

PROGETTO COMENIUS – COMENIUS PROJECT

**“Abbracciare le culture europee
per mezzo
delle sane tradizioni alimentari”**

**“Embracing European cultures
through
healthy eating traditions”**

**Risultati del questionario
sulle abitudini alimentari degli alunni tra i 9 ed i 10 anni
Classi quinte sez. A – C/ B – D – E**

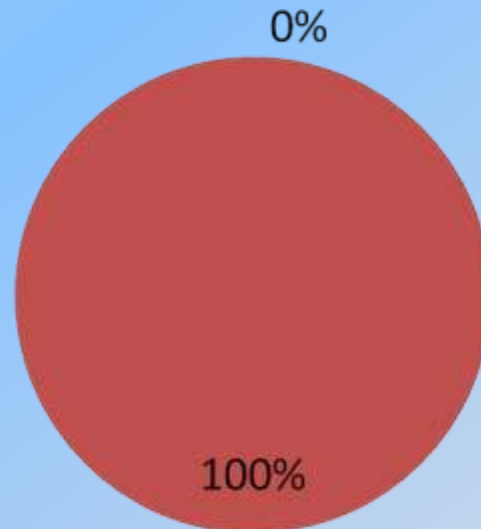
**Questionnaire results
about eating habits of our pupils between 9 and 10 years old**

Come è servito il cibo nella tua famiglia ?

How is the food served in your family ?

classi V A-C

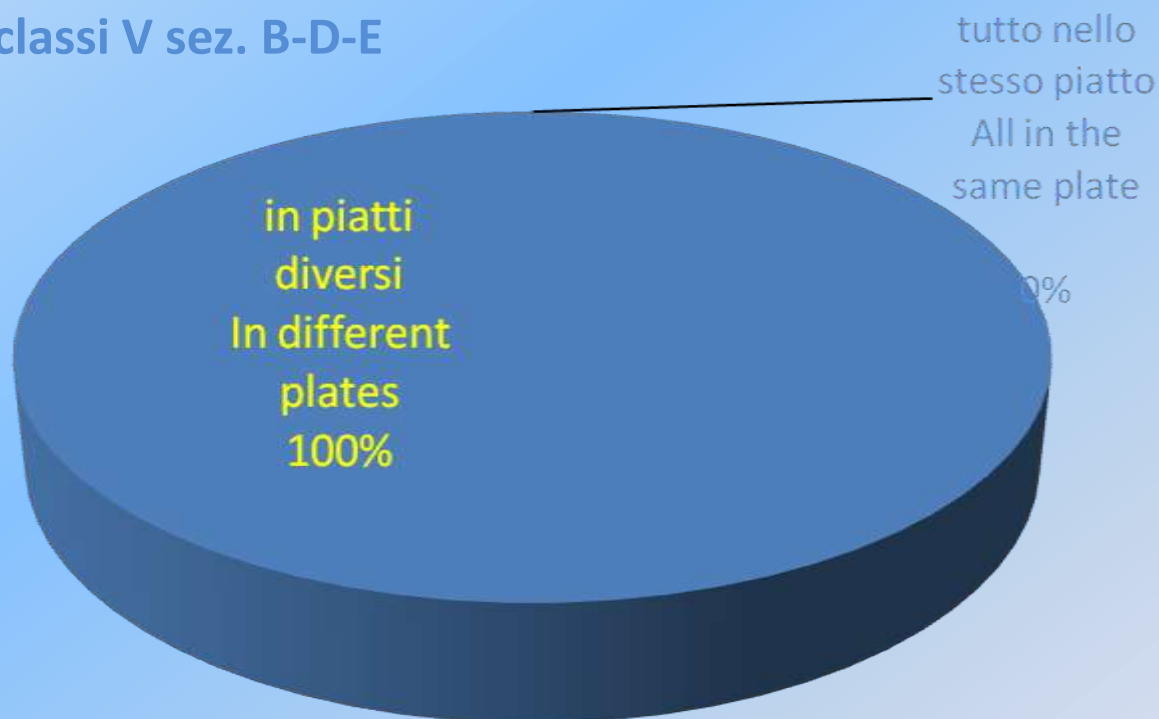
- si mangia tutto nello stesso piatto/in the same plate
- si mangia in piatti differenti/in different plates



Come è servito il cibo nella tua famiglia ?

How is the food served in your family ?

classi V sez. B-D-E



Avete orari regolari per i pasti?

