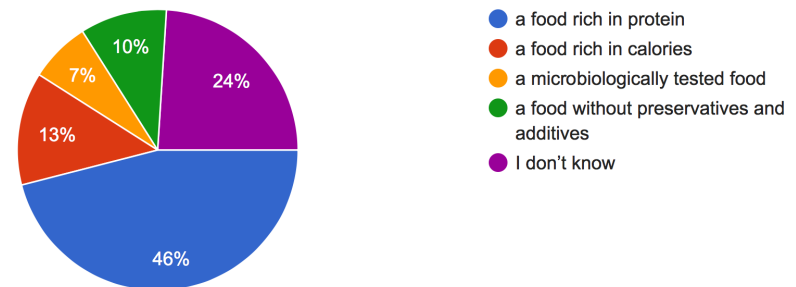
C.1. According to you, which is a healthy diet?

100 responses



C. 2. According to you, which is a healthy food?

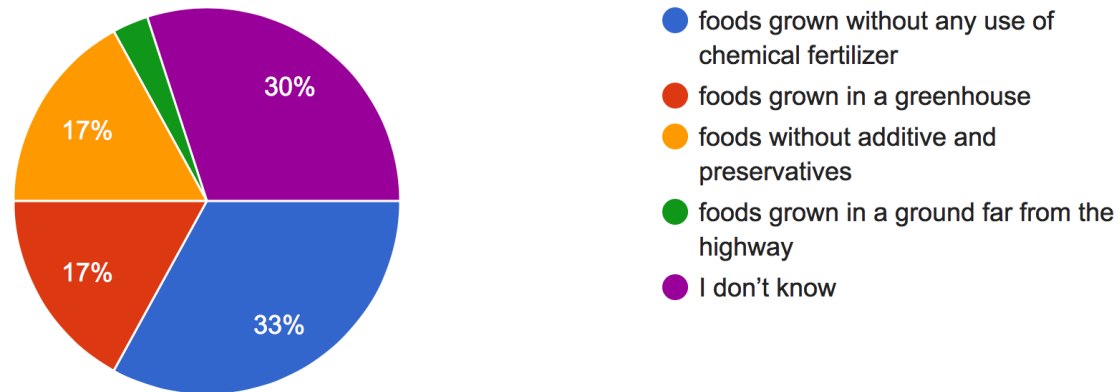
100 responses



One third of our respondents don't know what organic food is. 17% think it is food grown in greenhouses.

C.3. What are 'biological/organic foods'?

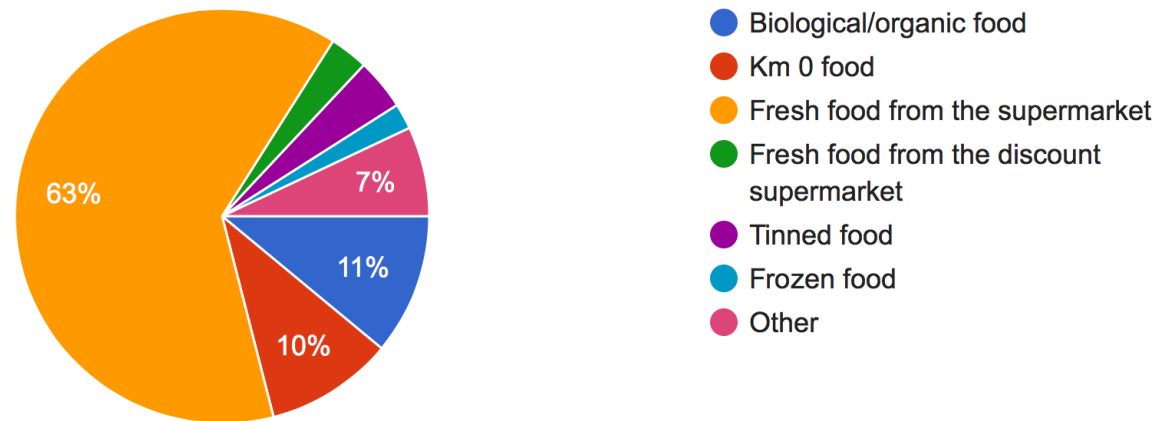
100 responses



The majority of respondents report their family buy fresh food from the supermarket (which is often not local). Only 10% buy Km 0 food.

