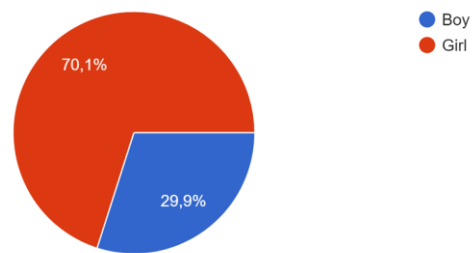


# SURVEY

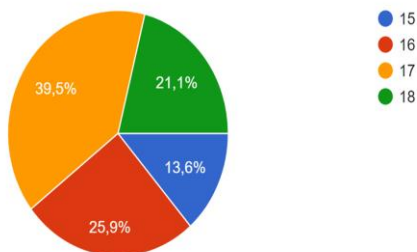
Authors: | Silvia | Riccardo | Kristina | Bastian | Lotte

We are students from the Erasmus project of 2019, we are now in Italy doing research about fast food. We are aiming to now what the connection is between eating habits and religion.

M/F  
147 risposte

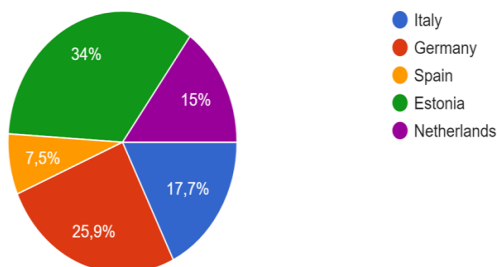


Age  
147 risposte



We did a survey analysis of results on charts and tables. Students answers questions about their meals on a day and eating habits. This survey was anonymous, we only know their country and gender.

Country  
147 risposte



Erasmus+ How Can We Feed Our Genes?

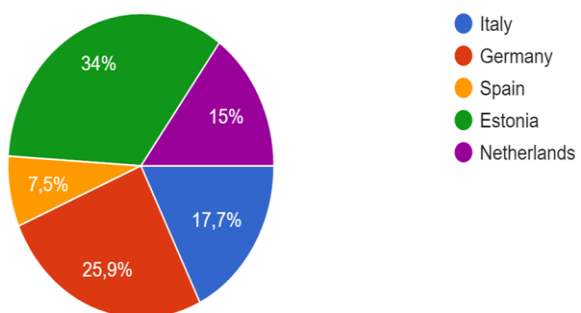
This project has been funded with support from the European Commission.

147 students answered to our survey, most of them are girls. The age goes from 15 to 18, most of them are 17. The survey was submitted in 5 different countries: Italy, Germany, Estonia, Spain and the Netherlands. Most of the students who answered the survey are from Estonia. Now we are going to analyse the survey answers about breakfast and breaks and their eating habits.



## Country

147 risposte



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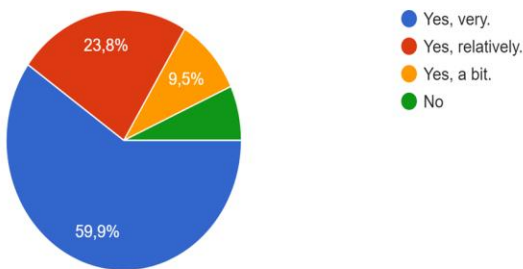


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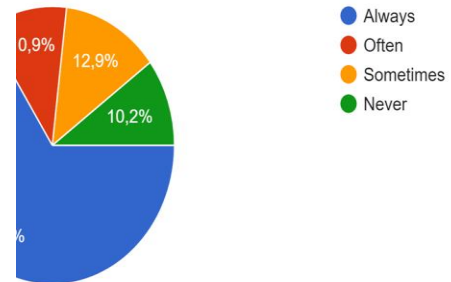
## Do you think breakfast is an important meal for your day?

147 risposte



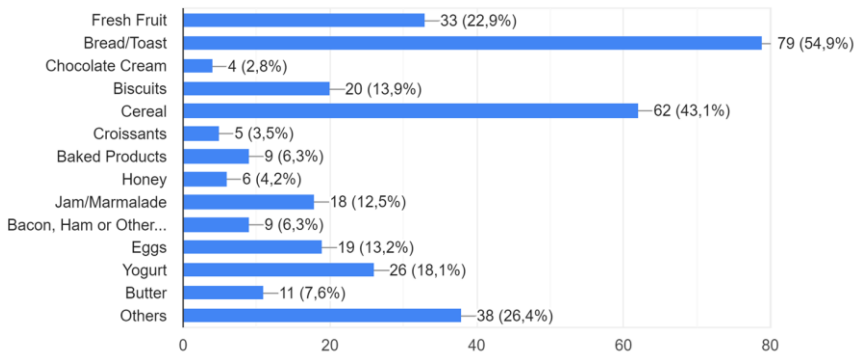
### Breakfast

## When do you have breakfast before going to school?



## What do you usually have for breakfast? Food:

144 risposte



Most of the people always have breakfast, and think it is an important meal. There are also people who think it is not that important. Most of them drink tea, milk and coffee and eat toast, cereal or prefer something else.

