



How do I eat ?

Good habits determine good practices at the right places in school !

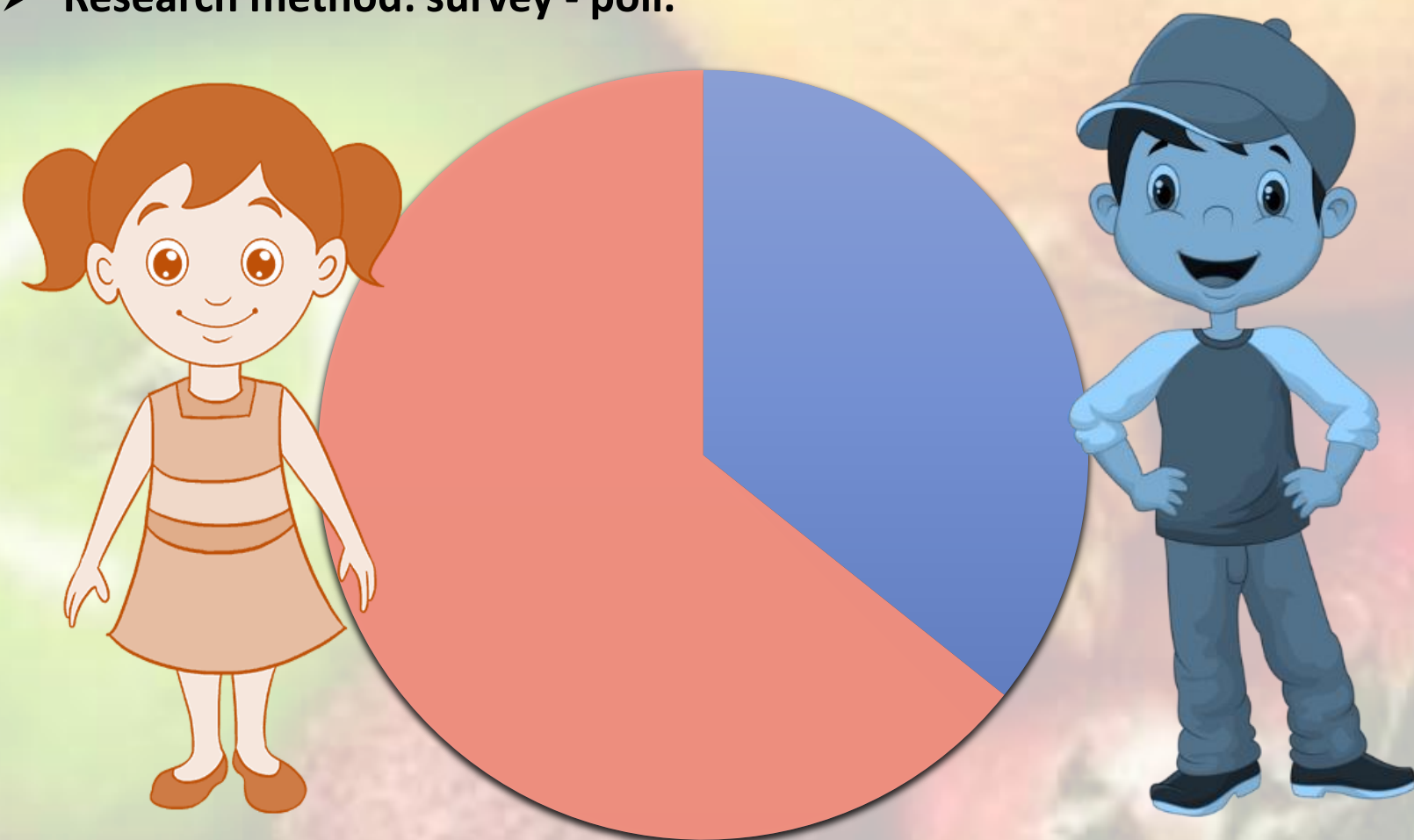


What motivated us in making this project?