C. 4. Which of the following types of food do your family usually buy?

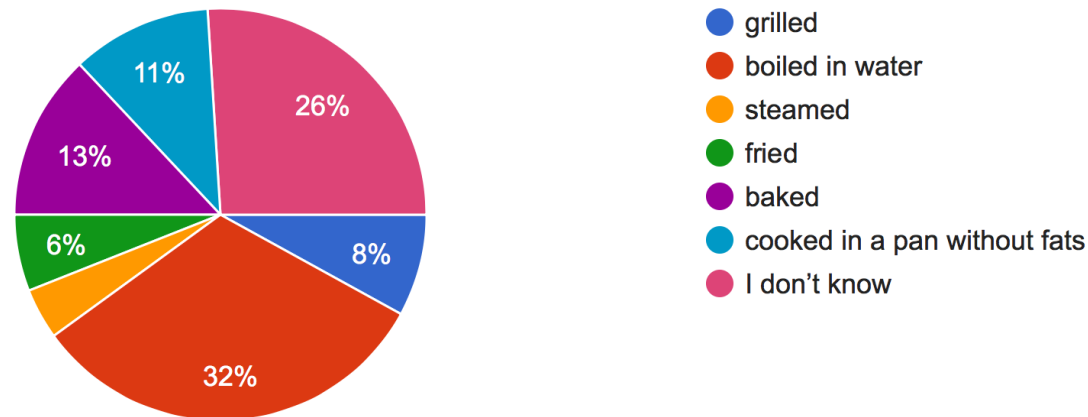
100 responses



One quarter of respondents can't answer the question on healthy cooking methods. Only 4% thinks steamed is the healthiest one.

C. 6. According to you, which is the healthiest cooking method?

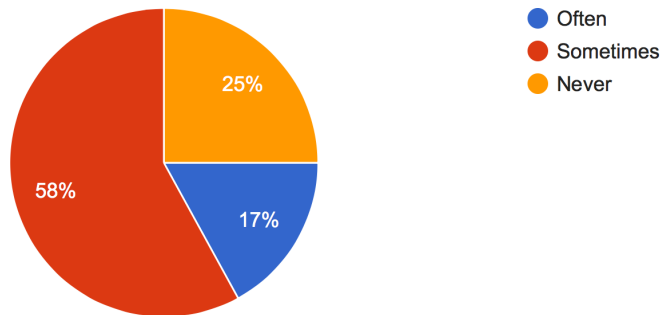
100 responses



A quarter of the respondents never go food shopping. **Only 29% report to pay attention to the labels and ingredients of the food they buy.** 29% sometimes. 12% rarely. 17% never. 13% don't know.
So there is about 40% to work on!!!

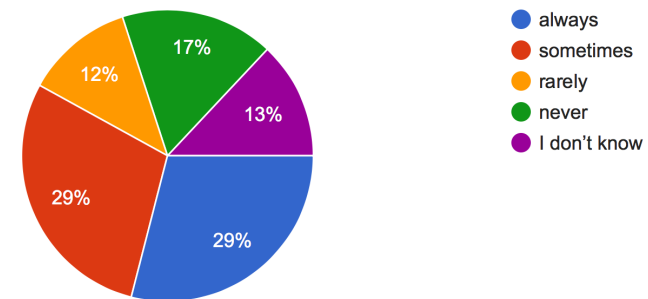
D. 2. Do you ever go food shopping?