Do you have meals at regular times?

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Do you have meals at regular times?

classi V sez. B-D-E

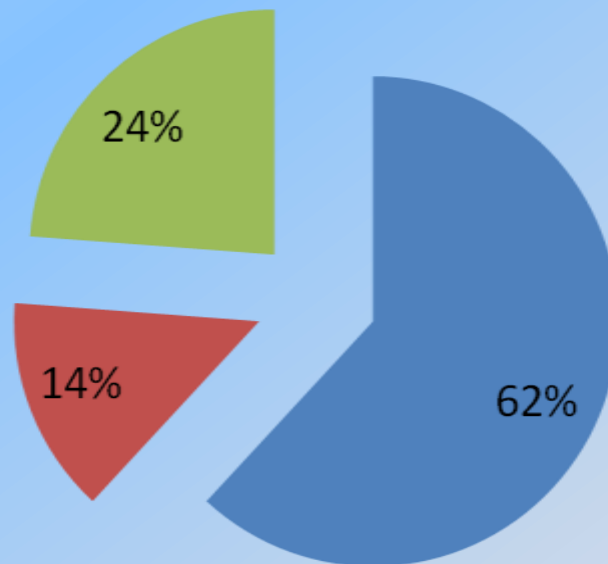


Fai colazione al mattino?

Do you have breakfast every day?

classi V A-C

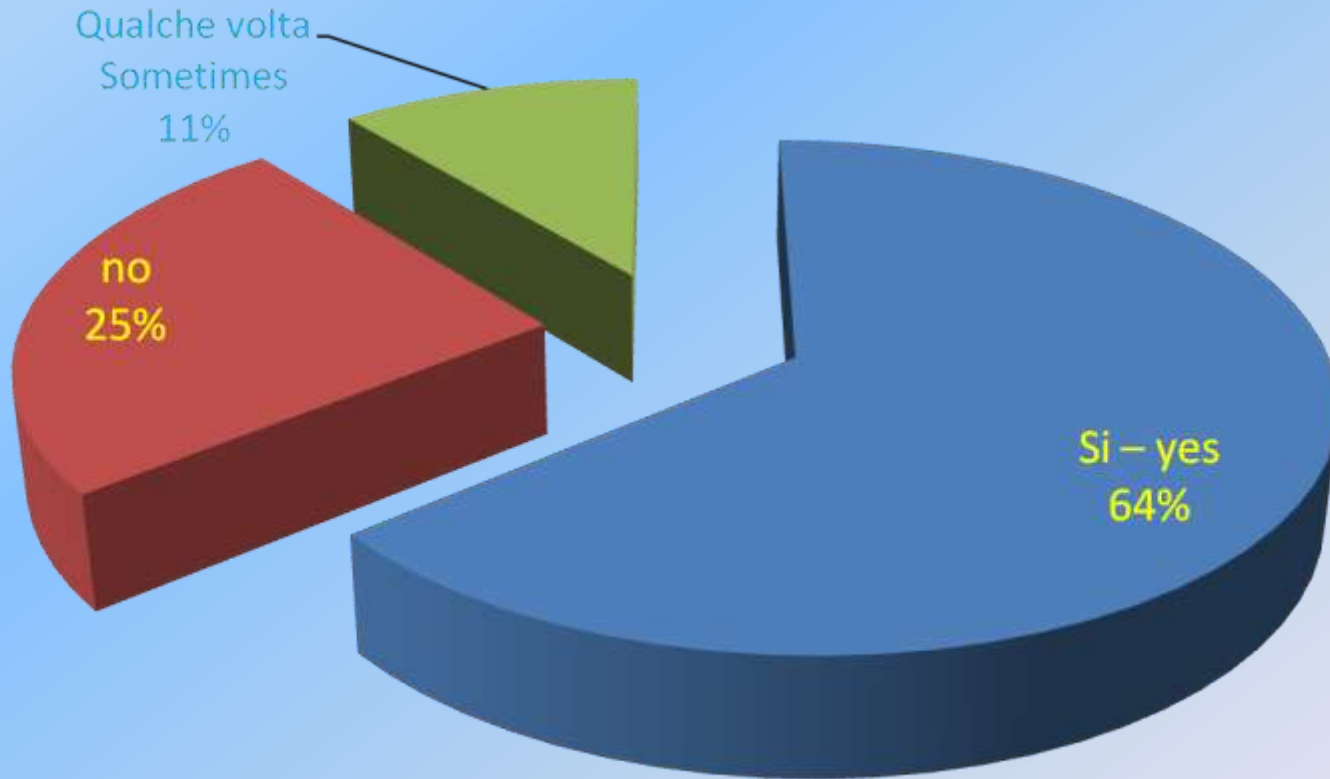
■ si /yes ■ no ■ qualche volta/sometimes



Fai colazione al mattino?