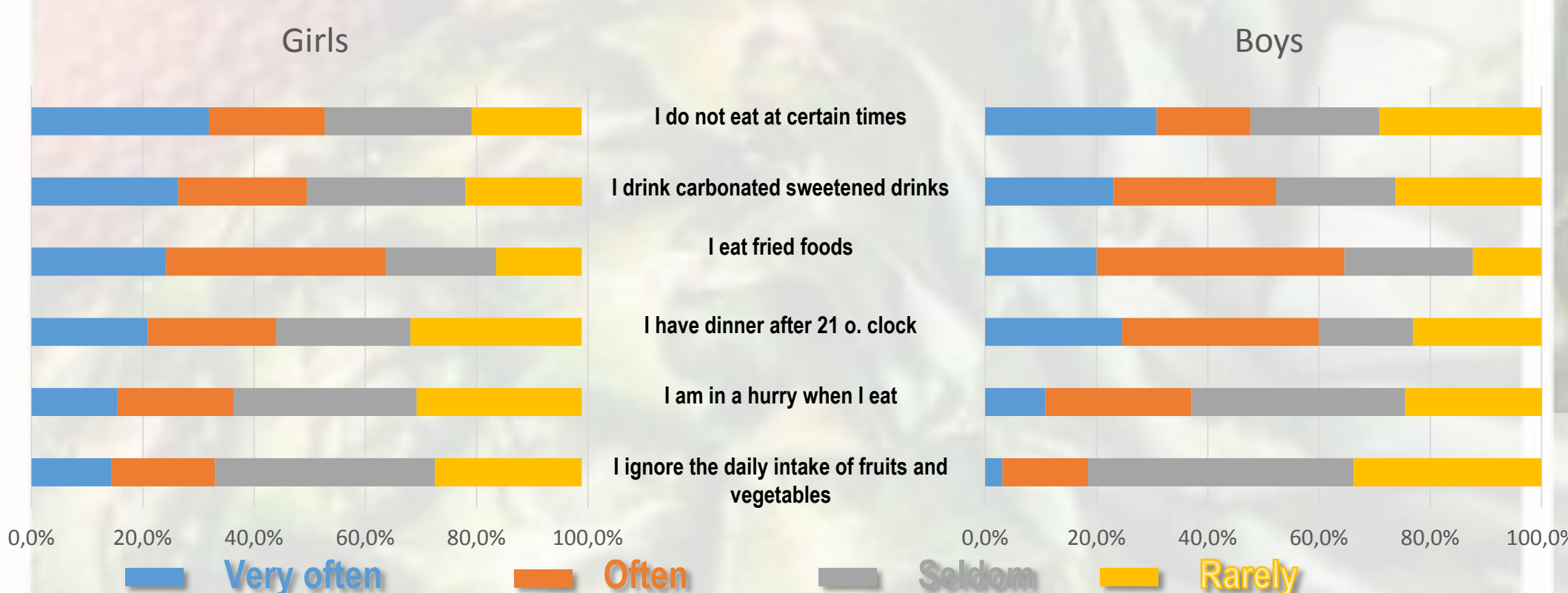
We are high school students. In this environment, we spend approximately 6 hours a day, and with all school activities we need time for meals. Each of us has a variety of eating habits, and so we have decided to find out more about diet, eating habits and for our peers. We wanted to identify trends in the diet of teenagers of our age because we know that nutrition provides the body with all the necessary nutrients in sufficient quantities and contributes to the proper development and maintenance of its functions.

Main objective and method

- Main objective: Find out how our peers eat and what kind of suggestions we can make to improve the good nutrition of our school leadership
- Subject of the study: 156 students aged between 14-19 years - 91 girls and 65 boys.
- Research method: survey - poll.