100 responses



D. 3. When shopping for food do you pay attention to the ingredients list on the label of the products you buy?

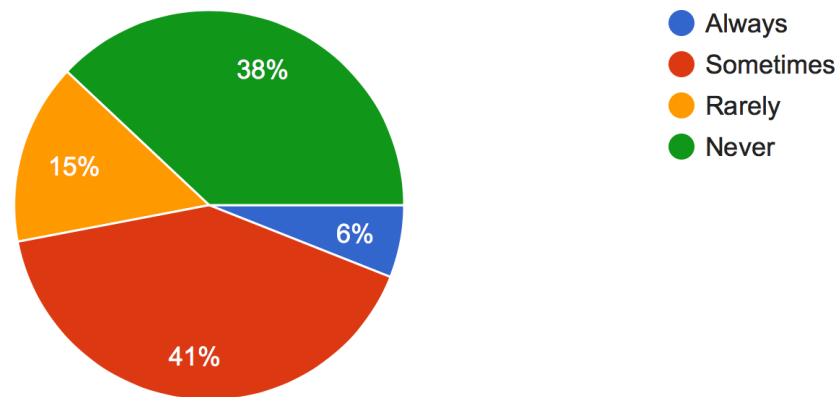
100 responses



About half of respondents are influenced by advertising when buying a product.

D. 12. Are you influenced by advertising when choosing the food you buy?

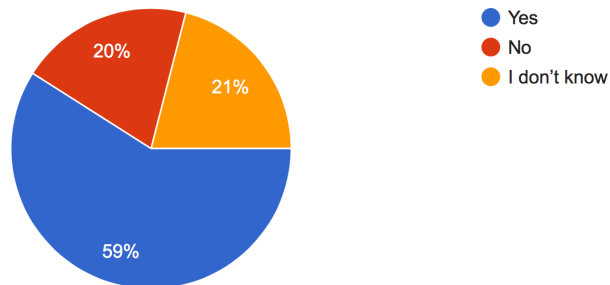
100 responses



Only 40% of respondents cook and like cooking (D.8.). Another 40% don't know or don't think being able to cook could help having healthier eating habits (D.9.).

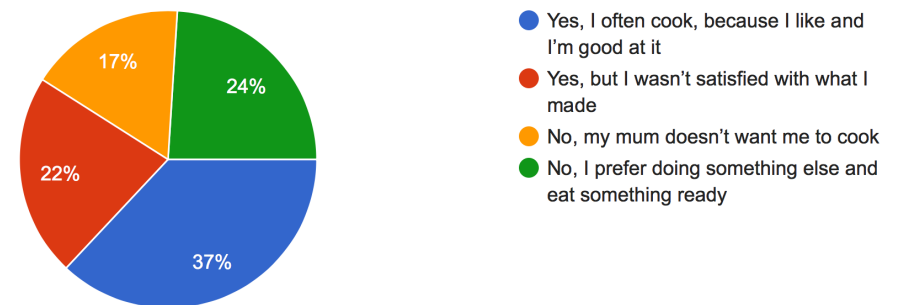
D. 9. Do you think being able to cook could help you to have healthier eating habits?

100 responses



D. 8. Have you ever tried to cook for yourself or for someone else?

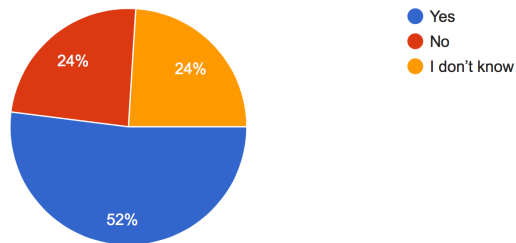
100 responses



About 50% of respondents don't think they could improve their health status or wouldn't change their lifestyle. About 20% is not interested in eating healthy food.

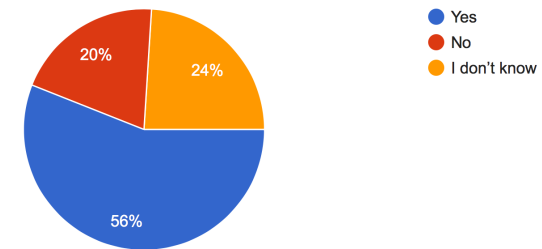
D. 4. Do you think you are able to use advice aimed at improving your well-being or health status?

