

**Agrupamento de Escolas D.Afonso Henriques**

**Escola Básica de Alcanede**

**School Year 2014/2015**

Comenius Multilateral Project

“Active, Sportive, Healthy, European Youth Team”

<http://activesporteamcomenius.jimdo.com/>

*How healthy is your diet?*



Class: 7A

Professoras/ teachers: Matilde Ferreira /Carla Almeida

## Alunos/ students

Ana Gomes no. 1

Beatriz Neves no. 2

Cristiana Piedade no. 3

Daniela Ribeiro no. 4

Diana Sardeira no.5

Eduardo Silva no. 6

Eduardo Caetano no. 7

Filipe Pereira no. 8

Joana Cordeiro no. 9

João Jesus no. 10

Lucas Salgado no. 11

Maria Ribeiro no. 12

Maria Louro no. 13

Marta Jesus no. 14

Miguel Antunes no. 15

Pedro Eusébio no. 16

Simão Frade no. 17

Sofia Vitório no. 18

Tomás Pinote no. 19

Tomás Simões no. 20

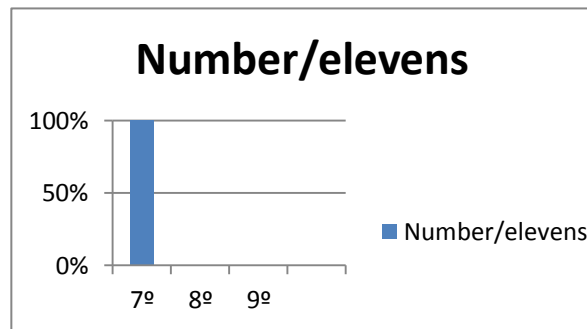
# Questionnaire/Survey

## How healthy is your diet?

### 1. School

Question: *What grade are you in?*

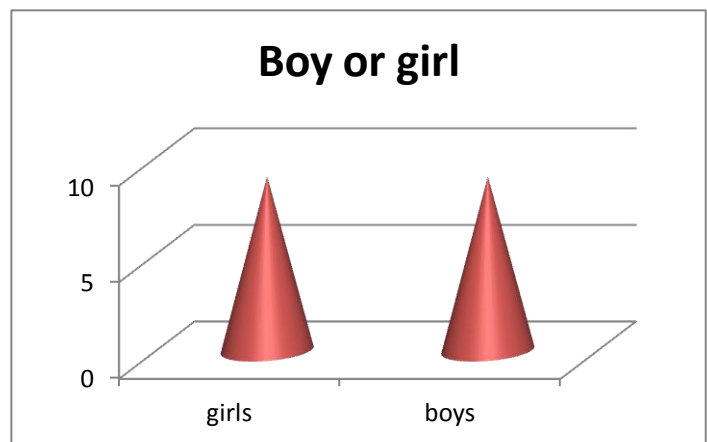
7º	18
8º	0
9º	0



### 2. Sex

Question: *Are you a boy or a girl?*

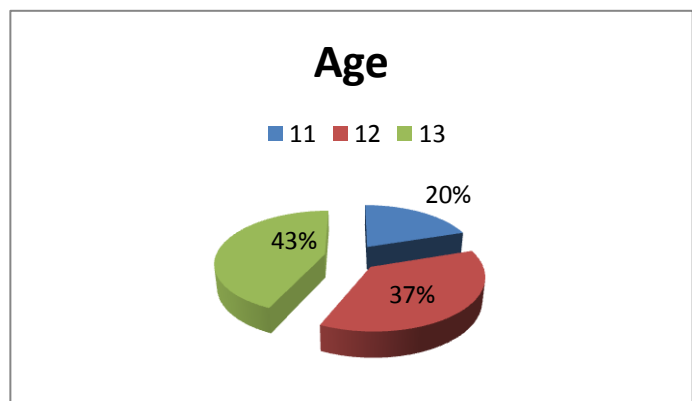
Girls	9
Boys	9



### 3. Age

Question: *How old are you?*

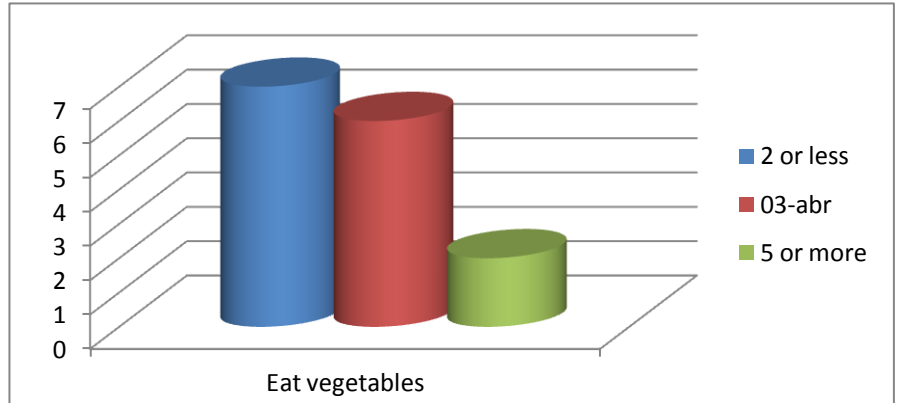
11	6
12	11
13	1



# Vegetables

4. How many times a week do you eat vegetables? Exclude hot chips.

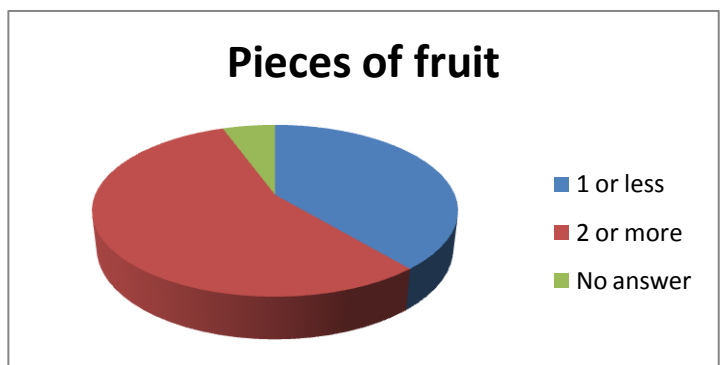
2 or less	7
3/4	6
5 or more	5



# Fruit

5. How many pieces of fruit do you usually eat per day?