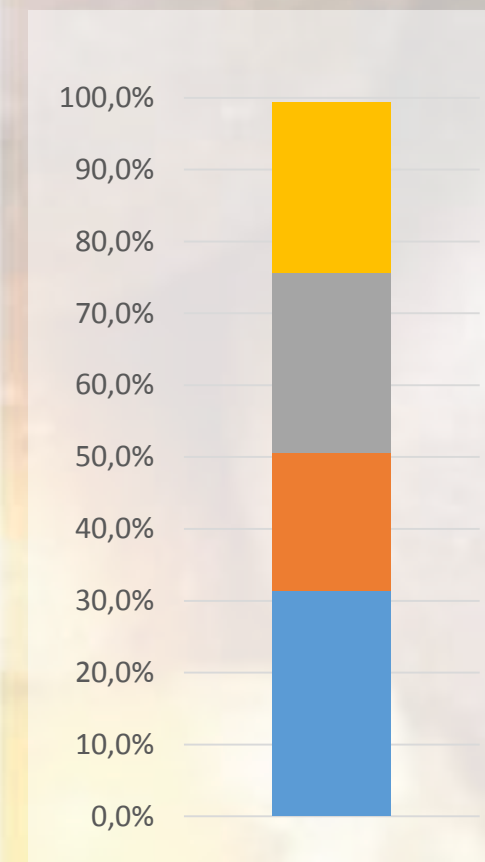
After summarizing the results, we saw that there was no significant difference in the girls and boys' results, so we decided to draw conclusions on the basis of all 156 filled-in questionnaires



Survey results

Questions from the poll:

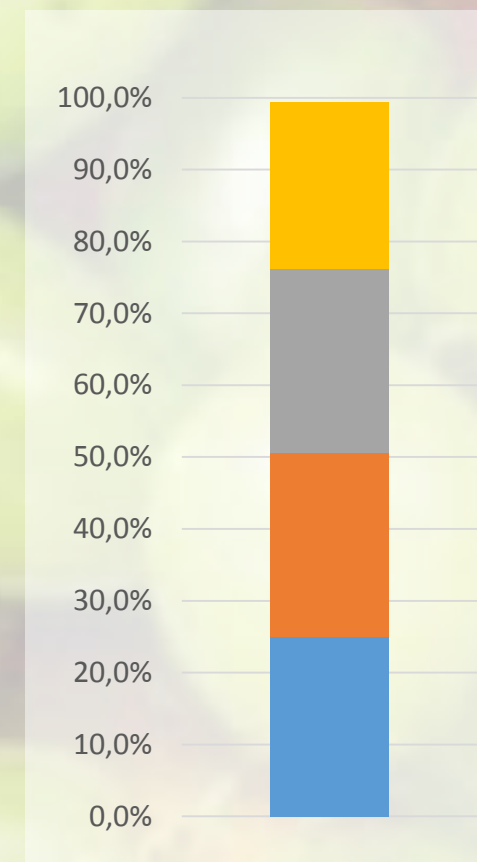
❖ I do not eat at certain times



50.6% of the students that took the survey, said that they often do not eat often at certain times.

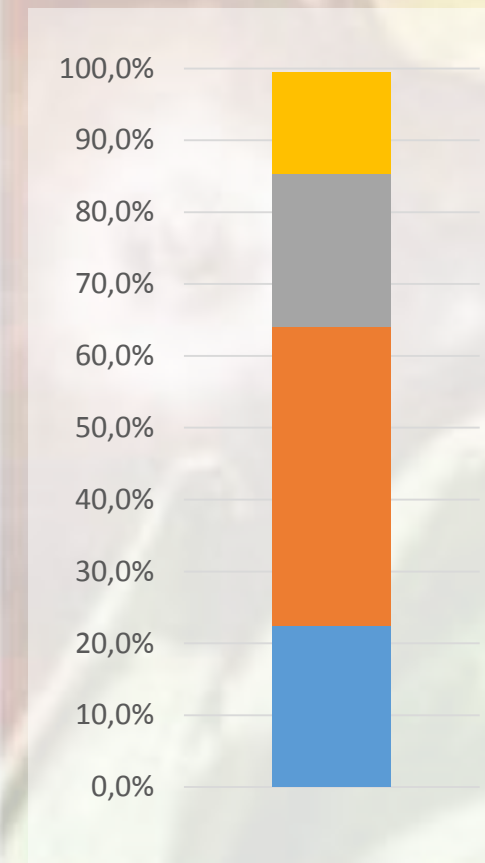


❖ I drink carbonated sweetened drinks



50.60% of the students that took part in the survey, said that they often and very often drink carbonated and sweetened drinks containing harmful artificial colors, sweeteners, flavors, flavor enhancers, etc