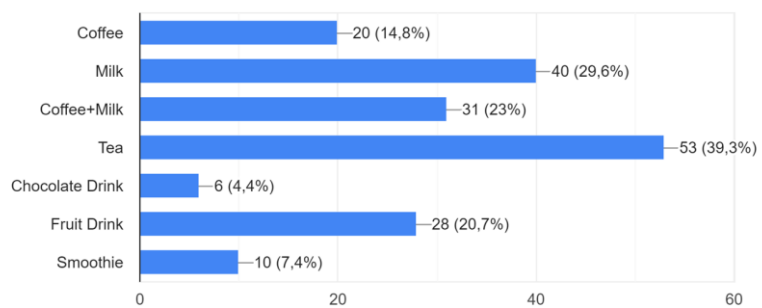


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## What do you usually have for breakfast? Drinks:

135 risposte

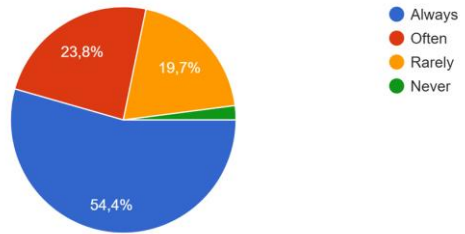


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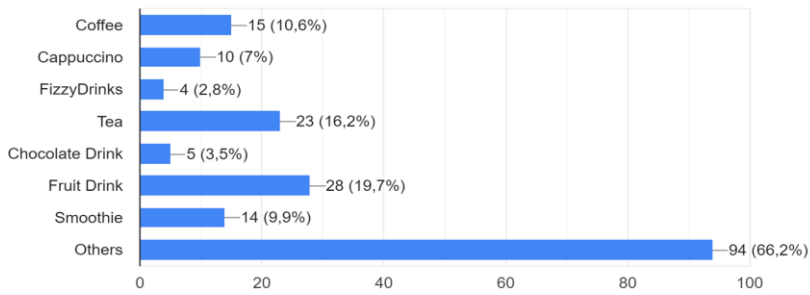
## Morning Break. Do you eat during the school break?

147 risposte



## What do you prefer having at break-time? Drinks:

142 risposte



## Morning Break



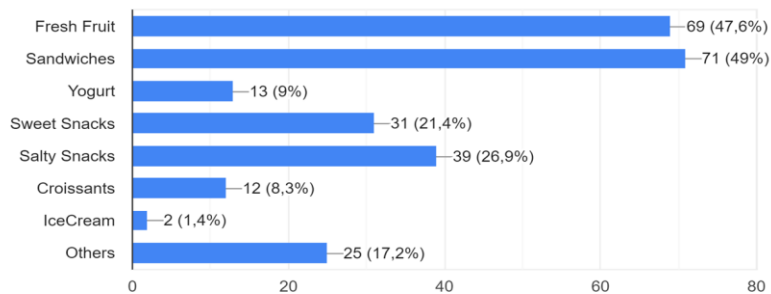
Erasmus+HowCanWe Feed OurGenes?

This project has been funded with support from the European Commission.

During the morning break most of the people always have something to eat. For drinks they have fruit drink, tea or others with that and they eat sandwiches, fresh fruit or others.

### What do you prefer having at break-time? Food:

145 risposte







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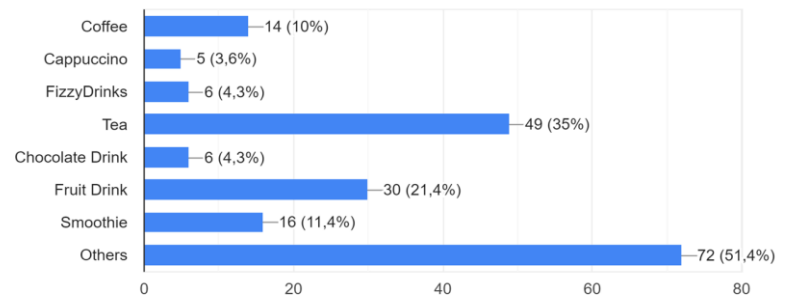
## Afternoon Break

For drinks students like to have tea, fruit drink and others with that they eat sandwiches, fresh fruit and others.