100 responses



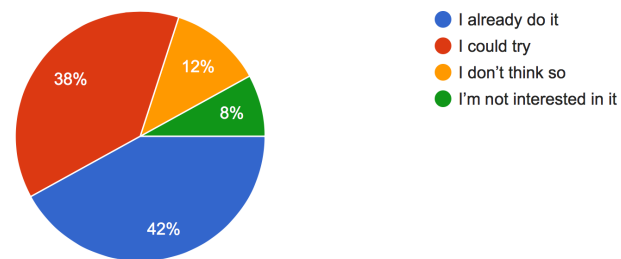
D. 5. Do you think you would be able to modify your lifestyle if needed?

100 responses



D. 11. Do you think you might like eating healthy food?

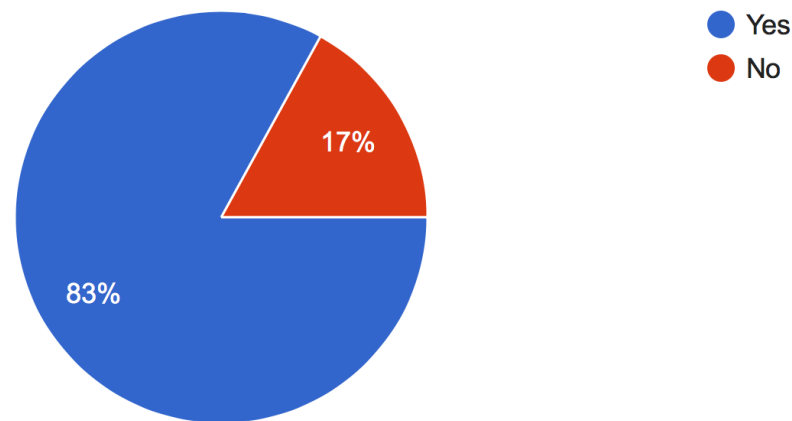
100 responses



The vast majority of respondents (83%) report their family would support them in improving their eating habits. **So most of them are positive about it!!**

D. 13. Do you think that your family would support your efforts in improving your eating habits?

100 responses



QUESTIONNAIRE FOR FAMILIES THE RESPONDENTS..

85% Between 31 - 50

15% Over 50

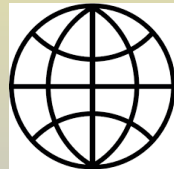
76%



24%



100% EUROPEAN



45% HIGH SCHOOL DIPLOMA

29% UNIVERSITY DEGREE

15% DIDN'T FINISH UNIVERSITY

11% LOWER SECONDARY SCHOOL

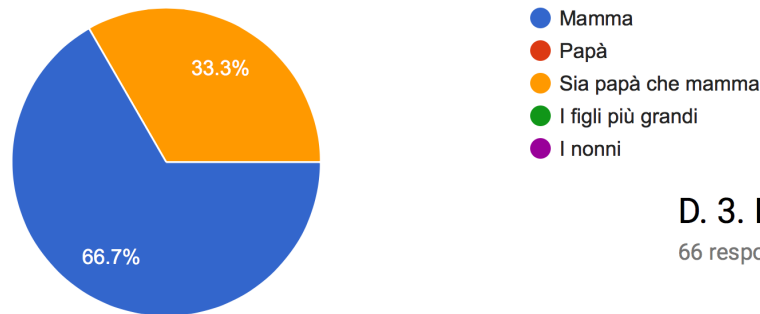


FAMILY LIFESTYLE

The majority of respondents report that, not surprisingly, mothers are mostly responsible for cooking (67%) and for doing food shopping (50%).