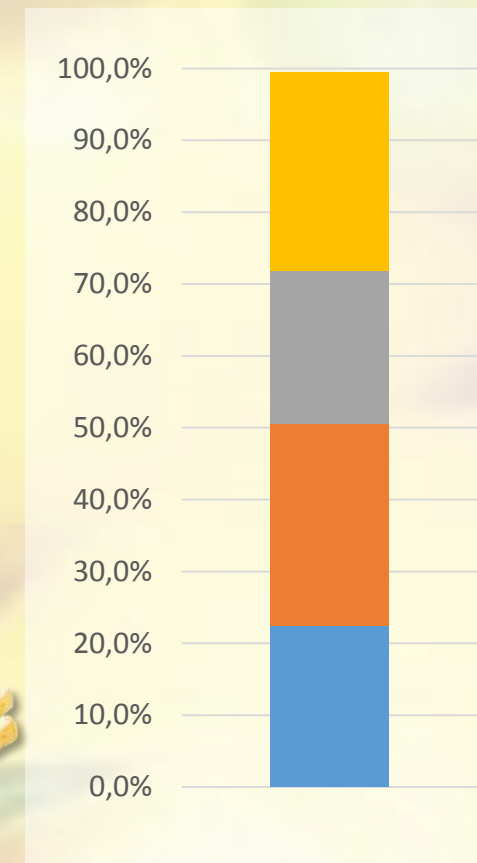
❖ I eat fried foods



Over 60% of the respondents said that they often eat fried foods and frying as a method of processing food is one of the most harmful methods of culinary processing.



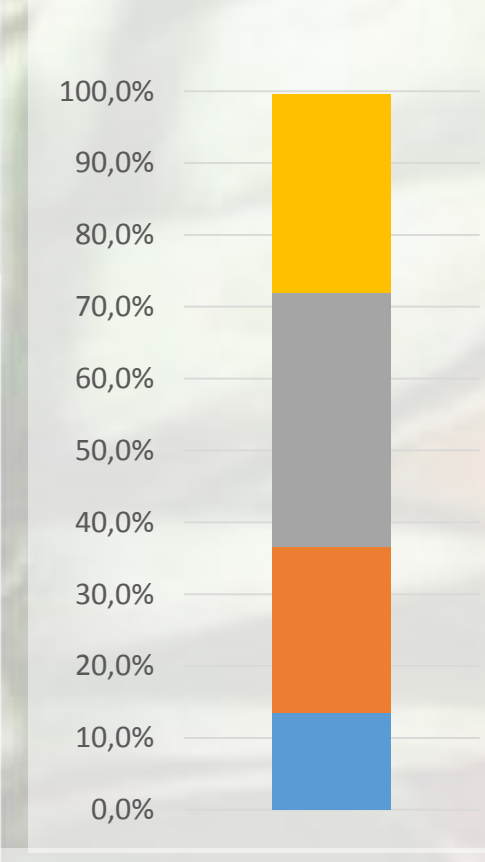
❖ I have dinner after 21 o. clock



A little over half of the respondents have dinner after 21 o. clock, and we all know we have to have dinner at least 2 hours before bedtime, no later than 20.00 - 20.30.

