

QUESTIONNAIRE RESULTS
FOOD AND HEALTH
SCHOOL YEAR 2008 - 2009

A.S. 2008/2009	Boy	%	Girl	%	Total	Age	Weight	Height
Italy	47	41	68	59	115	11-14 years	33-63Kg	1,38-1,75 cm
Norway	43	48	46	52	89	13-15 years	/	/
Romania	44	48	48	52	92	/	/	/
Slovenia	37	64	21	36	58	8-21 years	29-97 Kg	130-187 cm
Hungary	73	46	86	54	159	11-14 years	/	/

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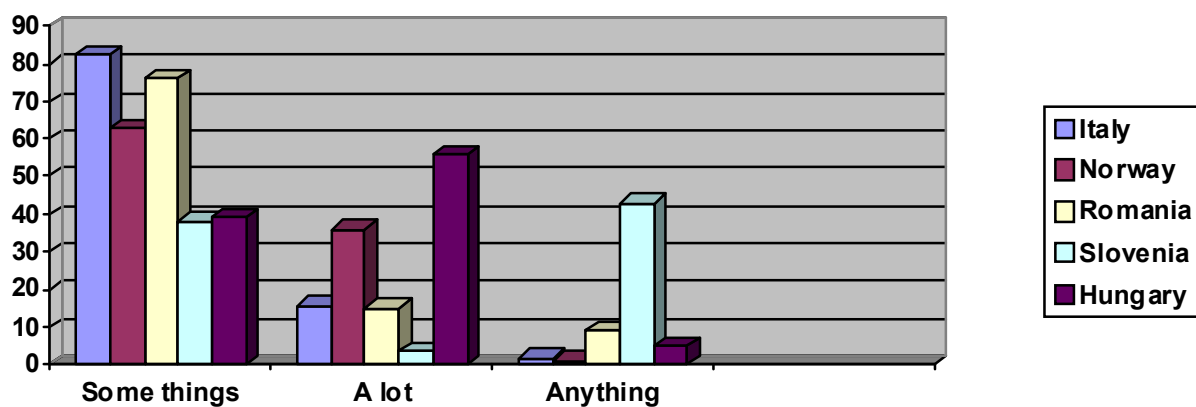
(47,5%) (52,5%)

* The values are expressed in percent

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

- a. I know some things
- b. I know a lot
- c. I don't know anything

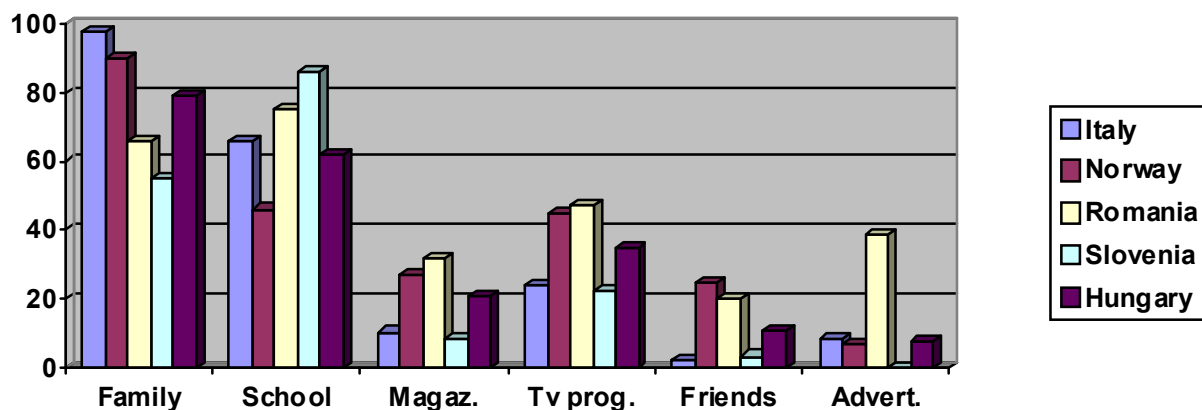
	Some things	A lot	Anything
Italy	82	16	2
Norway	63	36	1
Romania	76	15	9
Slovenia	38	19	43
Hungary	39	56	5



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

- a. Family
- b. School/teachers
- c. Magazines
- d. TV programs
- e. Friends/schoolmates
- f. Advertising

