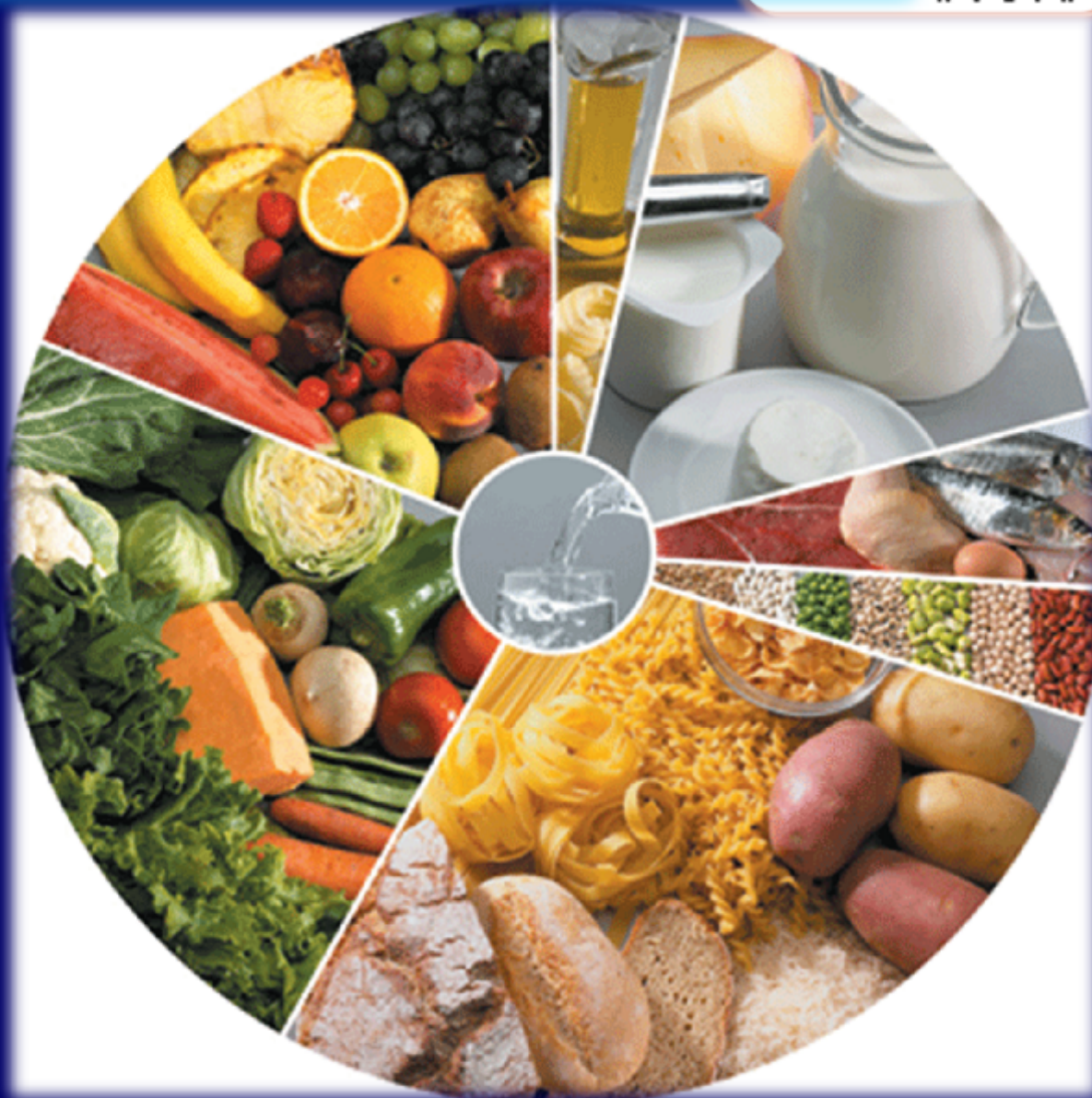


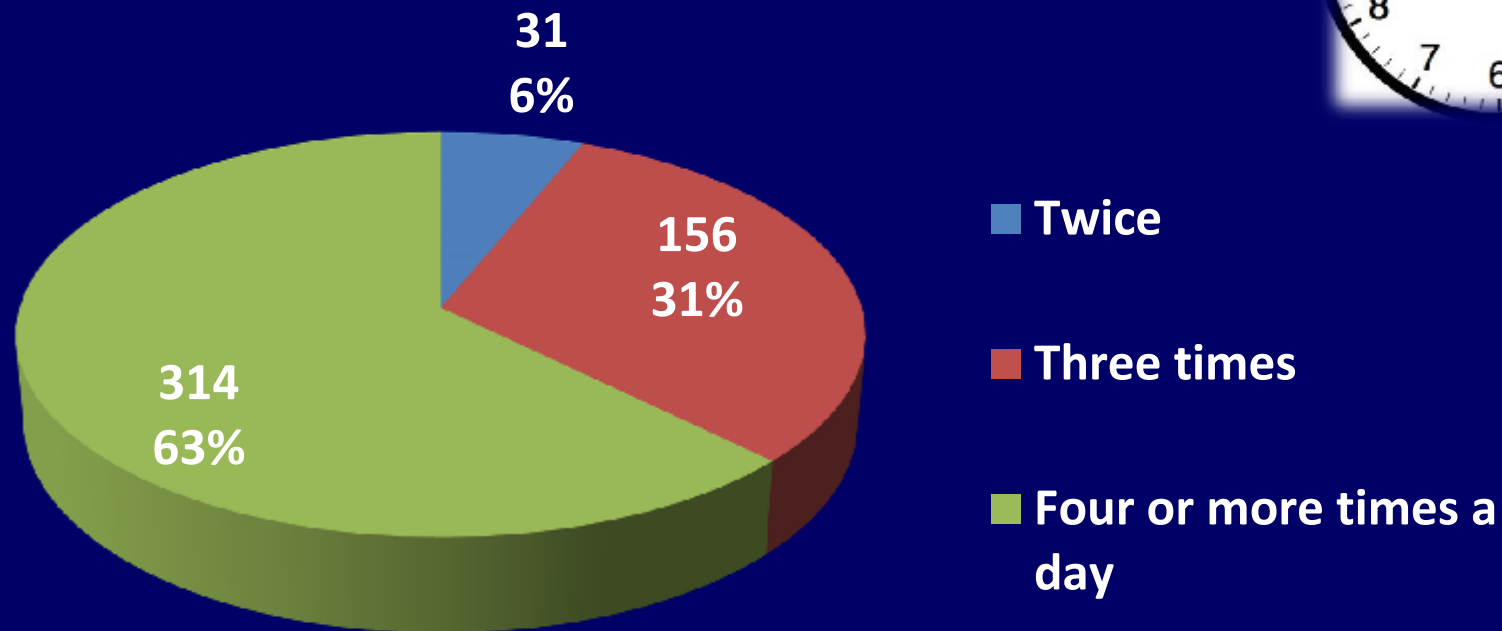


FOOD





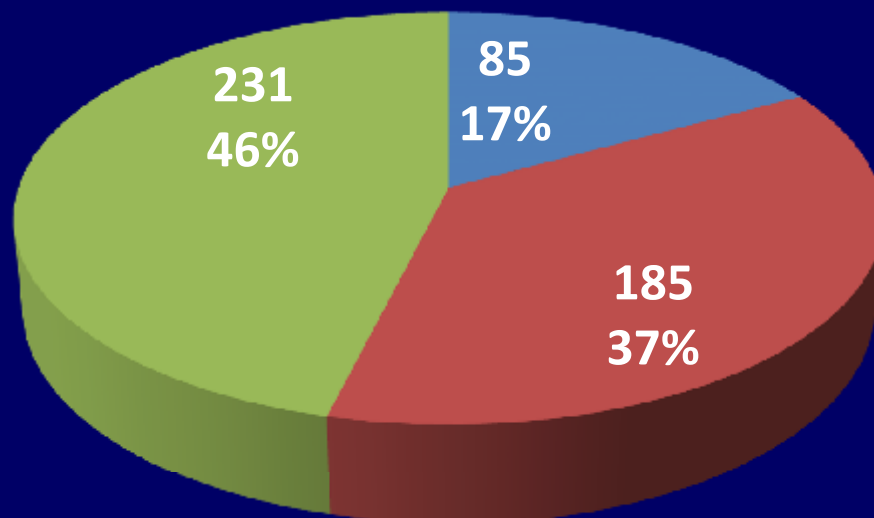
1) How many times a day do you eat?



63% eat four or more times a day!



