

Eating Habits for
the students of the
1st Grade (16) of
Senior High School
of Velestino





During the months of October January we had an extra survey on 16-year-old students of our school.

36 questionnaire answers focus on the following results.





Body Mass Index(BMI)

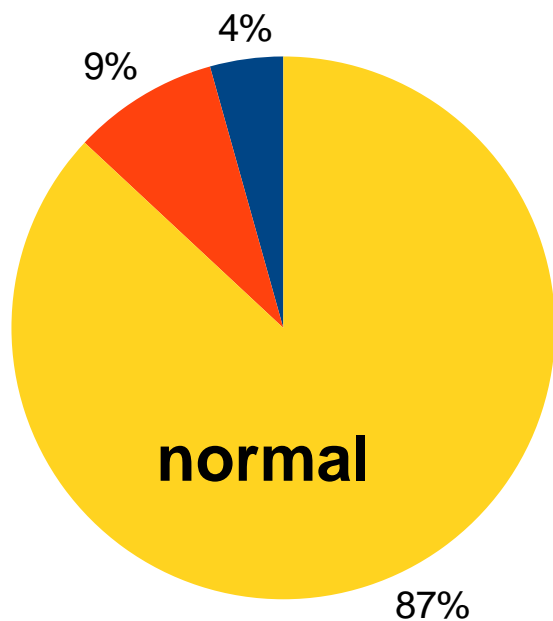
- Can give a general (but not always reliable) idea as to whether a person's weight is normal for their height. Excess rates can show health problems.
- It is mass (in kg) / height (in m)²

Normal rates

- Boys 16 years old: 17 - 24
- Girls 16 years old: 16,8 - 24,5

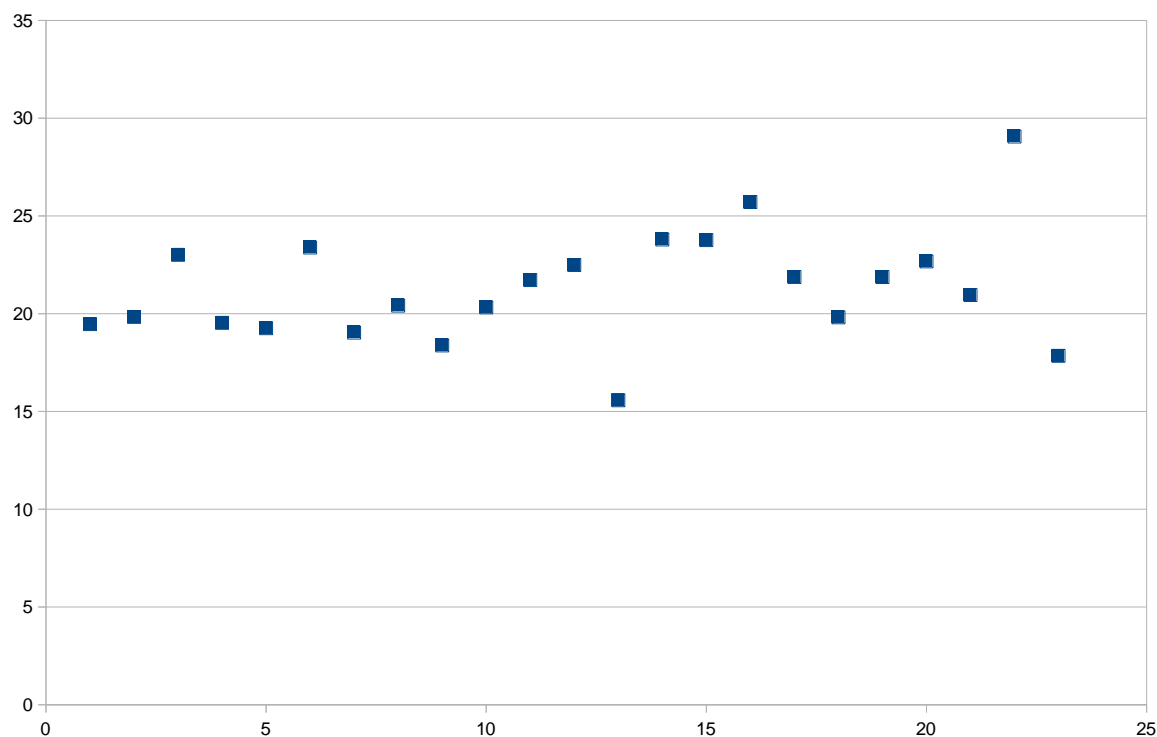


BODY MASS INDEX(GIRLS)