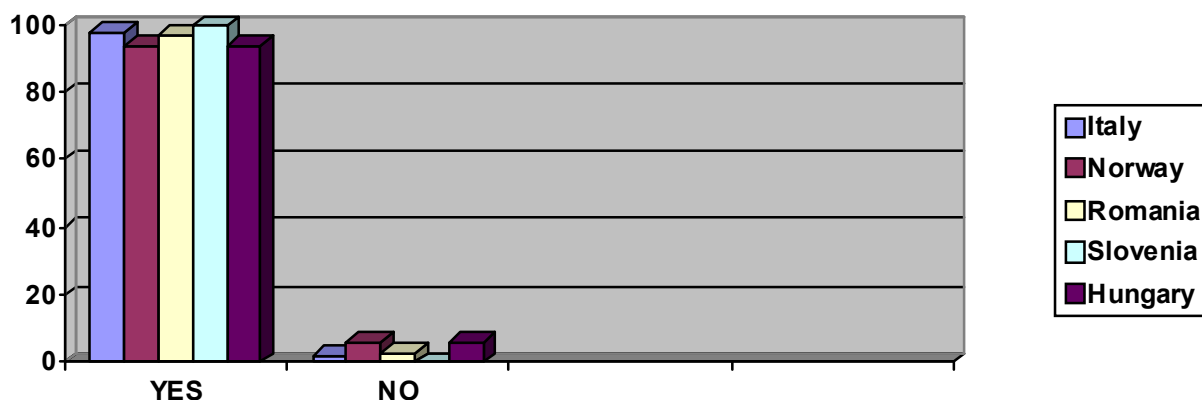
	Family	School/Teac.	Magazines	TV progr.	Friends/sch.	Advertising
Italy	97	66	10	24	3	9
Norway	90	46	27	45	25	7
Romania	66	75	32	47	20	39
Slovenia	55	86	9	22	4	/
Hungary	79	62	21	35	11	8



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

- a. YES
- b. NO

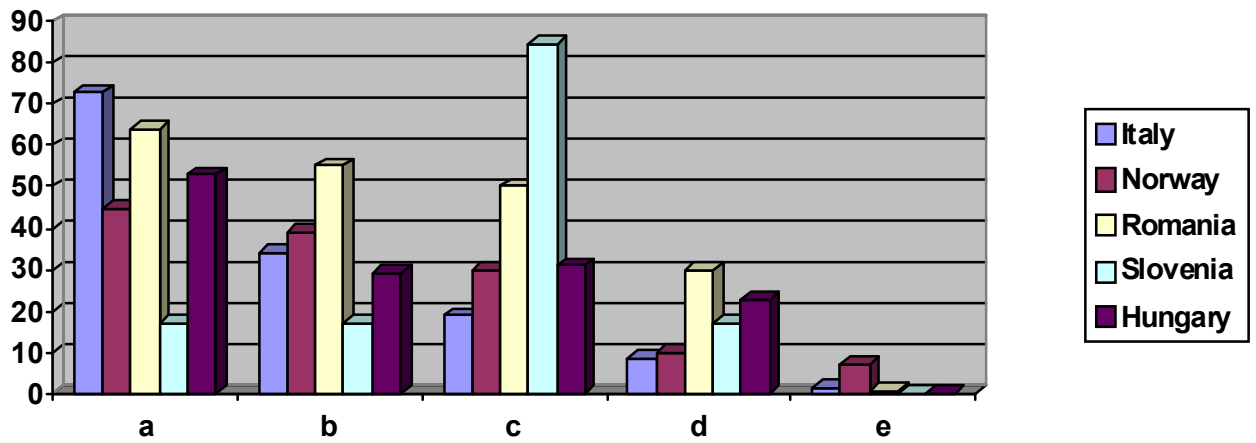
	YES	NO
Italy	98	2
Norway	94	6
Romania	97	3
Slovenia	100	/
Hungary	94	6