## Afternoon Break. What do you prefer having for the afternoon break?

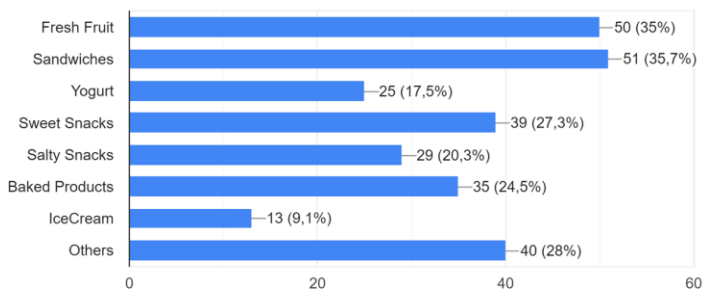
### Drinks:

140 risposte



## What do you prefer having for the afternoon break? Food:

143 risposte



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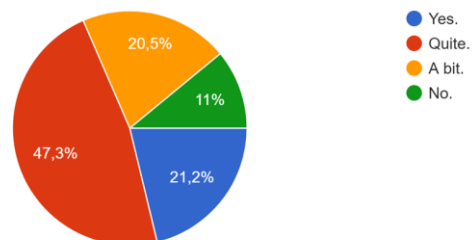
This project has been funded with support from the European Commission.

## Diet

Most students think their diet is quite balanced. The most present food in peoples diet are fruits and vegetables or pasta and rice. Most of the students eat only two times out of a meal.

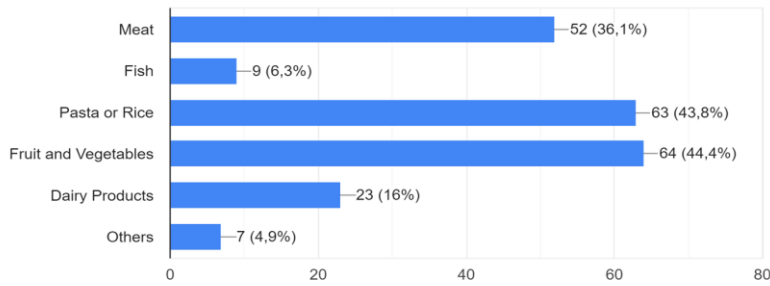
Do you think that your diet is balanced?

146 risposte



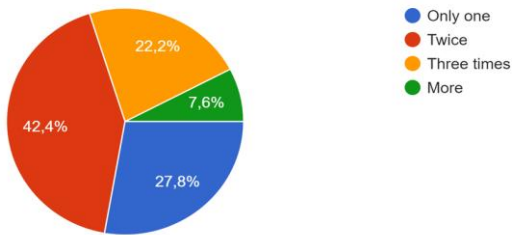
## Which food is the most present one in your diet?

144 risposte



## How many times do you eat out of a meal?

144 risposte

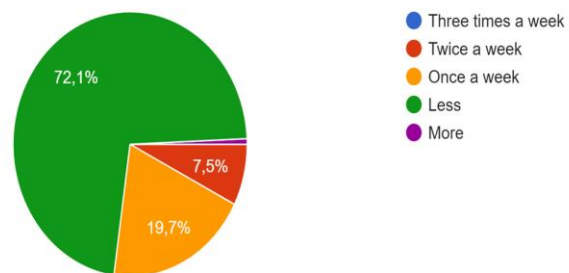


## Fast food

We asked how often people eat fast food, most of them eat fast food less than three times a week.

## How often do you eat in fast foods?

147 risposte



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This project has been funded with support from the European Commission.

## Conclusion

To sum up all this project and the 147 surveys, we have arrived to the conclusion that almost all the people have breakfast in the morning; however there are also some people who don't have it, so we have to say that all the people should have breakfast since it's one of the most important meals during the day and it's necessary to have the correct energy.

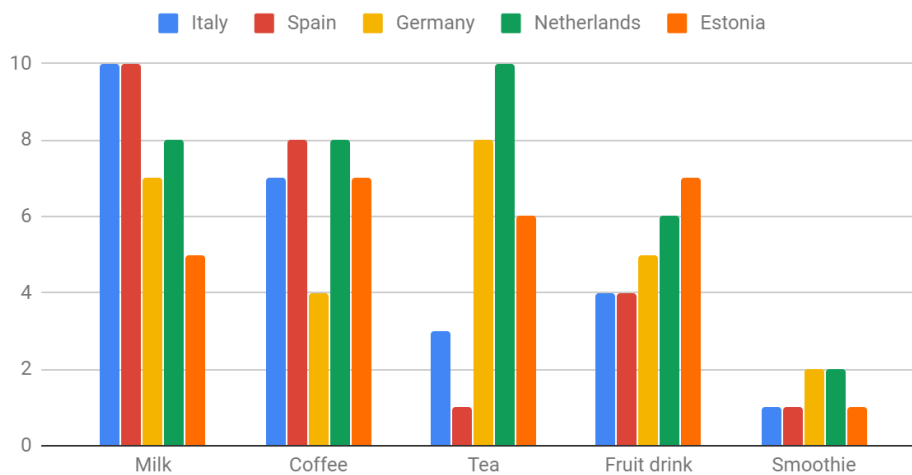
Apart from this, we need also to make aware that less fast food, best life for us. We

should reduce the times we have fast food and replace it for a balanced diet.

We have done this graphics with all the results and the breakfast in each country.

### Breakfast

Drinks



### Breakfast

Food