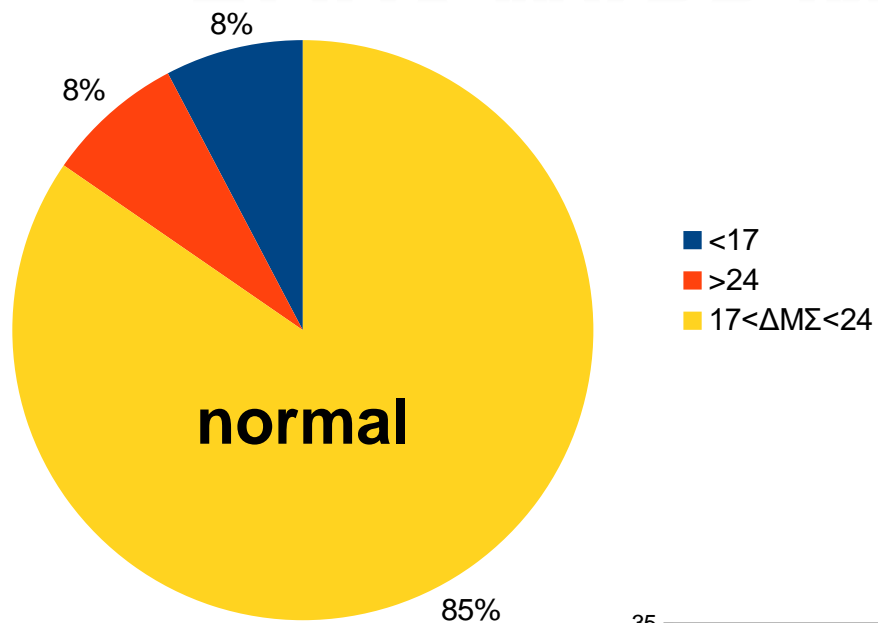


- <16,8
- >24,5
- 16,8<ΔΜΣ<24,5

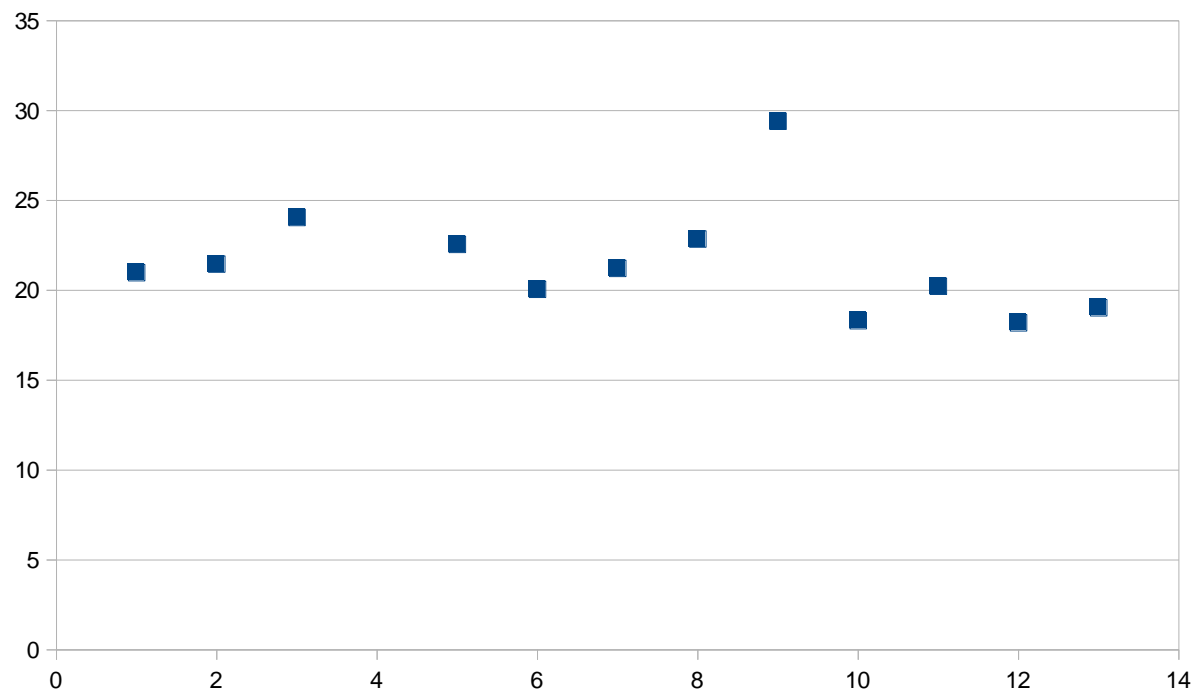
Δείκτης Μάζας Σώματος (κορίτσια)