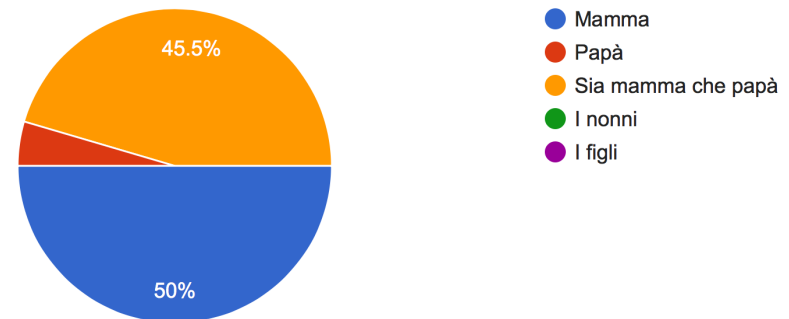
D. 1. Di solito chi cucina in famiglia?

66 responses



D. 3. Di solito chi pensa a fare la spesa nella sua famiglia?

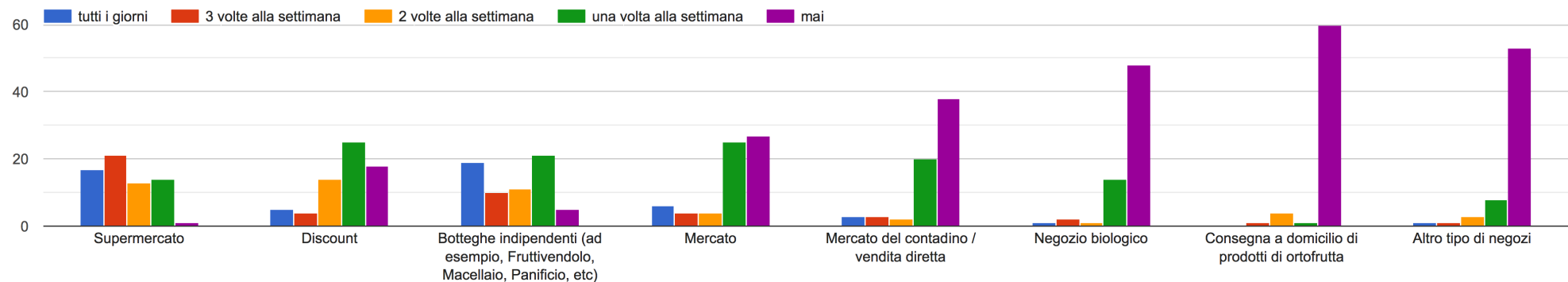
66 responses



As for food shopping, it is relevant that, most respondents do food shopping everyday, once or twice a week at the supermarket, at the discount market or in small shops such as bakeries and butchers. **Quite a lot of respondents never shop at the market (40%), at farmer markets (57%), in organic shops (73%) or has vegetable boxes delivered (90%).**

!! This fact contrasts with the following slide..where we find out that... !!

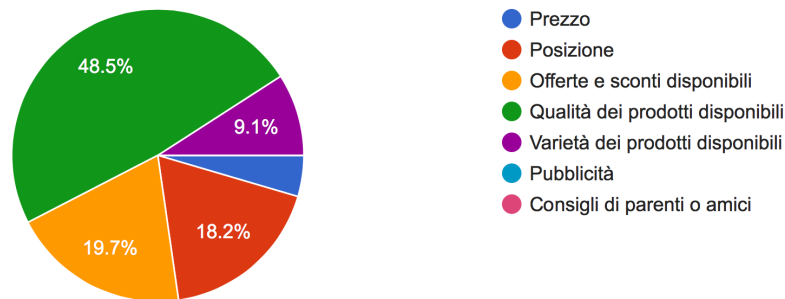
D. 4. Quante volte usa fare la spesa nei seguenti tipi di negozi?



About half of respondent say that **the quality of products** is the main factor influencing where they decide to do their food shopping (both offers and location follow with about 20%) and **the freshness of food** is the main factor when deciding what to buy (about 70%).