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

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

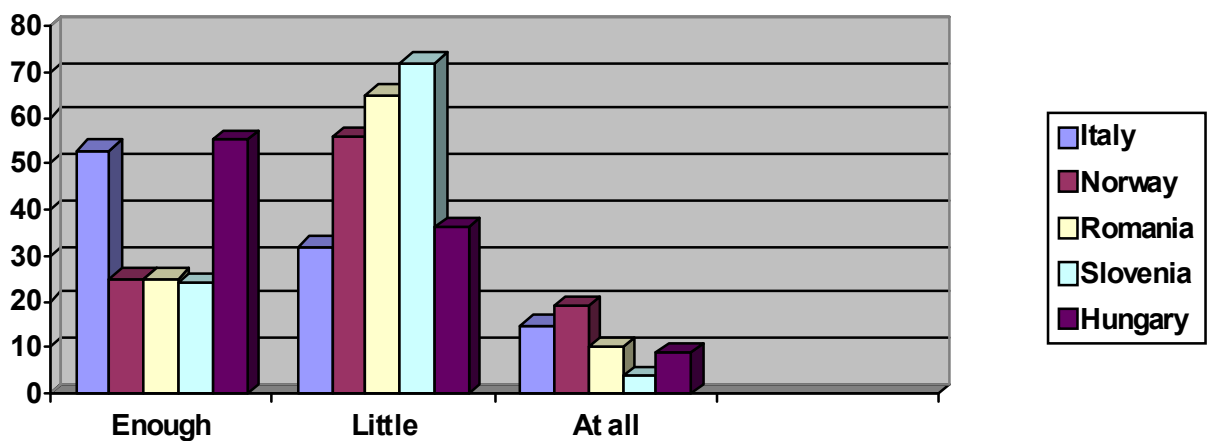
	Meetings	Inform.mat.	TV progr.	Magazines	Other
Italy	73	34	19	9	2
Norway	45	39	30	10	7
Romania	64	55	50	30	1
Slovenia	17	17	85	17	/
Hungary	53	29	31	23	/



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

- a. Enough
- b. Little
- c. At all

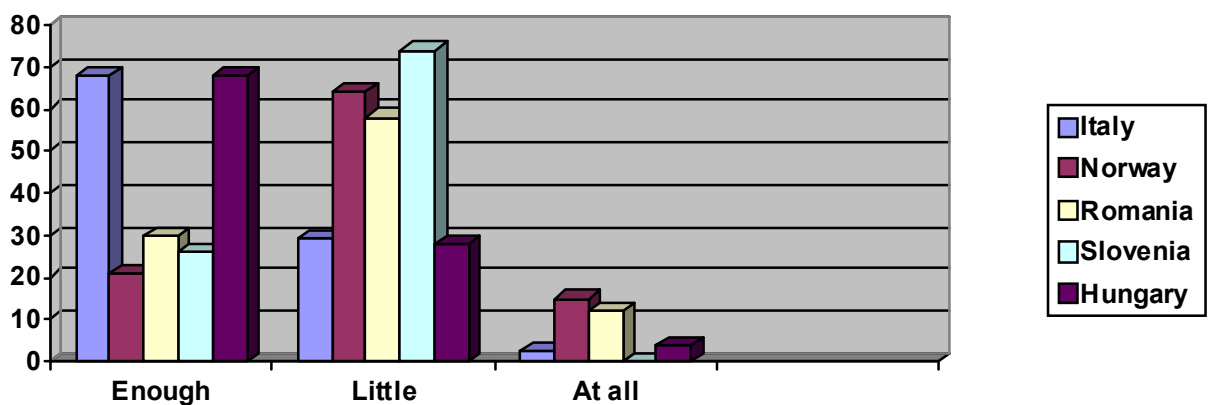
	Enough	Little	At all
Italy	53	32	15
Norway	25	56	19
Romania	25	65	10
Slovenia	24	72	4
Hungary	55	36	9



