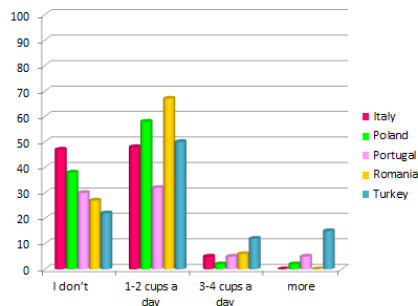
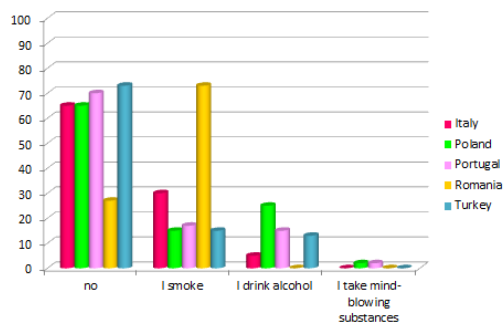


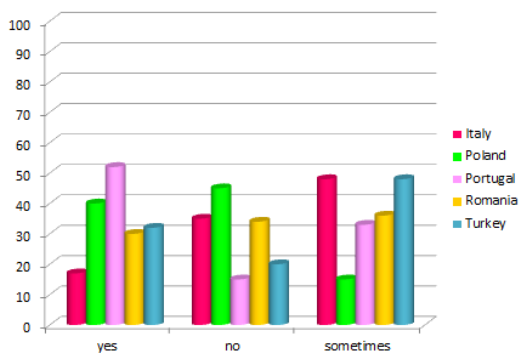
10. How often do you drink coffee?



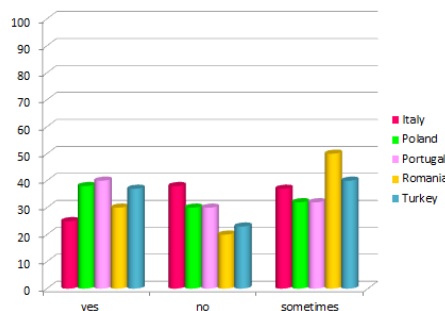
11. Do you use drugs (coffee, cigarettes, alcohol, etc) ?



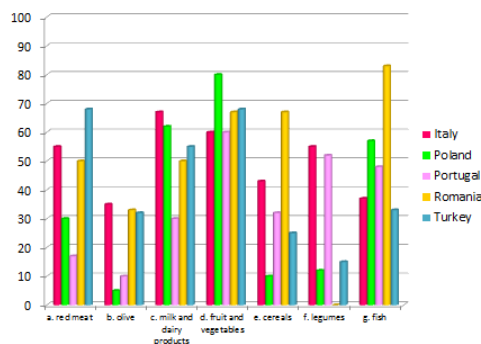
12. Do you cut down on fats?



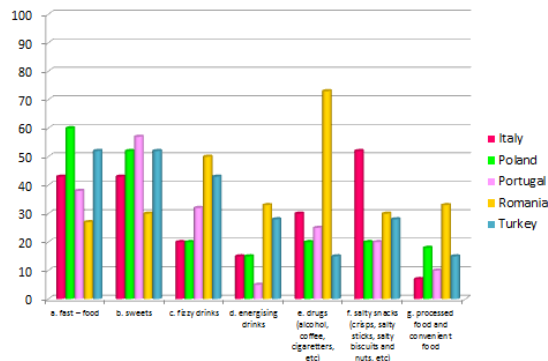
13. Do you cut down on salt?



14. What products should you eat more often?



15. What products do you find most difficult to renounce?



"Teenagers' eating habits"- the results of the questionnaire applied in all the project countries

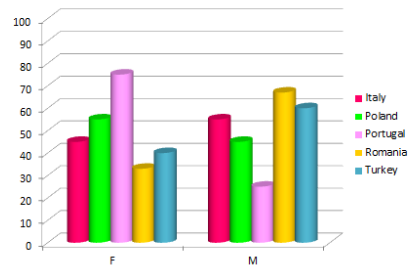


The statistical data of the questionnaire carried out under the terms of "Cook healthy- eat healthy- live healthy" Erasmus+ project

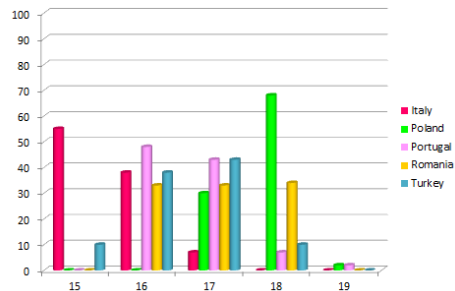
The aim of the questionnaire was to identify teenagers' eating habits- 40 students at each partner school took part - 200 students in total.