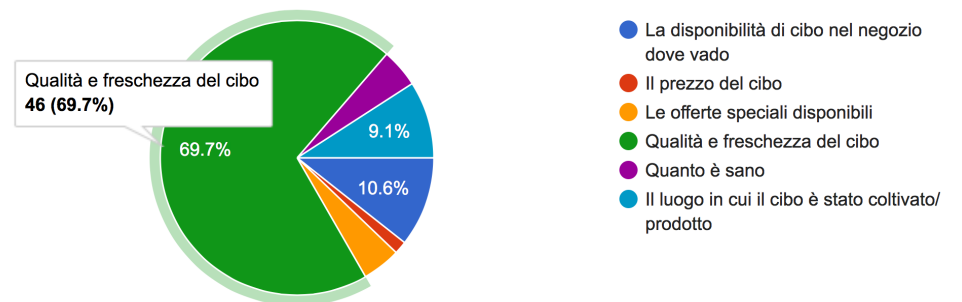
D. 5. Quali fattori influiscono nella scelta del negozio in cui decide di fare la spesa?

66 responses



D. 6. Quali fattori prende maggiormente in considerazione quando acquista il cibo?

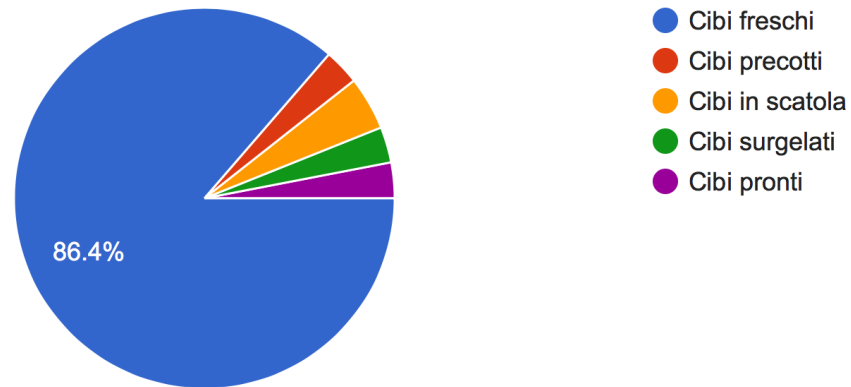
66 responses



The vast majority of respondents (about 87%) tend to buy fresh food, but often at the supermarket where products rarely local.

D. 7 Quali di questi prodotti è incline a comprare?

66 responses

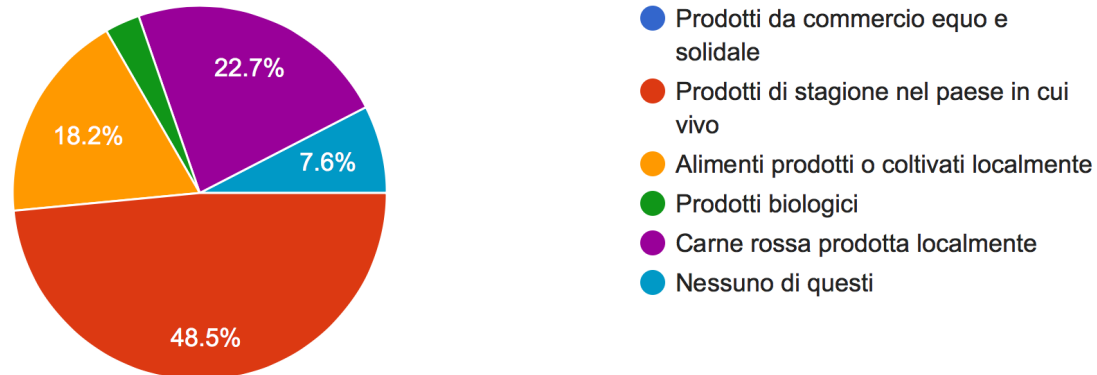


SUSTAINABLE EATING

Almost 90% report to consciously buy seasonal and locally produced products. 7.6% don't pay attention. Almost no one buys fair-trade or organic products.