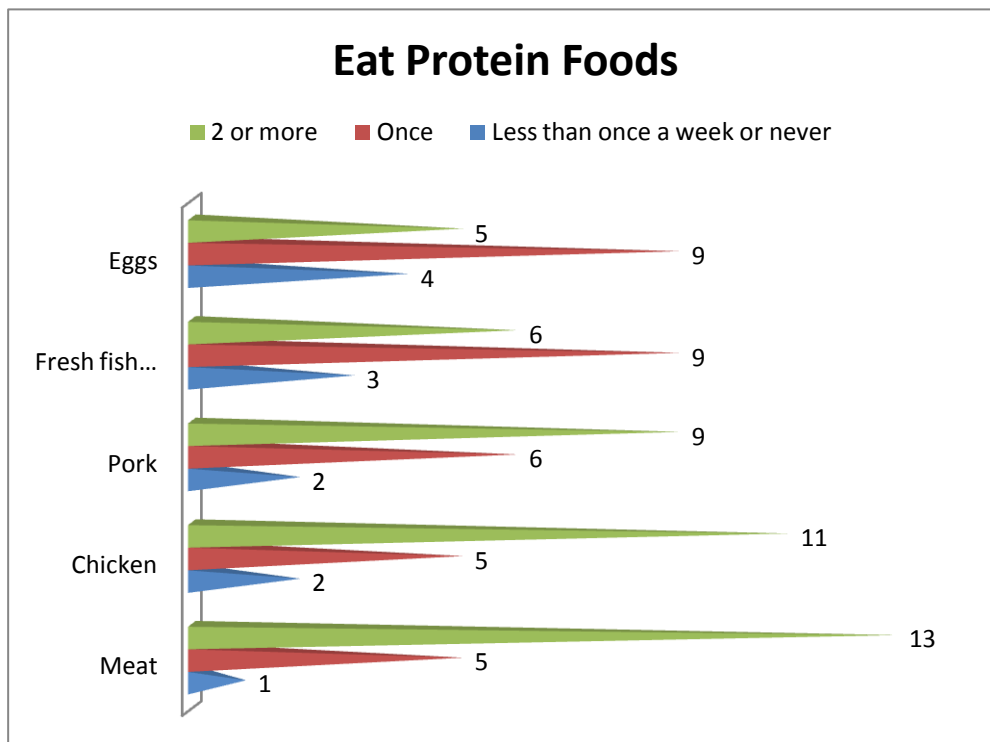
1 or less	7
2 or more	10
No answer	1



## *Protein Foods – Meat/Fish/Chicken*

6. How many times a week do you usually eat a serving of protein foods?

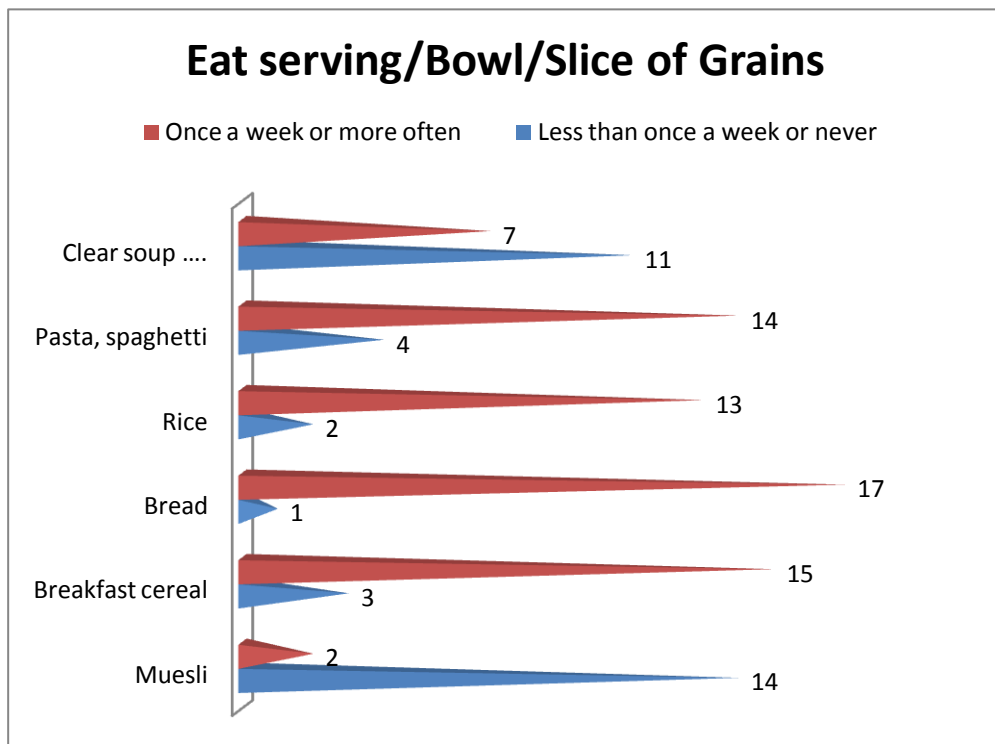
	Less than once a week or never	Once	2 or more
Meat	1	5	13
Chicken	2	5	11
Pork	2	6	9
Fresh fish...	3	9	6
Eggs	4	9	5



# Grains

## 7. How many times a week do you usually eat a serving/bowl/slice of these grains?

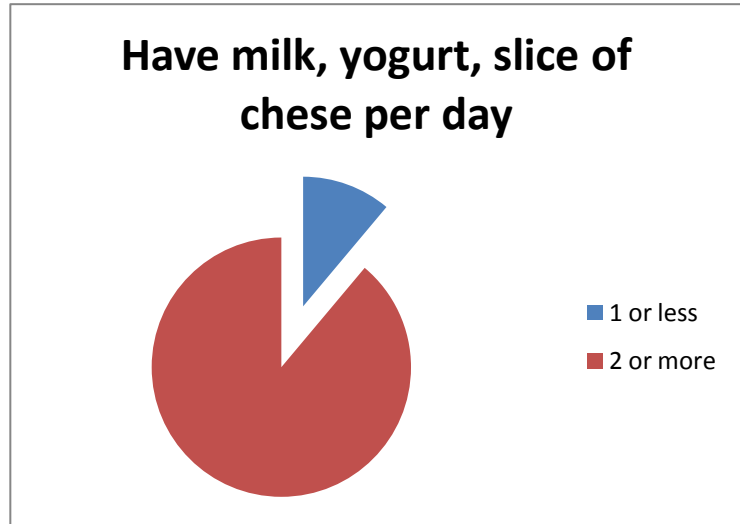
	Less than once a week or never	Once a week or more often
Muesli	14	2
Breakfast cereal, Cornflakes	3	15
Bread	1	17
Rice	2	13
Pasta, e.g., spaghetti, lasagne	4	14
Clear soup with rice or noodles	11	7