2) What do you eat at breakfast?



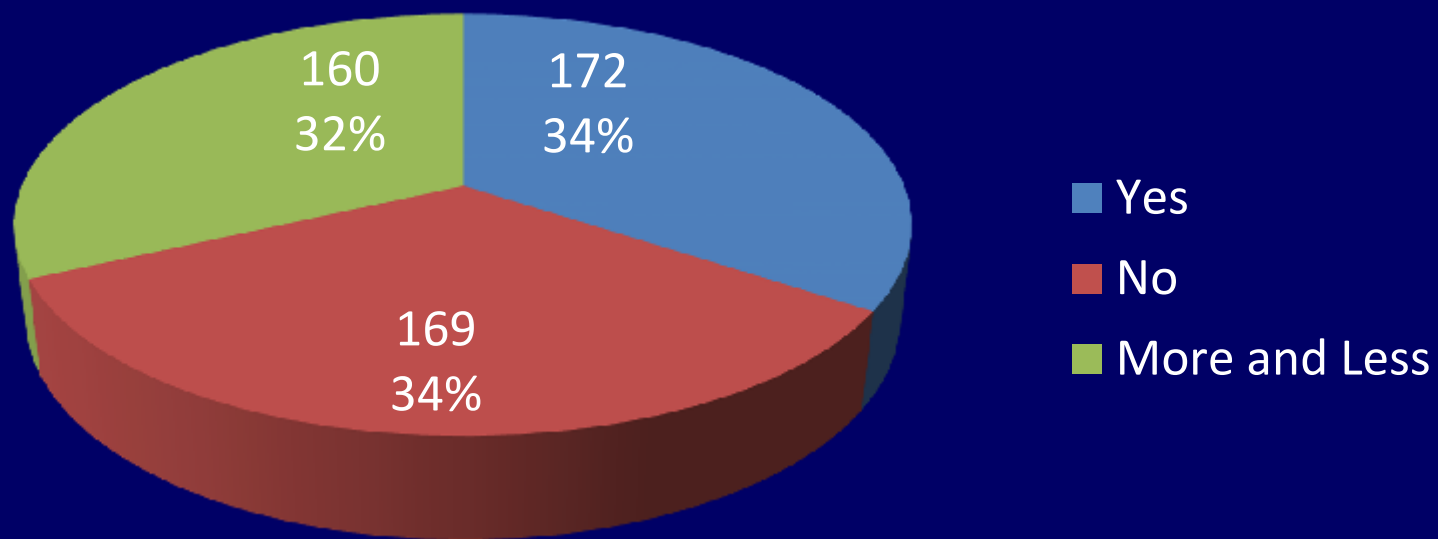
- I do not have breakfast
- Cereals, yogurt, fruit
- Milk and toast



46% eat Milk and toast at breakfast!