BODY MASS INDEX(BOYS)



Δείκτης Μάζας Σώματος (αγόρια)

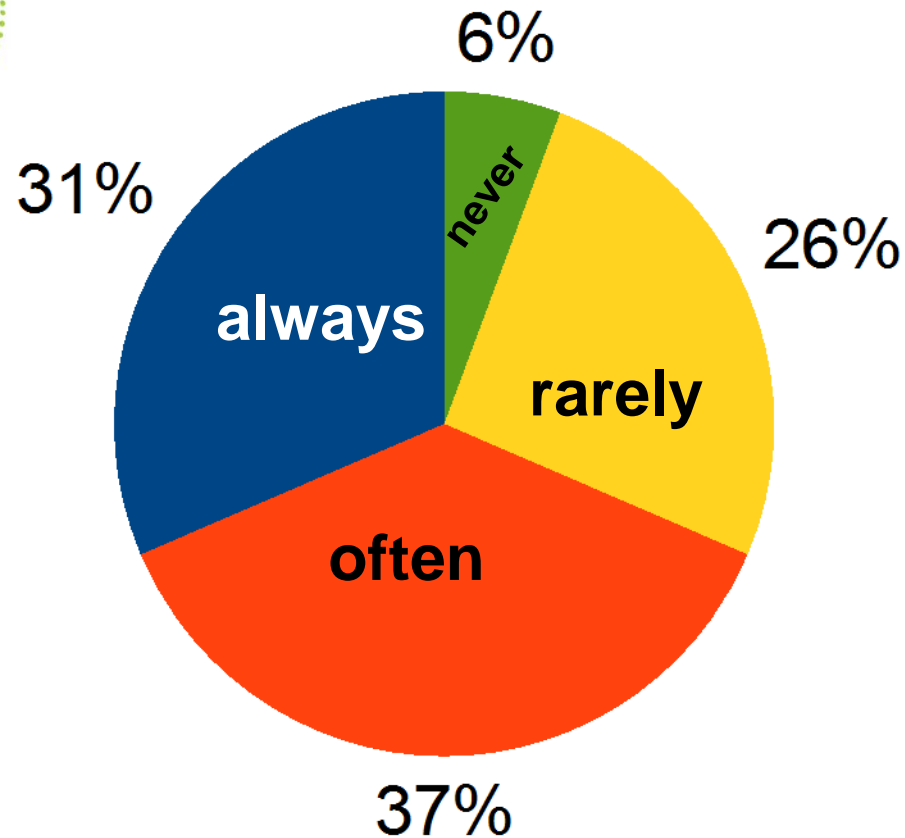




QUESTIONS



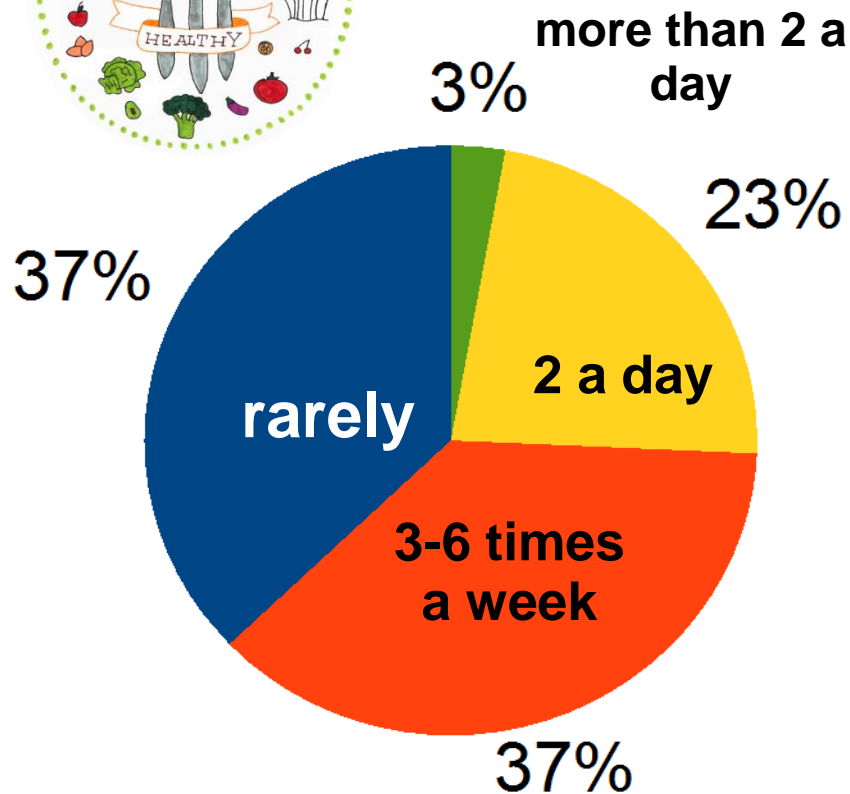
Do you eat salad with your meal?



Vegetables are an important part of Greek production and of Mediterranean diet, rich in plant fibre, vitamins and minerals. **More than half of the students eat them often.**



How often do you eat fruit?