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

- a. Enough
- b. Little
- c. At all

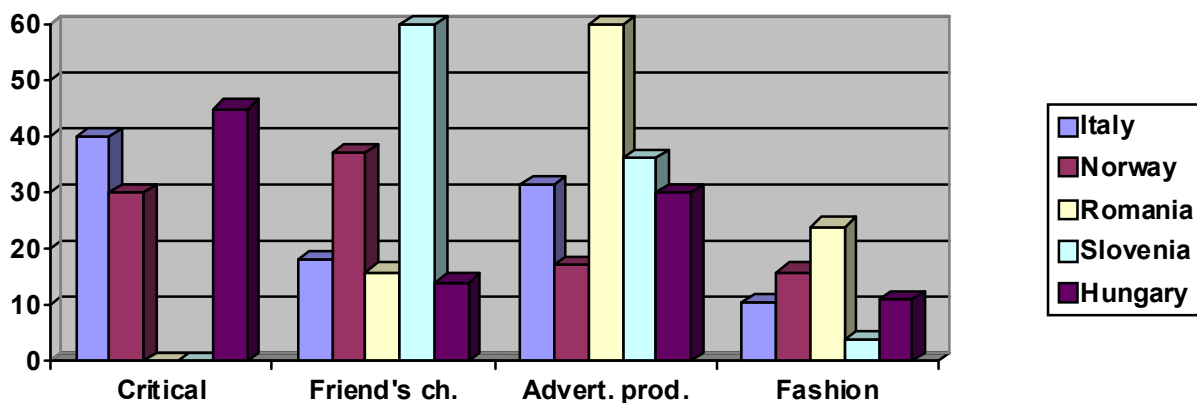
	Enough	Little	At all
Italy	68	29	3
Norway	21	64	15
Romania	30	58	12
Slovenia	26	74	/
Hungary	68	28	4



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

- a. Your friends' choices
- b. Advertising products
- c. Fashion

	Critical	Friend's ch.	Advertising prod.	Fashion
Italy	40	18	32	10
Norway	30	37	17	16
Romania	/	16	60	24
Slovenia	/	60	36	4
Hungary	45	14	30	11



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.
2. It's dangerous to exaggerate with fats.
3. It is all right eating candies and ice cream but not every day.
4. It's not important eating fruit, vegetables and cereals.
5. It is all right going every day to the fast-food.
6. Each food you eat influences your health during the growth.
7. Physical activity is as very important as food you eat.
8. Frozen food is as nourishing for you as fresh food.

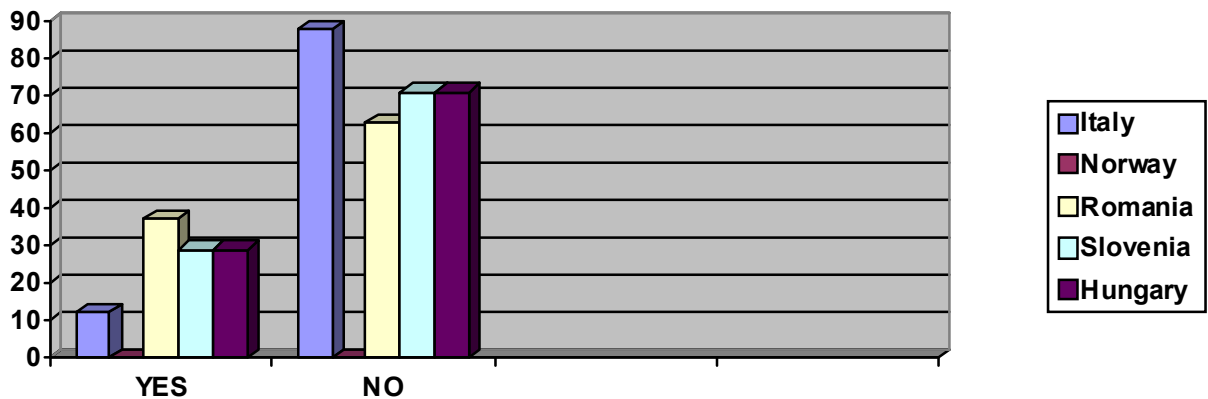
	Italy			Norway			Romania			*Slovenia			Hungary		
	Yes	No	I don't know	Yes	No	I don't know	Yes	No	I don't know	Yes	No	I don't know	Yes	No	I don't know
1	83,5	9,5	7	42	3	6	88	4	8	36	/	64	62	38	/
2	85	8	7	36	9	6	90	9	1	64	/	36	64	36	/
3	89	6	5	47	1	3	80	13	7	60	/	40	60	40	/
4	66	15	19	6	45	/	14	77	9	65,5	/	34,5	24	76	/
5	24	71	5	1	52	2	16	73	11	1,5	34,5	64	21	79	/
6	69	9	22	39	2	9	60	29	11	58,5	/	41,5	60	40	/
7	78	11	11	39	1	10	83	5	12	58,5	/	41,5	74	26	/
8	4,5	83,5	12	3	15	26	6	84	10	5	19	71	28	72	/

