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STUDENTS' EATING HABITS



Purpose – *to evaluate the nutritional peculiarities of students from partner schools.*

Task – *to evaluate students' attitudes toward nutrition based on high school students' responses.*

320 is the total number of students aged 15-17 who participated in the survey.

- 88 from *Joniskis Ausros gymnasium, Joniskis*
- 69 from *Yasemin Erman Balsu Anadolu Lisesi, Turkey*
- 123 from *ITIS Polo Technico E.Fermi-C.E. Gadda, Italy*
- 40 from *Liceul Gheorghe Tatarescu, Romania*

The survey shows that students' nutritional peculiarities and attitude towards nutrition in each partner school is rather similar.

- *Students understand that a healthy diet contributes to better well-being, they are familiar with the pyramid of a healthy diet and know the recommendations how to follow the pyramid.*
- *The majority of participants knows about the importance of healthy nutrition to their health, so they try to eat regularly. All of them prefer eating home made food and choose seasonal fresh fruit and vegetables.*
- *All of students instead of carbonated drinks or juices usually choose to drink water.*