The same with vegetables, fruit are an important part of Greek production and of Mediterranean diet, rich in plant fibre, vitamins and minerals. But **there is a percentage of $\frac{1}{4}$ of the students who do not eat them often.**

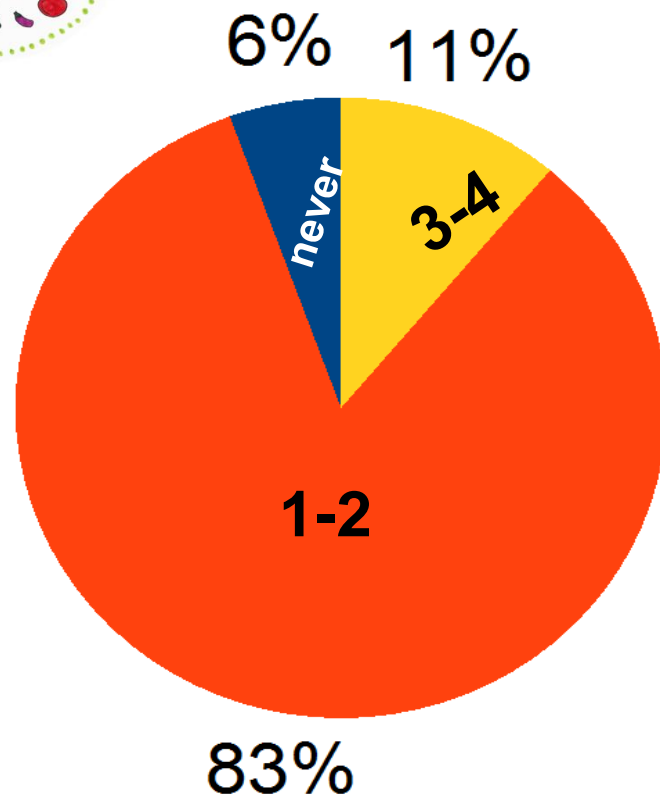


Result 1

The percentage of students who eat salad / fruit **rarely** is about 20%



How often do you eat beans /legume a week?