E. 1. Quali di questi prodotti cerca di comprare consapevolmente?

66 responses

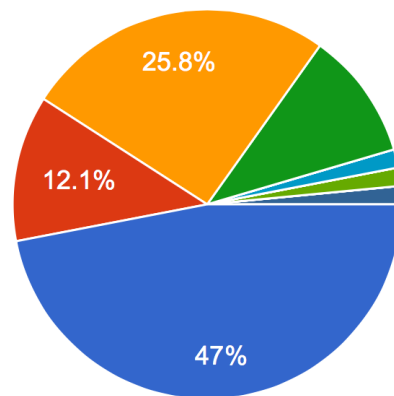


Here again the freshness of food is a key factor, but only 12% report that they want to support the local economy.

!! There is a lot to do to create more consciousness !!

E. 2. Quali delle seguenti affermazioni rispecchia maggiormente il suo pensiero circa l'acquisto di cibi e alimenti prodotti a livello locale?

66 responses

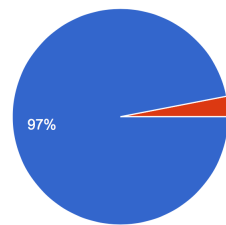


- Desidero che il cibo che compro sia...
- Voglio sostenere l'economia locale
- Mi piace conoscere la provenienza...
- Sono già soddisfatto dei prodotti ch...
- Troppo costosi per il mio bilancio
- Voglio un'ampia scelta di prodotti
- Non mi importa il modo in cui il cibo...
- Questo tipo di scelta non è possibil...

However... almost all respondents report that they try to support local producers and that they have a good understanding of the issue surrounding buying local products.

E. 5. E' un bene per l'ambiente mangiare frutta e verdura locale e di stagione.

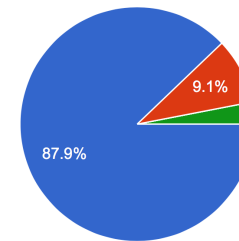
66 responses



● D'accordo
● Indifferente
● In disaccordo
● Non so

E. 6. Ove possibile, provo a sostenere i produttori locali.

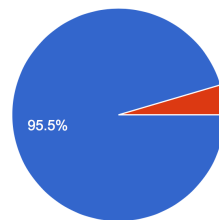
66 responses



● D'accordo
● Indifferente
● In disaccordo
● Non so

E. 7. Comprendo bene i discorsi relativi all'acquisto di prodotti locali e di stagione.

66 responses



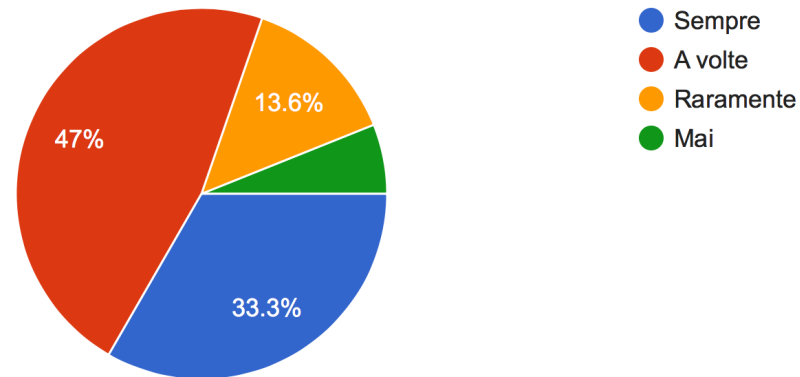
● D'accordo
● Indifferente
● In disaccordo
● Non so

Only 33% of respondent report they always pay attention to the environmental impact of the cooking method they use.

!! A great deal of information could be done here !!

