

## LLP PROJECT "THE FLAVOURS OF KNOWLEDGE"

### QUESTIONNAIRE: FOOD AND HEALTH - 2008/2009

Boy :73

Girl :86

Date 02 March 2009.

#### 1. Write your:

- a. Age : 11-14
- b. Weight: We didn't ask our students to fill these personal details because of their privacy
- c. Height

#### 2. How much do you think to know about a balanced nutrition? (an only possible answer)

- a. I know some things .....62 students - 39%
- b. I know a lot .....89 students - 56%
- c. I don't know anything .....8 students - 5%

#### 3. Who has given you some ideas around a balanced nutrition? (more than one answer is possible )

- a. Family..... 126 students
- b. School/teachers..... 98 students
- c. Magazines..... 34 students
- d. TV programs..... 56 students
- e. Friends/schoolmates..... 17 students
- f. Advertising.....12 students

#### 4. According to you, is it important that children are informed about nutrition?

- a. YES 149 students - 94%
- b. NO 10 students - 6%

#### If YES, how would you like to learn something? (more than one answer is possible)

- a. Meetings with experts at school.....84 students
- b. Informative material to use at school ....46 students
- c. TV programs..... 49 students
- d. Magazines.....37 students
- e. Other, to specify

**5. Do you know nourishing principles, their classification and their functions? (proteins, fats, etc )**

- a. enough.....86 students - 55%
- b. little..... 58students - 36%
- c. at all.....14students - 9%

**6. In your nutrition choices, do you know how to vary and to balance them?**

- a. Enough.....108 students - 68 %
- b. Little.....45 students - 28%
- c. At all..... 7 students - 4%

**7. In your nutrition choices, are you critical or are you influenced by:**

- a. Your friends' choices ..... 22 students - 14%
- b. Advertising products.....47 students - 30%
- c. Fashion.....18 students - 11%

**Didn't give any answers: .....72 students - 45%(They say that their parents-mainly their mother- decides about their diet)**

**8. Write if you agree or not with the following affirmations:**

- a. YES
- b. NO
- c. I DON'T KNOW

1. It's better eating small quantities of different food rather than very much of an only food.

Yes .....98 students – 62%  
No.....61 students - 38%

2. It's dangerous to exaggerate with fats.

Yes .....102 students - 64%  
No.....57 students - 36%

3. It is all right eating candies and ice cream but not every day.

Yes.....96 students –60%  
No.....63 students – 40%

4. It's not important eating fruit, vegetables and cereals.

Yes .....38 students – 24%  
No.....121 students – 76%

5. It is all right going every day to the fast-food.

Yes .....34 students –21%  
No 125 students –79%

6. Each food you eat influences your health during the growth.

Yes.....96 students - 60%  
No ..... 63 students -40%

7. Physical activity is as very important as food you eat.

Yes.....117 students -74%  
No .....42 students -26%

8. Frozen food is as nourishing for you as fresh food.

Yes..... 44 students - 28%  
No.....115students - 72%

**9. Are you following some dietary restrictions at present?**

- a. YES.....46 students -29%  
b. NO .....113 students -71%

**If YES, specify because:**

- a. Sport reasons..... 24 students -  
b. Aesthetic reasons .....4 students -  
c. To feel better with yourself....13 students -  
d. To be slim.....5 students -

**10. Where do your dietary restrictions have origin?**

- a. Read on the newspapers..... 15 students -31%  
b. Suggested by advertising.....8 students -17%  
c. Prepared by experts.....7 students -15%  
d. Recommended by friends.....4 students - 9%  
e. Created by yourself.....12 students -28%

**11. Do you check your weight systematically?**

- a. YES..... 69 students - 42%  
b. NO .....90 students -56%

**12. Do you read the labels of food before buying them systematically?**

- a. YES..... 96 students - 60%  
b. NO.....63 students -40%

**If YES, what do you check?**

- a. The due time.....82 students -52%

- b. The origin.....20 students –12%
- c. The nourishing information..... 19 students –12%
- d. The list of the additives.....19 students –12%
- e. The preparation time.....9 students –6%
- f. Other..... 10 students –6%

**13. Do you know the most popular diseases linked to a little balanced nutrition or risky dietary restrictions? (anorexia, bulimia, obesity)**

- a. YES..... 92 students – 58%
- b. NO .....63 students –40%
- Didn't answer.....4 students – 2%

**14. Have you ever had experience of them?**

- a. YES.....5 students –3%
- b. NO.....146 students –92%
- Didn't answer.....8 students 5%