* 5% didn't answer

9. Are you following some dietary restrictions at present?

- a. YES
- b. NO

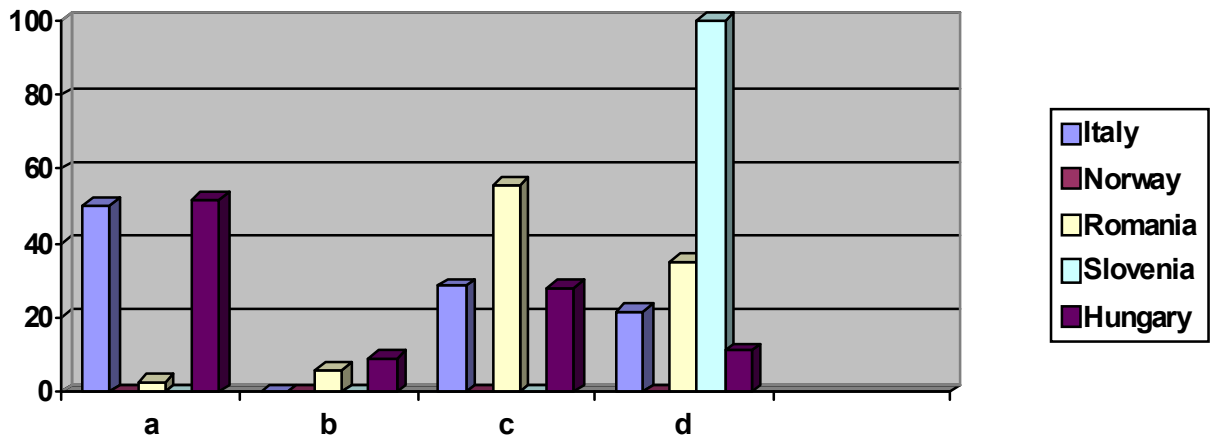
	YES	NO
Italy	12	88
Norway	/	/
Romania	37	63
Slovenia	29	71
Hungary	29	71



If YES, specify because:

- a. Sport reasons
- b. Aesthetic reasons
- c. To feel better with yourself
- d. To be slim

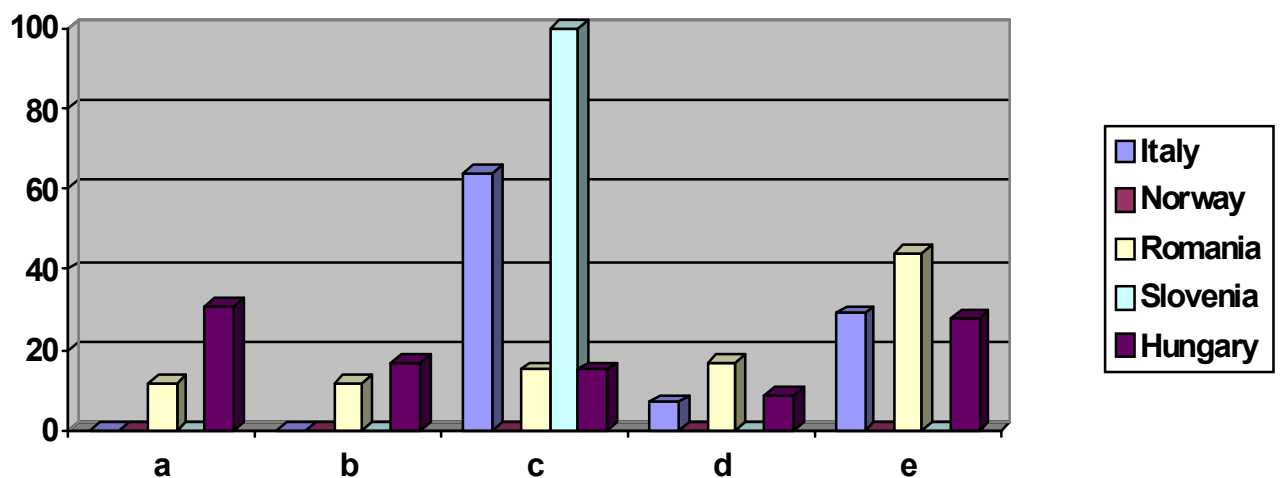
	Sport	Aesthetic	To feel better	To be slim
Italy	50	0	28,5	21,5
Norway	/	/	/	/
Romania	3	6	56	35
Slovenia	/	/	/	100
Hungary	52	9	28	11