2 A) Is it abundant?



**34% eat an abundant breakfast but
34% don't eat an abundant breakfast!**



3) What do you eat during the school break?

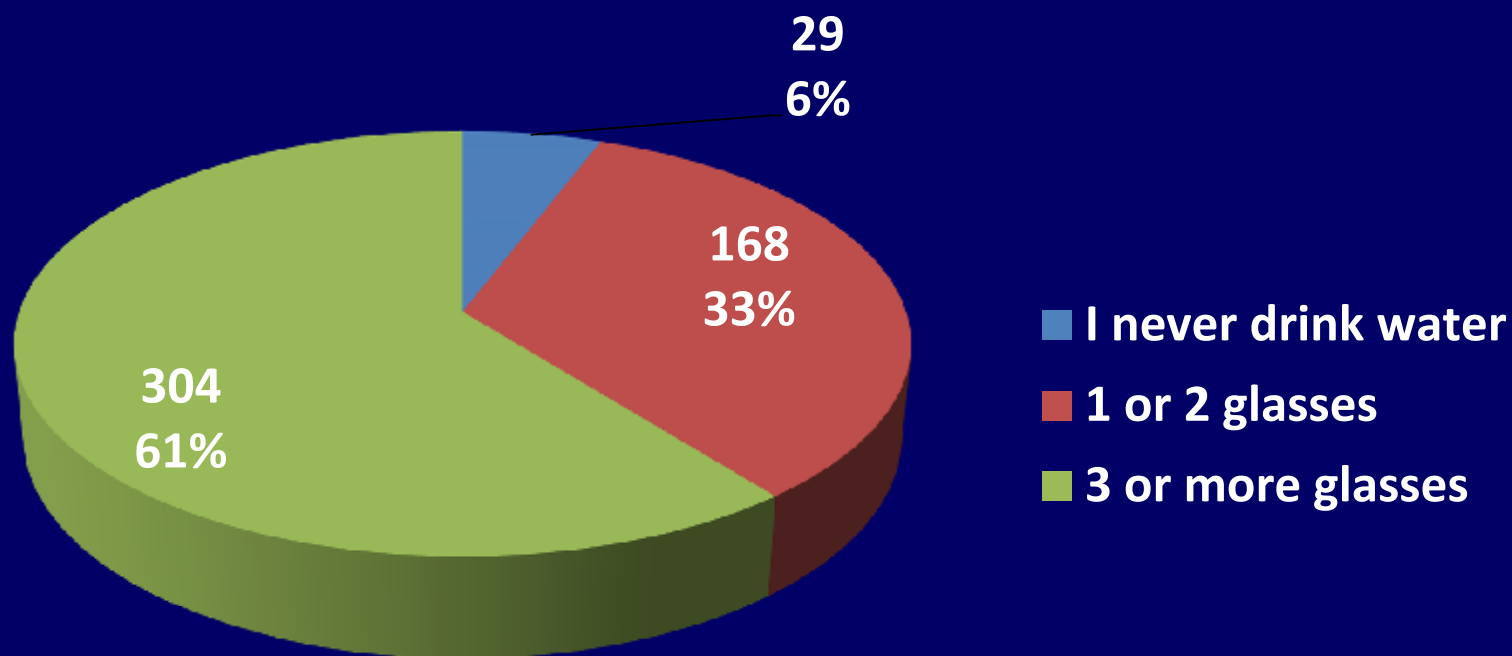


I never eat during breaks	79
Cakes, cookies, chocolates, Sandwich	48
Cakes, cookies, chocolates	130
I never eat during breaks, Cakes, cookies, chocolates	2
I never eat during breaks, Milk and toast, Sandwich	1
Milk and toast	35
Milk and toast, Cakes, cookies, chocolates	3
Milk and toast, Cakes, cookies, chocolates, Sandwich	6
Milk and toast, Sandwich	6
Sandwich	191

191 students eat sandwiches during the school break



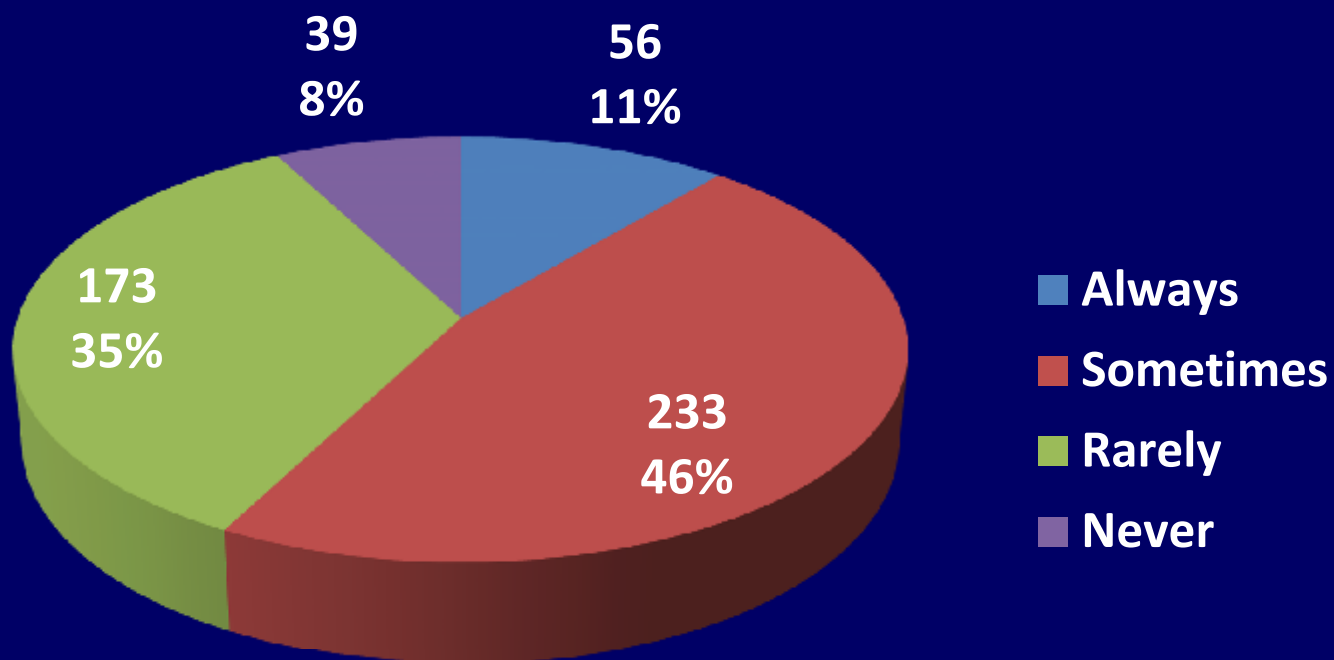
4) How much water do you drink, per day?