Another important Greek product is beans or legume (lentils, chickpeas, kidney beans, horse beans, etc.). Rich in vegetal proteins, fibre, minerals, vitamins, carbohydrates.

In Greece it is the “*poor people’s meal*” and a traditional soup.



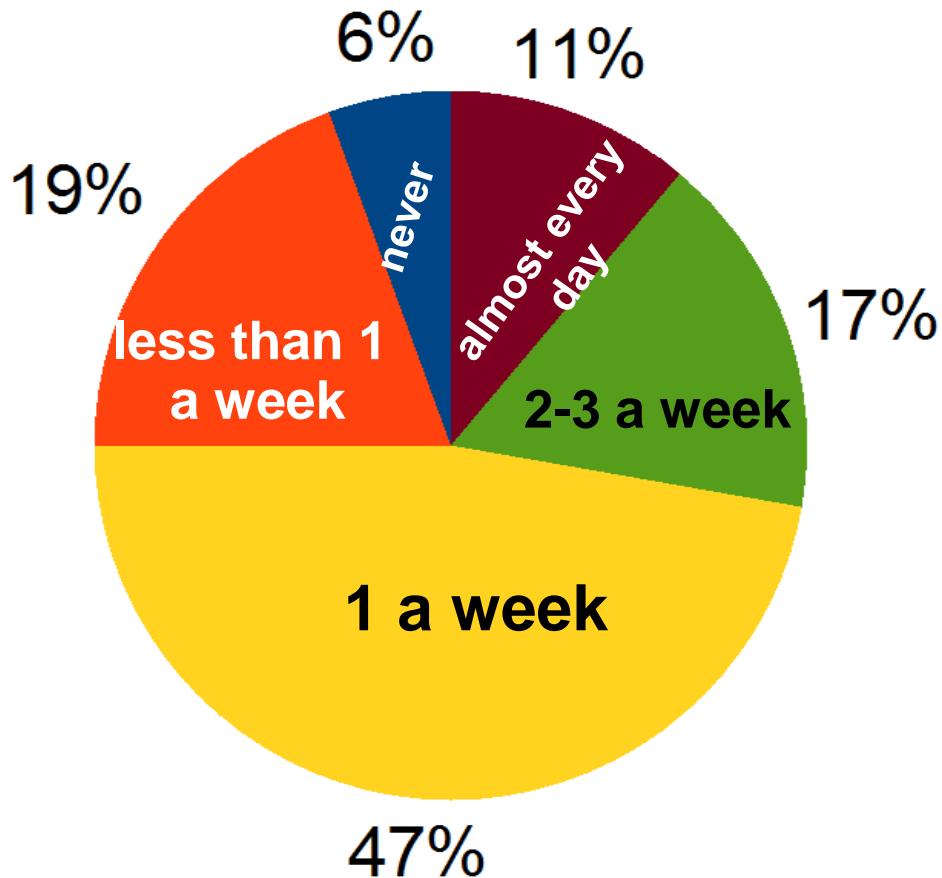
Result 2

Lots of students eat beans and legume regularly.





How often do you eat fast food (pizza, souvlaki)