10. Where do your dietary restrictions have origin?

- a. Read on the newspapers
- b. Suggested by advertising
- c. Prepared by experts
- d. Recommended by friends
- e. Created by yourself

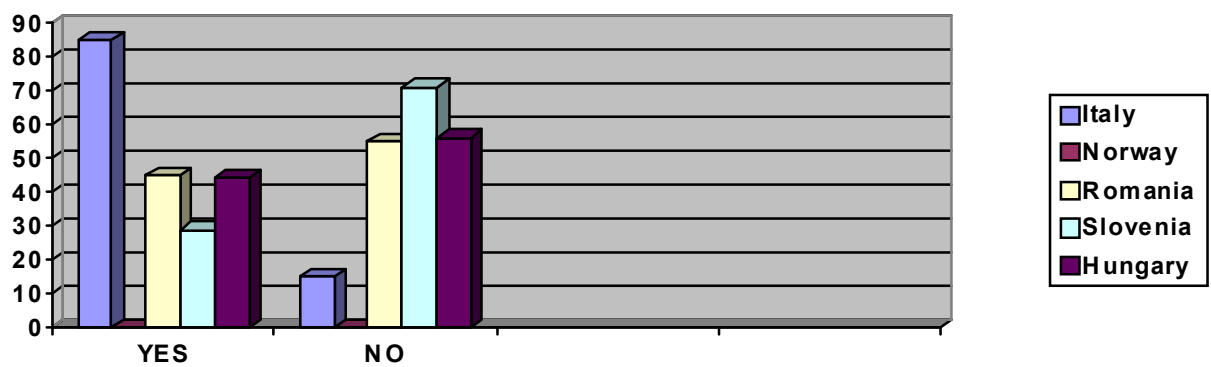
	a	b	c	d	e
Italy	0	0	64	7	29
Norway	/	/	/	/	/
Romania	12	12	15	17	44
Slovenia	/	/	100	/	/
Hungary	31	17	15	9	28



11. Do you check your weight systematically?

- a. YES
- b. NO

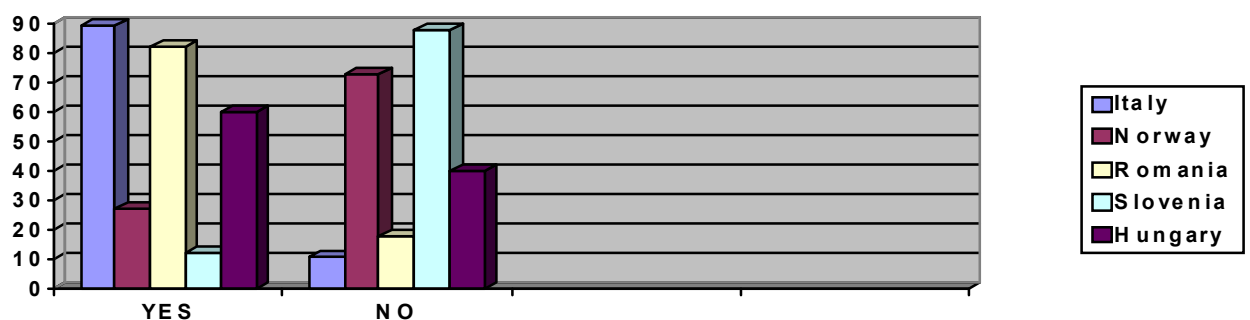
	YES	NO
Italy	85	15
Norway	/	/
Romania	45	55
Slovenia	29	71
Hungary	44	56