**61% drink 3 or more glasses of water
per day!**



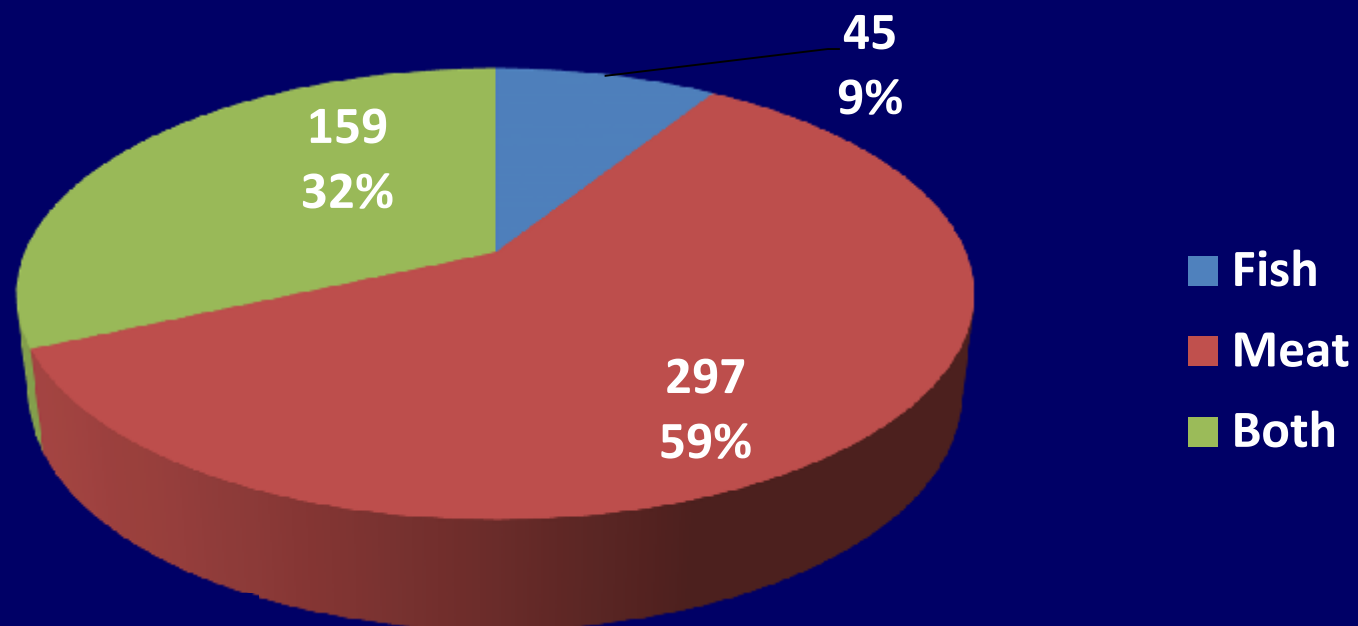
5) Do you often eat frozen/precooked food?