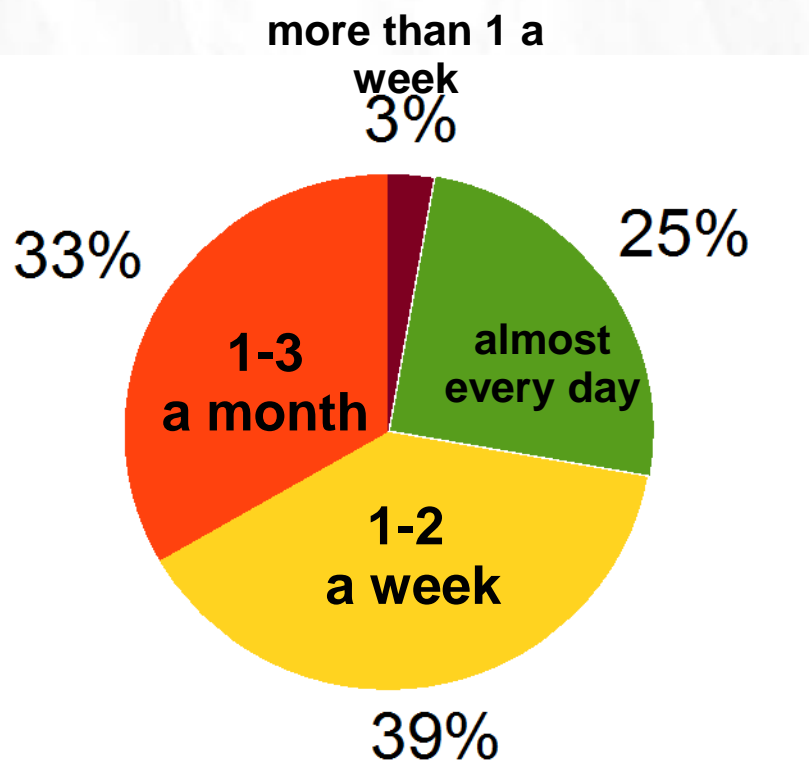
A rather big percentage (about 30%) eats fast food often.

A food usually heavily processed, with ingredients of low quality, so with low nutritional value and rich in fat .





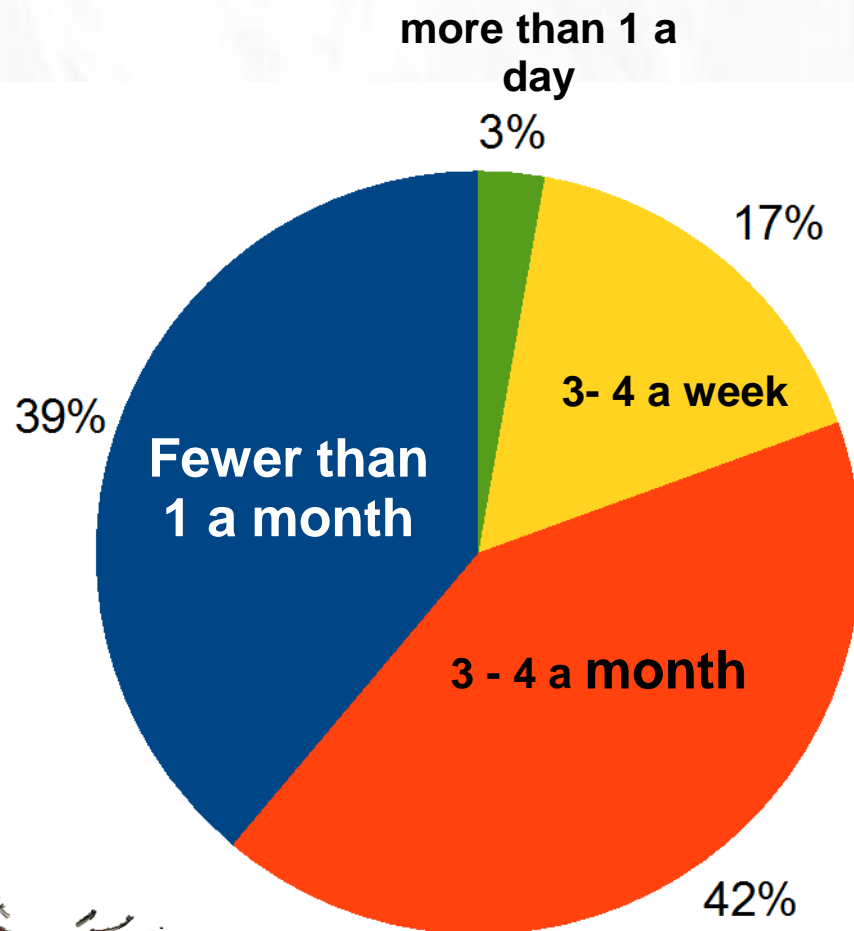
How often do you eat snacks (biscuits, crisps, wafers)?



Almost 30 % eat snacks quite often. Snacks have big quantities of salt / sugar and fat.