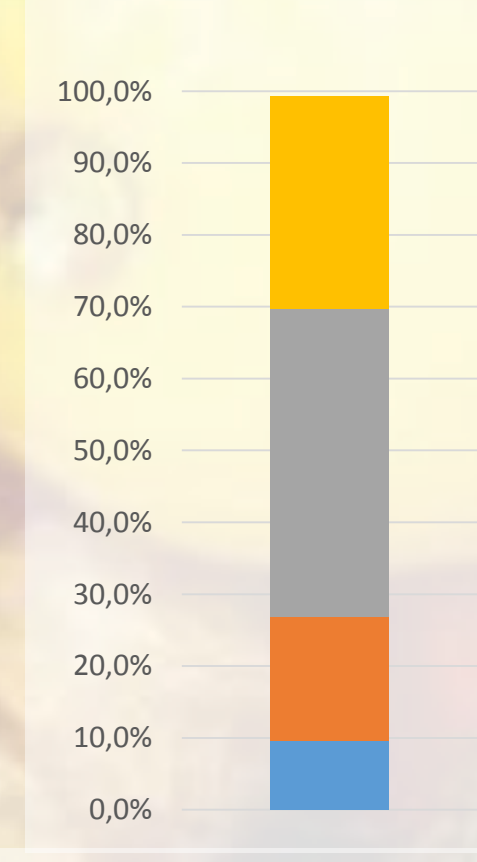


❖ I am in a hurry when I eat



62.8% of the respondents said that they rarely and very rarely hurry when they eat, but the remaining 38.2% do it, which leads to incomplete absorption of the food.

❖ I ignore the daily intake of fruits and vegetables



26.9% of respondents said that they do not eat fruits and vegetables every day, depriving them of a variety of food and intake of minerals and vitamins.

Very often Often Seldom Rarely

The results are not based on the representative statistical sample

Conclusions and recommendations

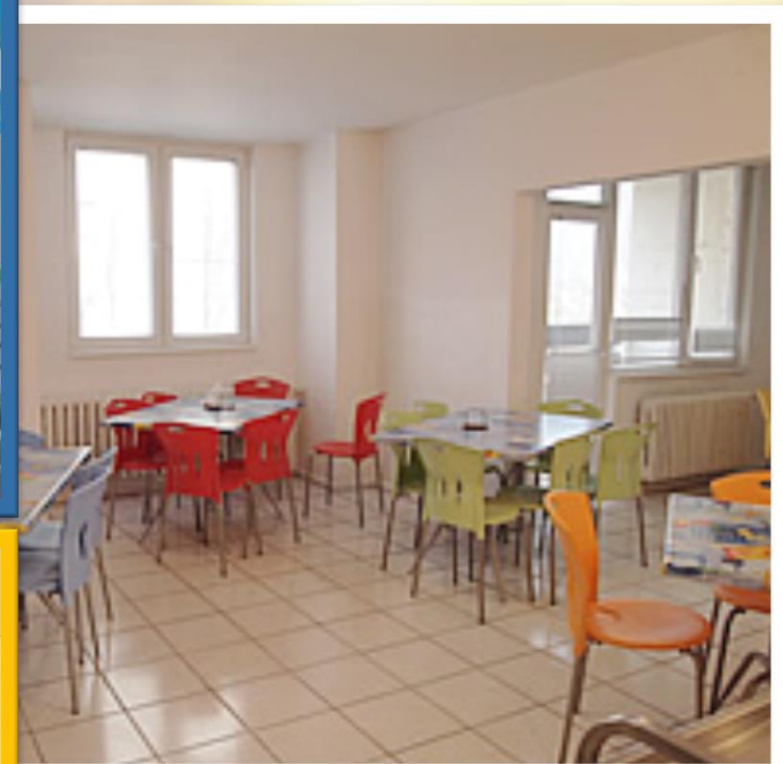
From our study, we came to the conclusion that a significant part of us does not have the right diet, they consume harmful drinks and inappropriately prepared food. Teens need proper nutrition as the body becomes adult like and all of its systems are being properly adjusted.

It is important not only what we eat, but also what is eaten by our body. And absorption depends on our diet - if we are tense, if we eat quickly, if we do not chew well, then the food is not fully digested.



Recommendations

- ✓ Creation of differentiated areas for meals in the intervals available to all students.



- ✓ Places that are comfortable for home-made healthy foods.
- ✓ Emphasis on the passage of a one-shift training regime in schools, which is an advantage for building good eating habits.

Only one school shift: 8.30 - 14.30