**46% eat sometimes
frozen/precooked food!**



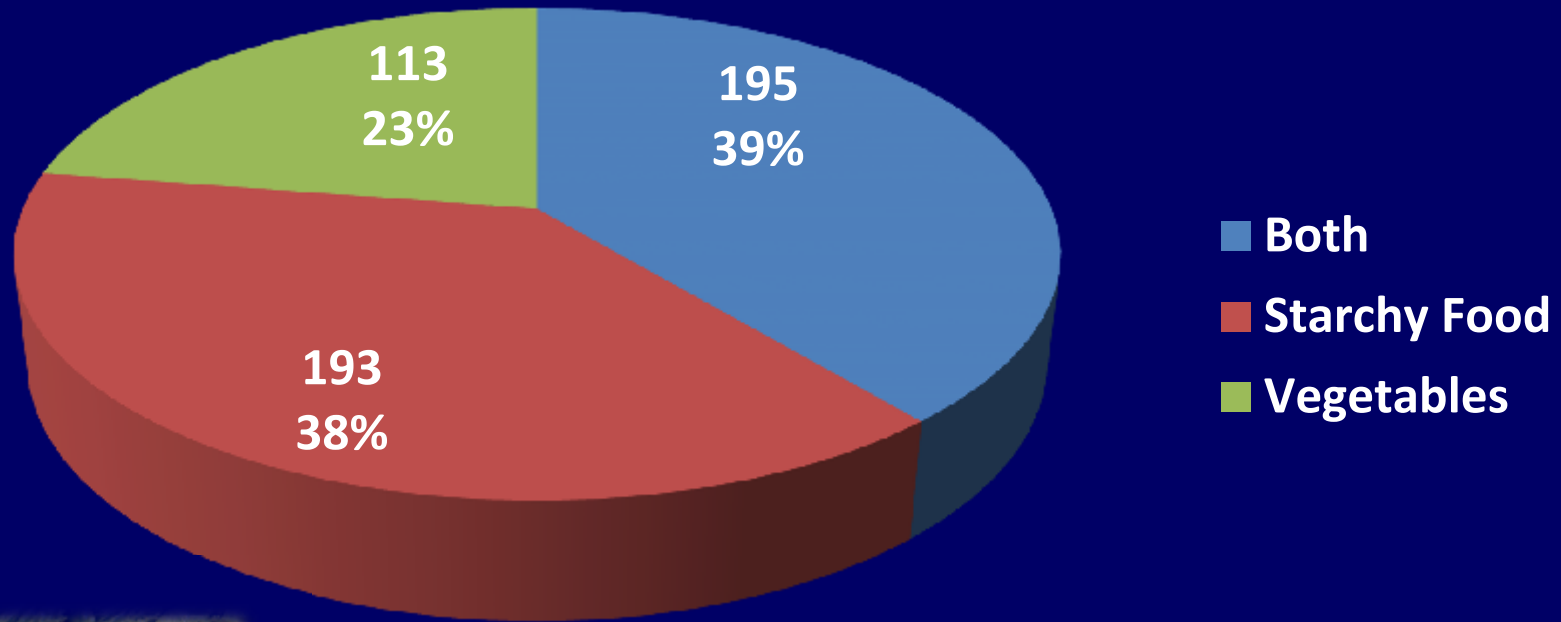
6) Do you prefer eating fish or meat?



59% prefer meat!



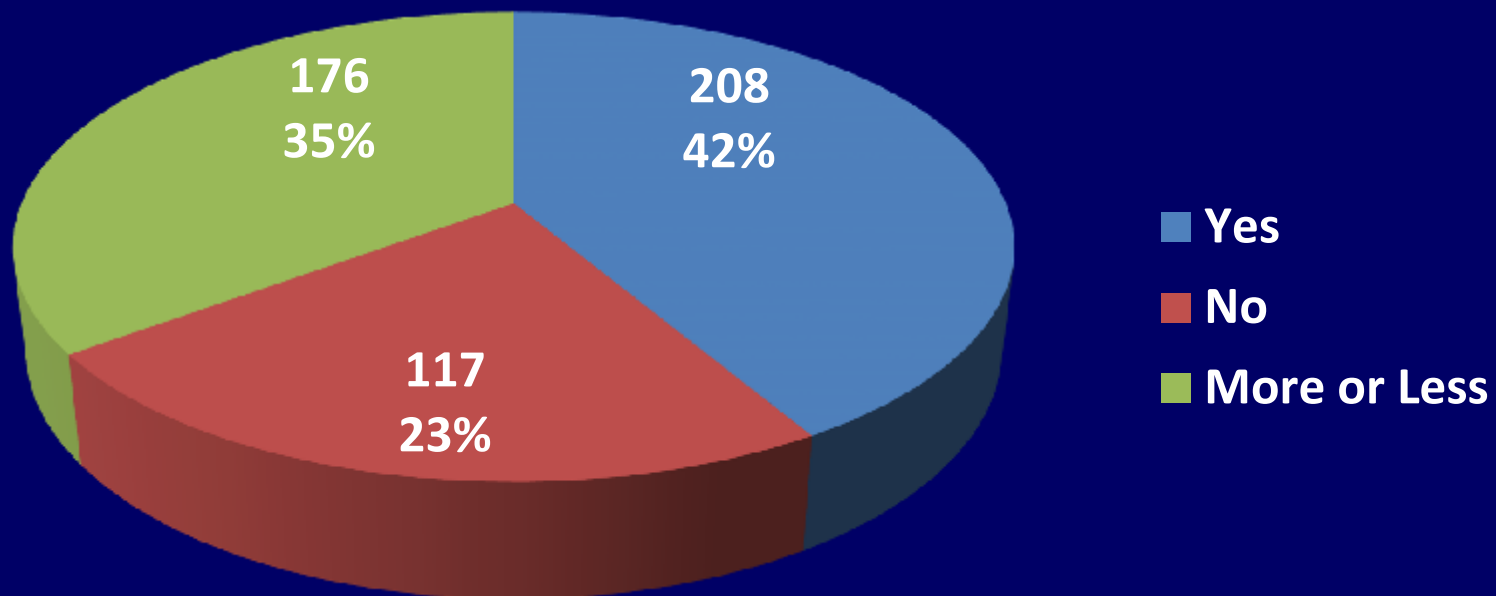
7) Do you prefer eating vegetables or starchy food ?



39% prefer both!