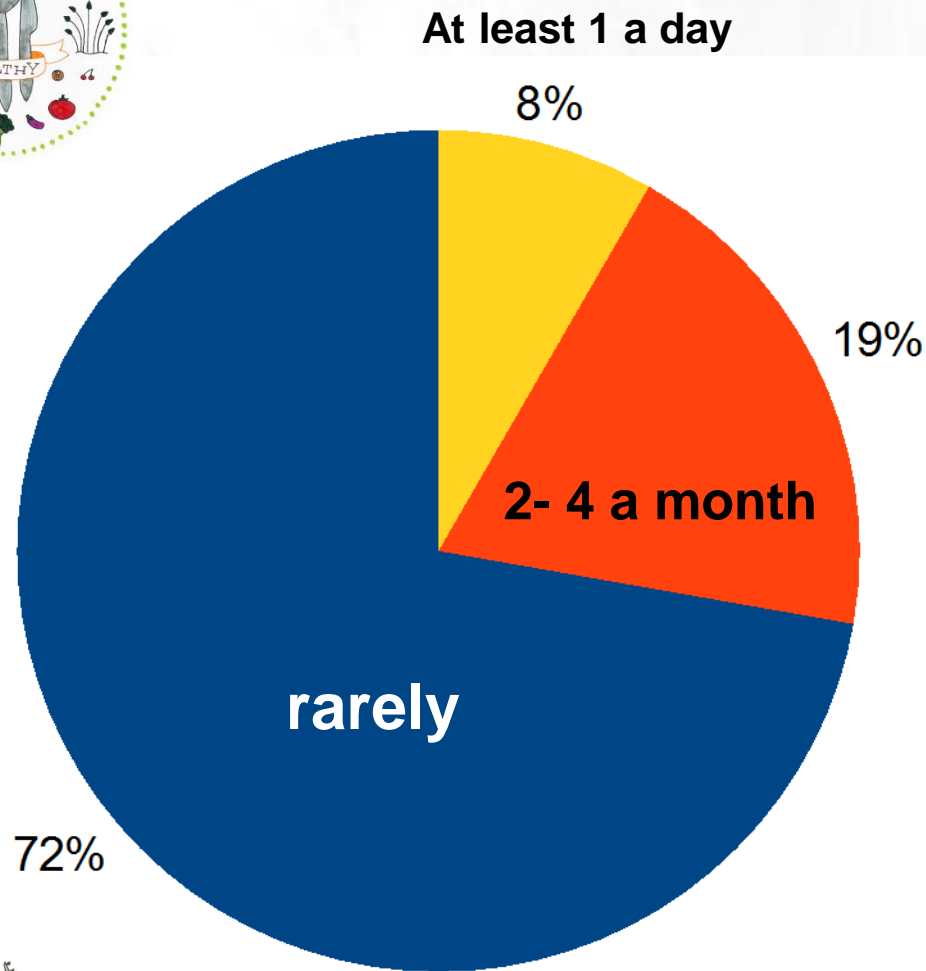
How often do you drink soft drinks?



A big percentage (20%) consume soft drinks (rich in sugar).



Do you drink herb beverages?



Greece has **the greatest variety of herbs all over the world**. Herbs have healing and preventive health qualities.

Eg.

- mountain tea = iron
- sage = anti-microbial, memory enhancer
- chamomile = anti-microbial, relaxing
- balsam = healing, sedative

Sadly, 72% do not consume herbal beverages.