# Dairy

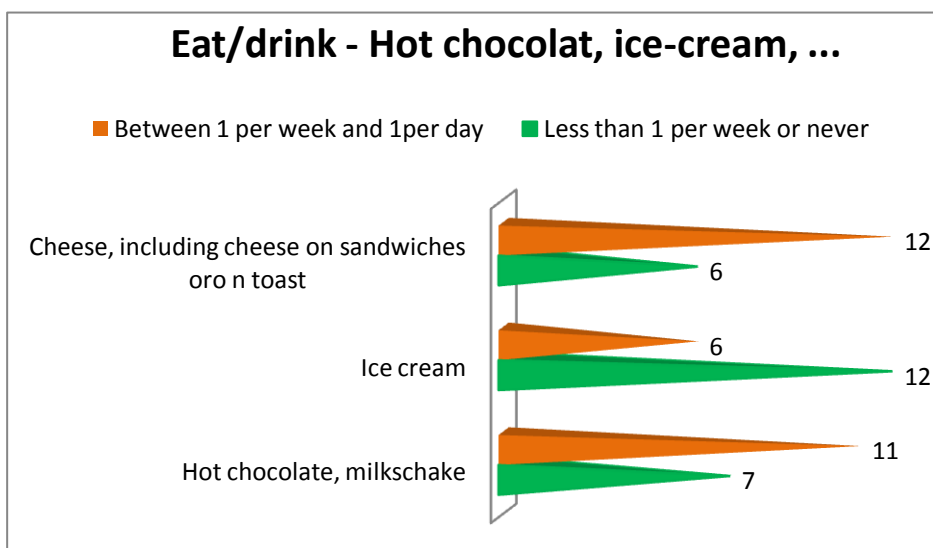
## 8. How many times a day you have a glass of milk, yogurt or a slice of cheese?

1 or less	2
2 or more	16



## 9. How many times do you usually eat/drink a serving/glass/slice of these dairy foods?

	Less than 1 per week or never	Between 1 per week and 1 per day
Hot chocolate, milkschake	7	11
Ice cream	12	6
Cheese, including cheese on sandwiches or on toast	6	12



# Food that you think is better for you health ?



b. Cereal - 17



a. Eggs and bacon- 1



i. Chicken - 17



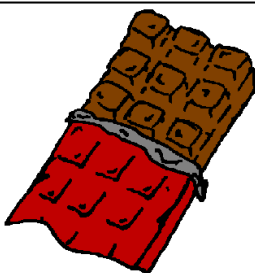
i. Regular hamburger - 1



h. French fries - 4



г. Green salad - 14



f. Candy bar- 1



e. Fresh fruit- 17



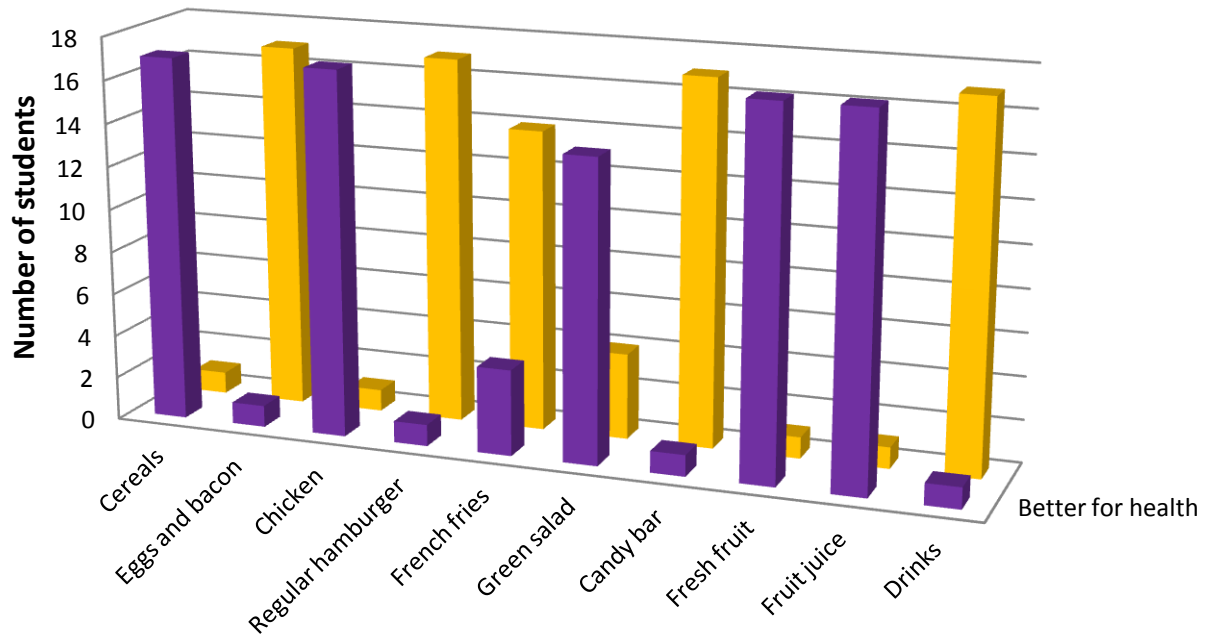
d. Fruit juice - 17



c. Drinks - 1



## Foods that you think is better for your health



	Cereals	Eggs and bacon	Chicken	Regular hamburger	French fries	Green salad	Candy bar	Fresh fruit	Fruit juice	Drinks
■ Better for health	17	1	17	1	4	14	1	17	17	1
■ worse for health	1	17	1	17	14	4	17	1	1	17