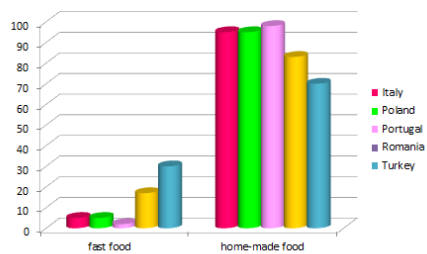
## Sex



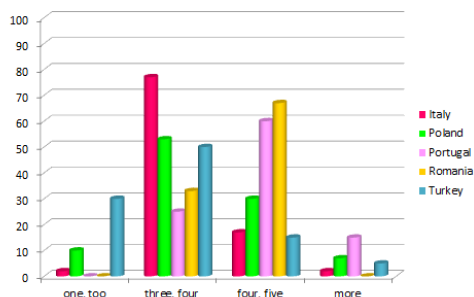
## Age



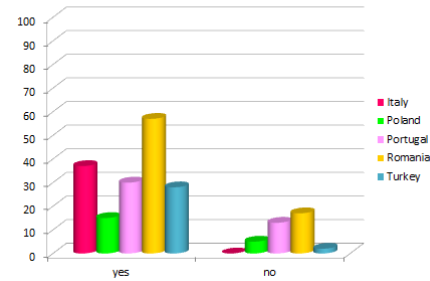
## 1. What food do you eat most often?



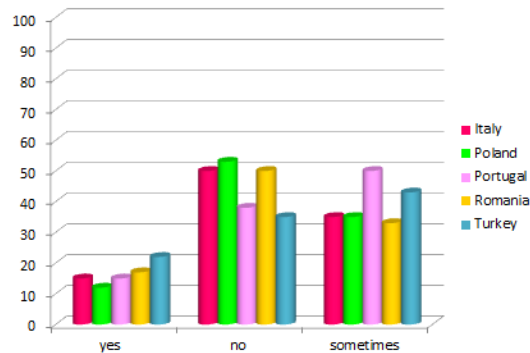
## 2. How many meals do you have a day?



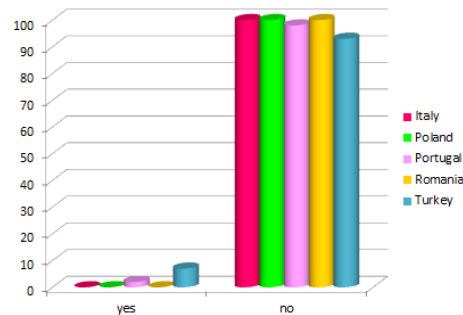
## 3. Do you apply healthy eating habits?



## 4. Do you pay attention to Energy/calorific value buying food?

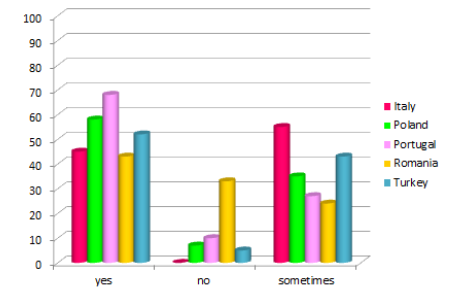


## 5. Are you a vegetarian?

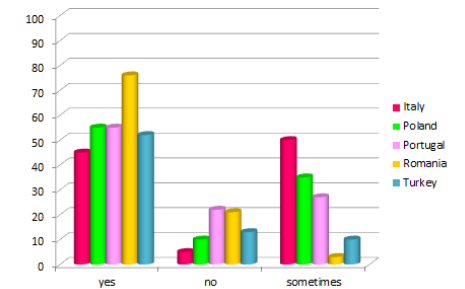


Disclaimer: This project has been funded with support from the European Commission. This brochure reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

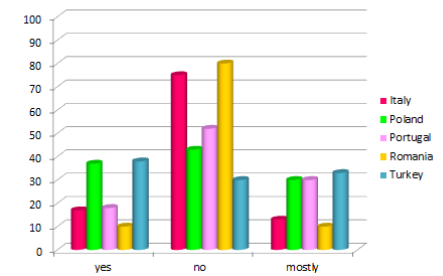
## 6. Do you eat fruit and vegetables every day?



## 7. Do you eat dairy products every day?



## 8. Do you eat meat with every meal (breakfast, lunch, dinner)?



## 9. Do you eat a lot of sweets?