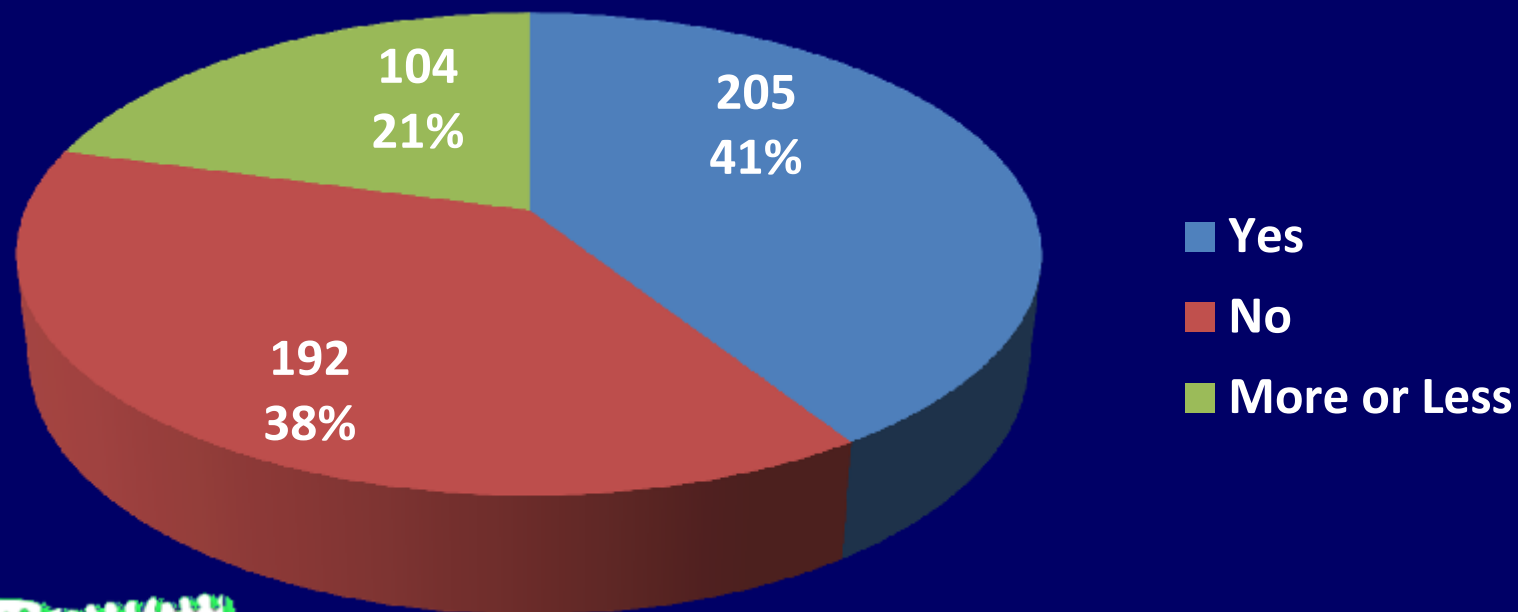
8) Do you vary your diet?



42% vary the diet!



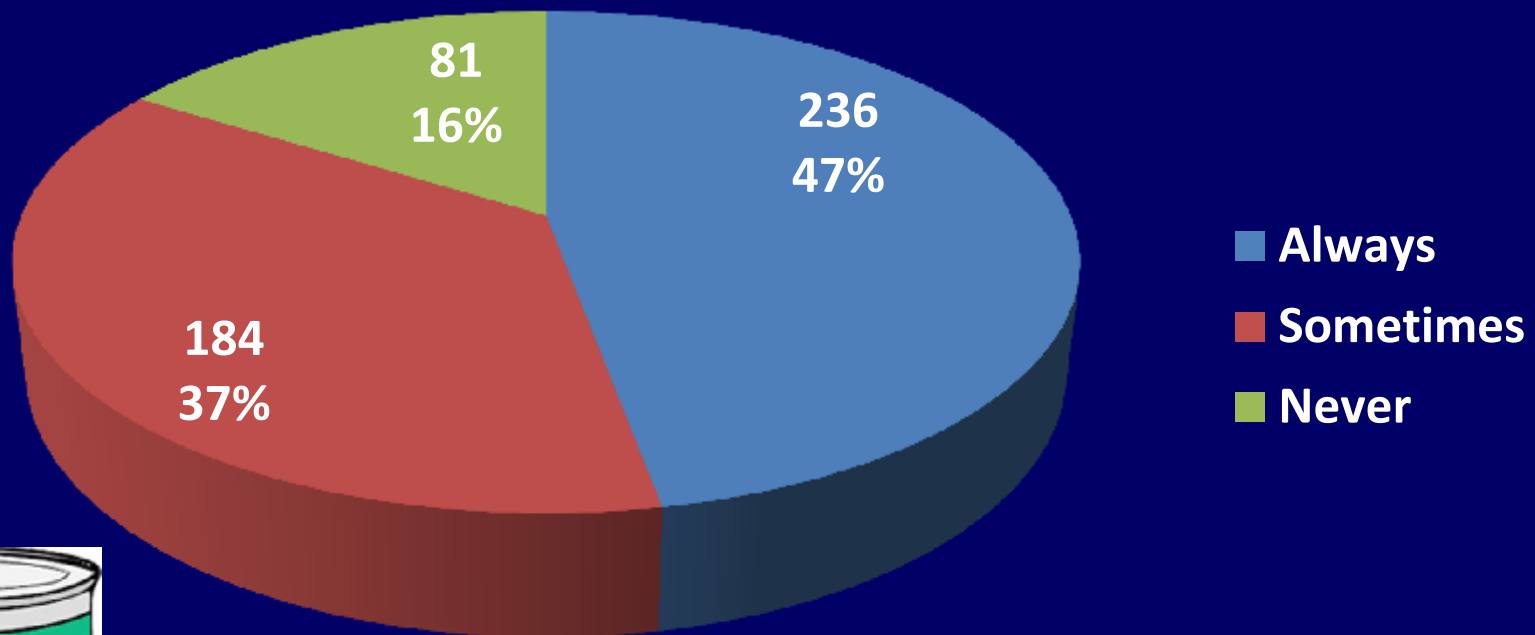
9) Would you like to make your shopping list?



41% likes to make the shopping list!