E. 8. Durante la preparazione del cibo, presta attenzione all'impatto ambientale dei metodi di cottura che utilizza?

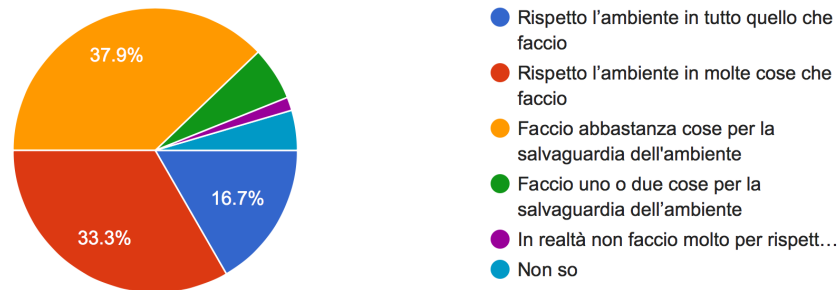
66 responses



The vast majority of respondents (88%) report that they try to have an environmental-friendly behavior. Only 6% say they don't do anything to protect the environment. About 40% of respondents say they would make changes to the food they buy to reduce the impact on the environment. 35% would like to do more.

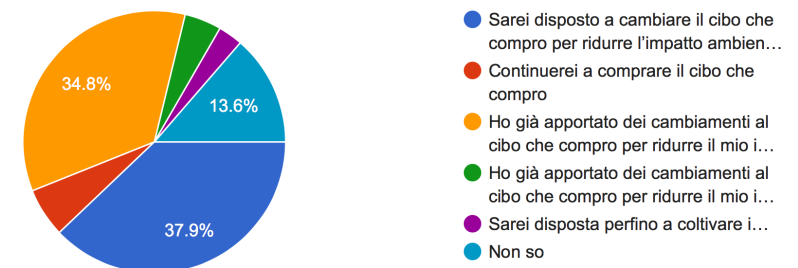
E. 9. Quali delle seguenti affermazioni la descrive meglio? Ne scelga una.

66 responses



E. 10. Per favore, legga le affermazioni di seguito e indichi quale ritiene sia più consona a lei. "Se avessi maggiore ... dei metodi di produzione del cibo..."

66 responses

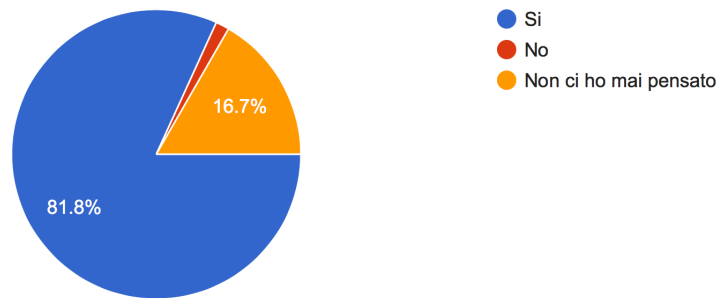


Not surprisingly, the vast majority of respondents (about 80%) think it is important cooking traditional dishes and 65% cook traditional food quite often.

!!We are proud of being Sicilian...especially as regards food!!

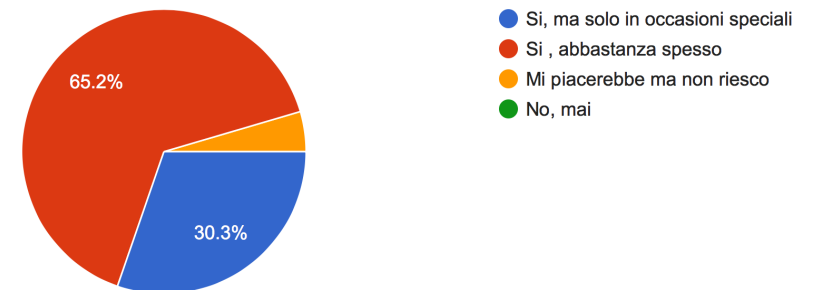
E. 3. Pensa sia importante cucinare ricette tradizionali locali?

66 responses



E. 4. Le capita di cucinare piatti tradizionali appartenenti alla cucina della sua regione?

66 responses





THANKS FOR YOUR
ATTENTION