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

- a. YES
- b. NO

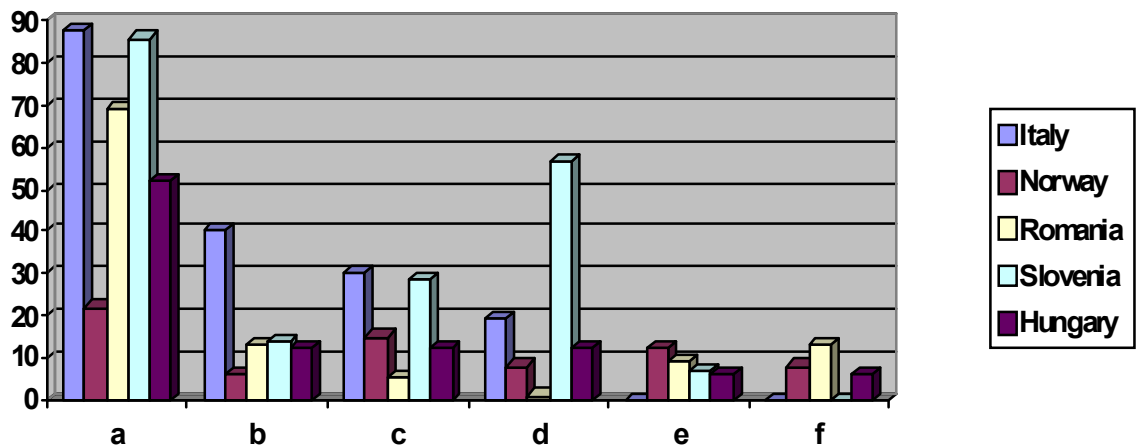
	YES	NO
Italy	89	11
Norway	27	73
Romania	82	18
Slovenia	12	88
Hungary	60	40



If YES, what do you check?

- a. The due time
- b. The origin
- c. The nourishing information
- d. The list of the additives
- e. The preparation time
- f. Other

	a	b	c	d	e	f
Italy	88	40	31	19	/	/
Norway	22	6	15	8	12	8
Romania	69	13	5	1	9	13
Slovenia	86	14	29	57	7	/
Hungary	52	12	12	12	6	6

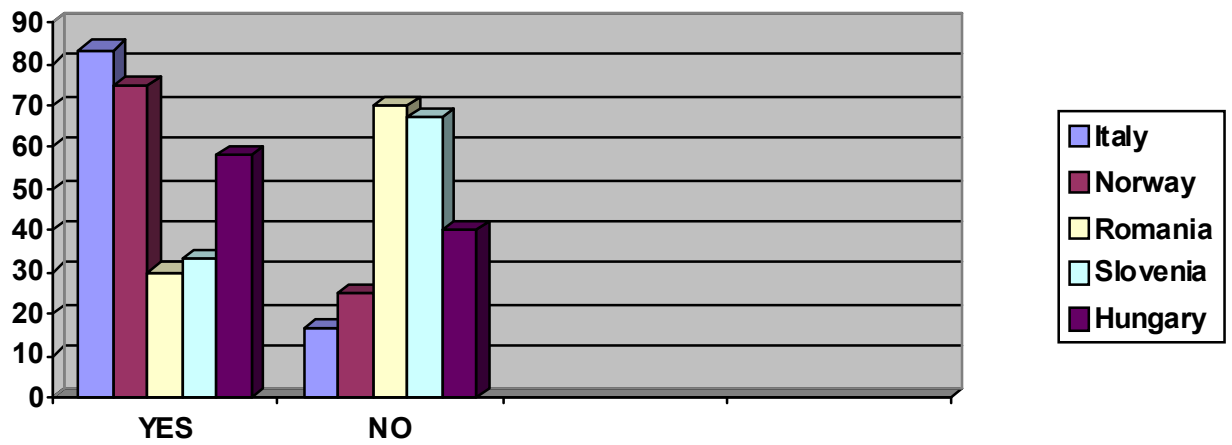


13. Do you know the most popular diseases linked to a little balanced nutrition or risky dietary restrictions? (anorexia, bulimia, obesity)

- a. YES
- b. NO

	YES	NO
Italy	83,5	16,5
Norway	75	25
Romania	30	70
Slovenia	33	67
Hungary*	58	40

* 2% didn't answer



14. Have you ever had experience of them?

- a. YES
- b. NO

	YES	NO
Italy	/	/
Norway	/	/
Romania	5	95
Slovenia	31	69
Hungary*	3	92

* 5% didn't answer