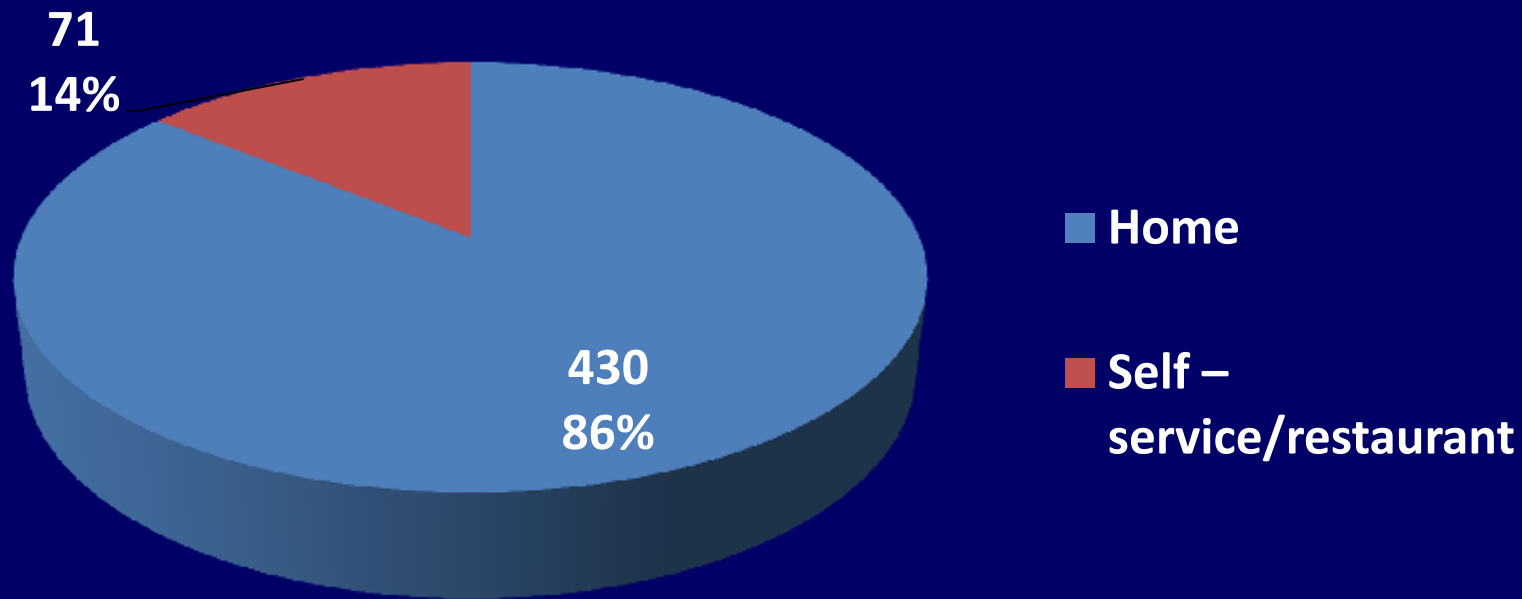
10) Are you used to checking the ingredients and the “best before date” of the products when you buy food?



47% are used to check always!



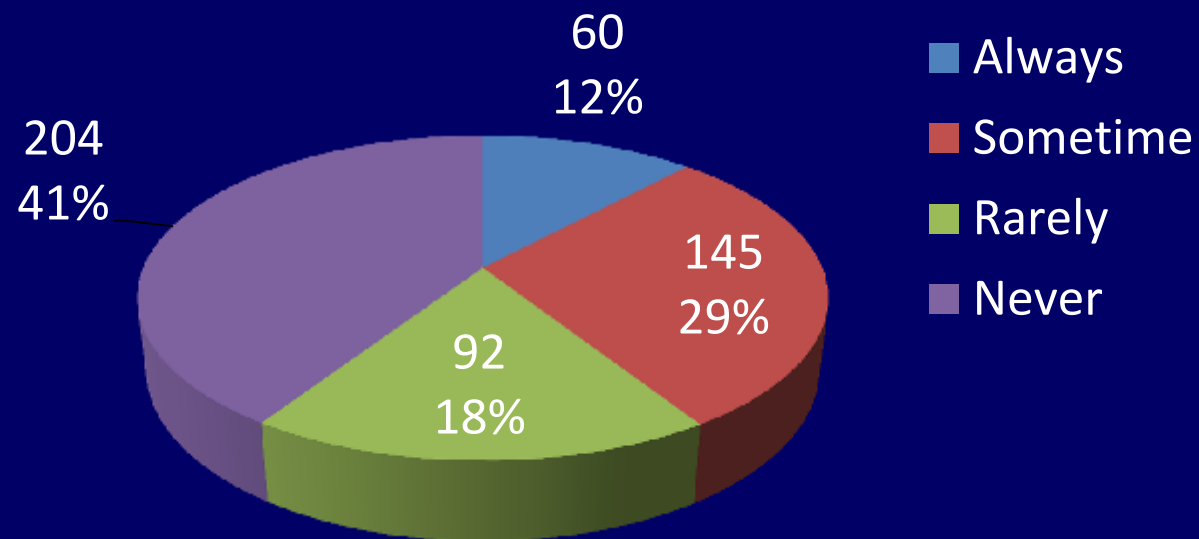
11) In the evening do you prefer/are you used to having dinner in a self-service or at home?



86% prefer having dinner at home!