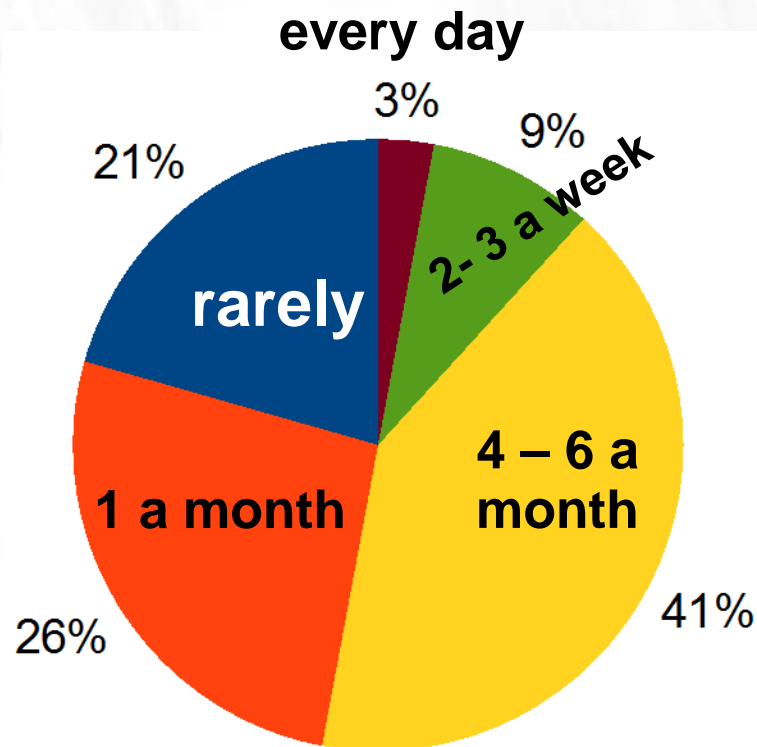


Do you drink alcohol?

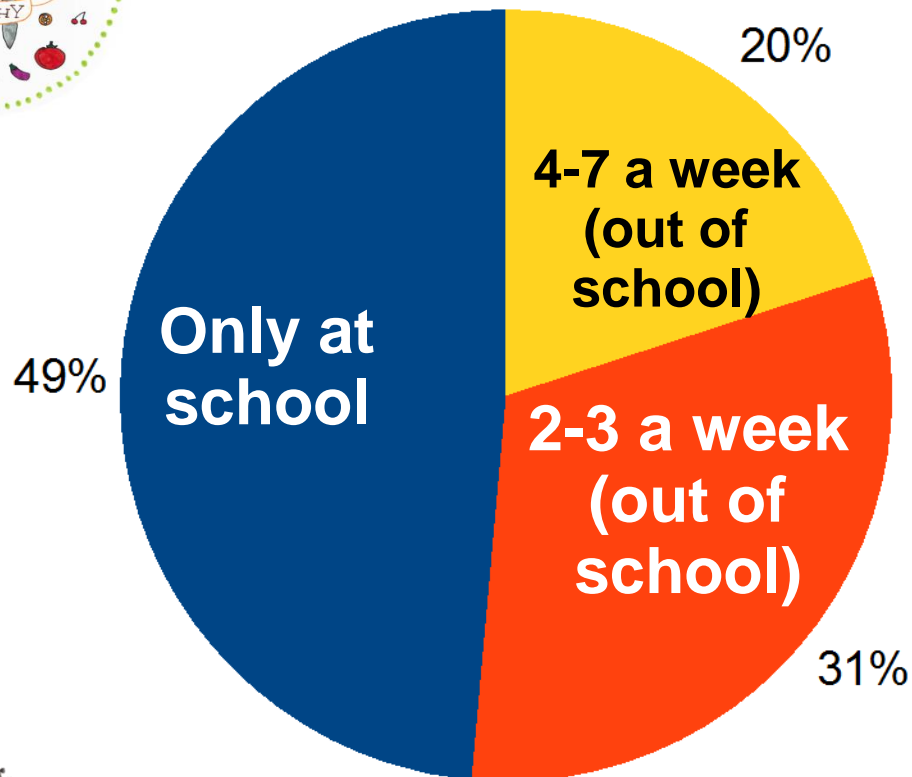
Alcohol for teens is a bad choice; among other problems, it hinders / stops body growth.

alarming results:

- **12% = have alcohol **weekly** or even **daily****
- **40% = have **4-6** a month**



How often do you exercise?



The last one is not about nutrition but **exercise**, also important for health.

Sad result = only half exercise





The first results show that we need the project
NOW!

Thank you !

SENIOR HIGH SCHOOL OF VELESTINO – GEL VELESTINOU