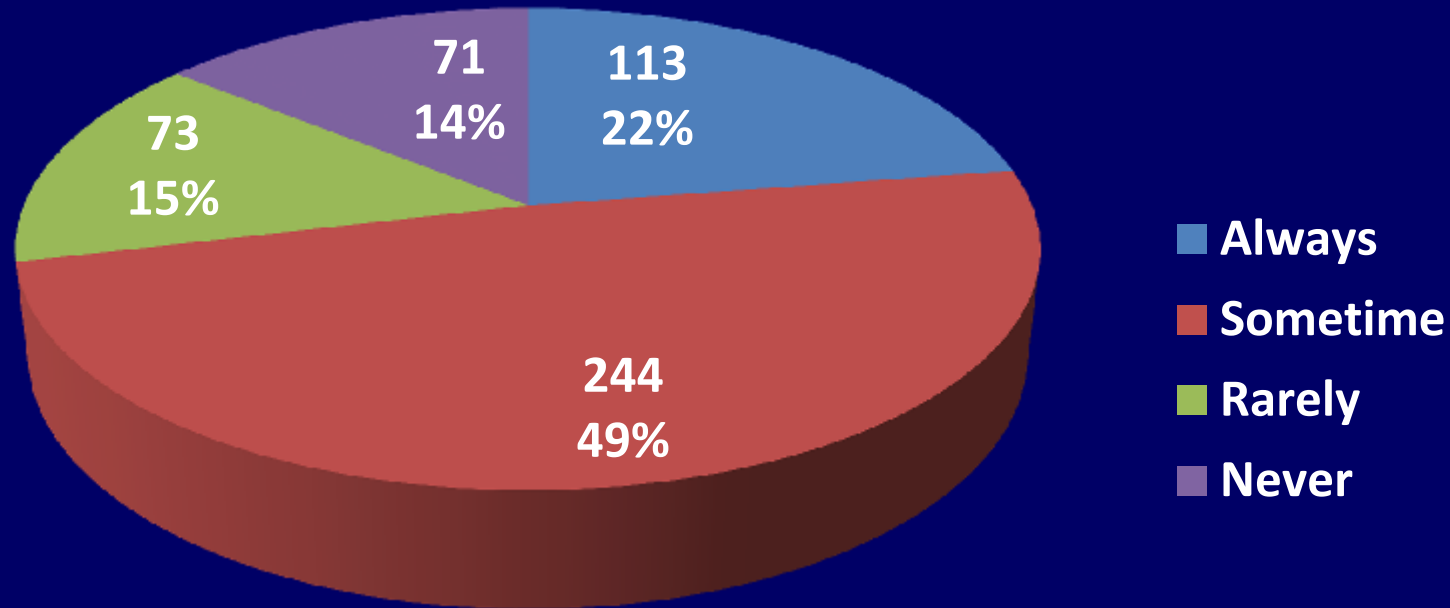
12) When you live in a psychological or existential distress (for example, you face a question or problem you have a sentimental character, or something else) do you react by taking food out of control, to make you happy and still live a state of compensatory pleasure?



41% never react by taking food out of control!



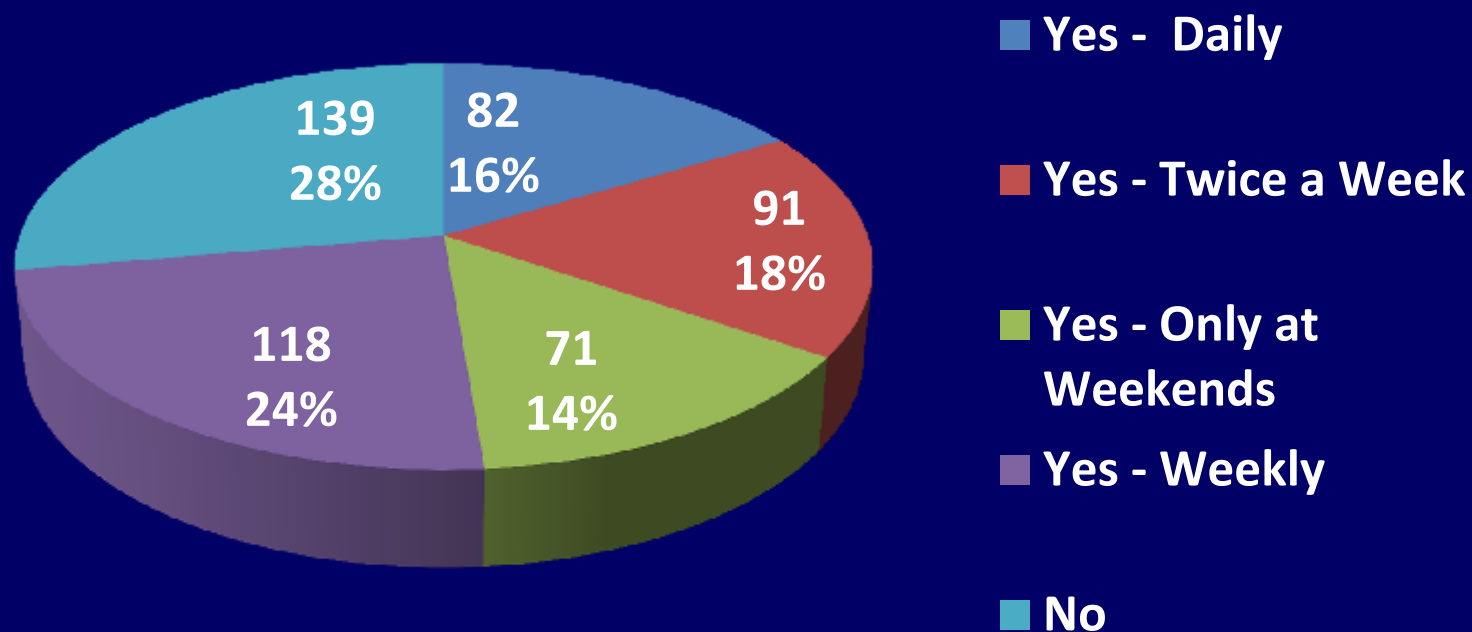
13) In front of the TV or at the cinema, do you usually munch on something?



49% sometimes munch on something!



14) Do you practice any sports? How often? Weekly?



28% don't practice any sports!
24% practice weekly!