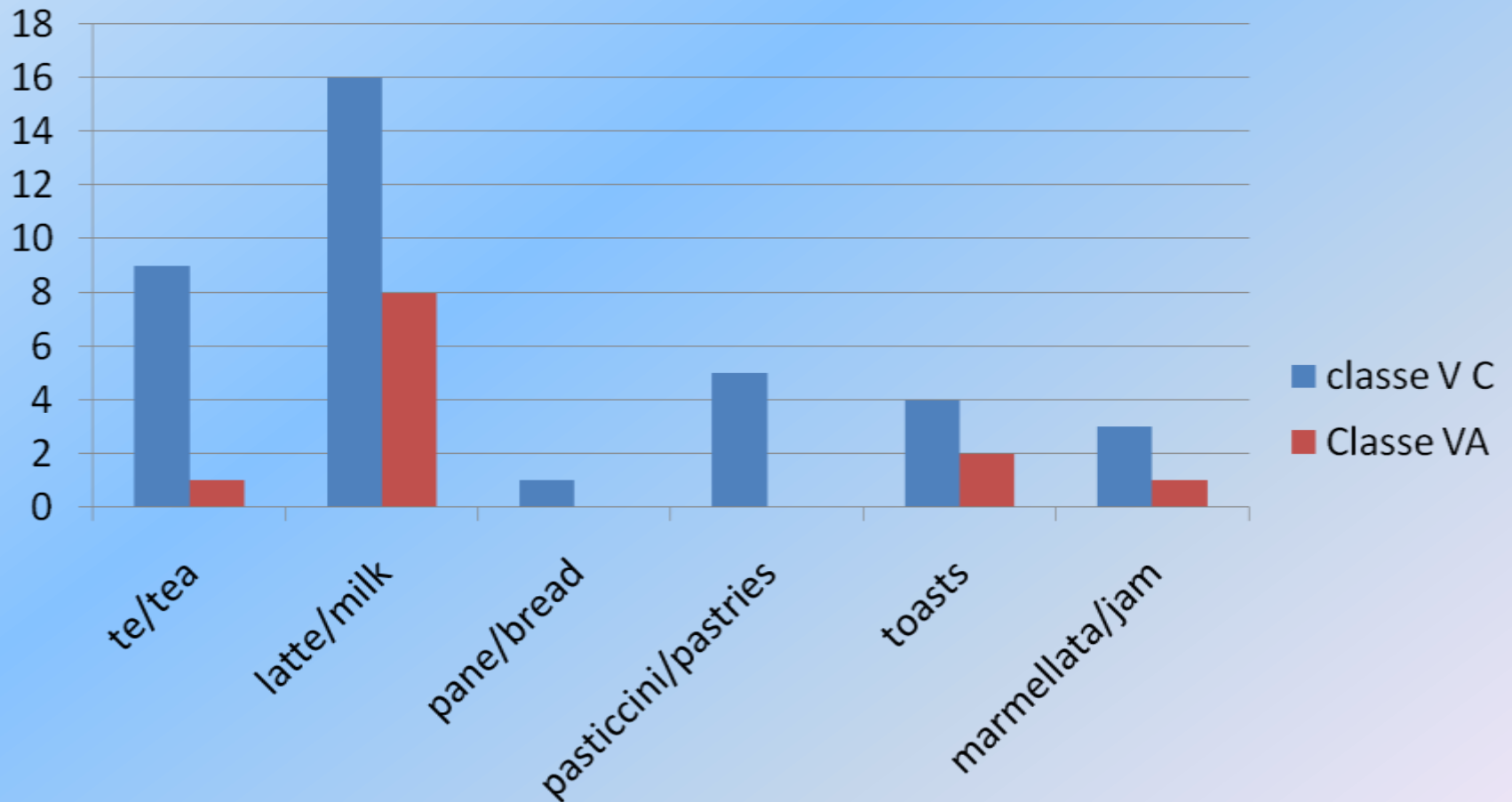
Do you have breakfast every day?

classi V sez. B-D-E



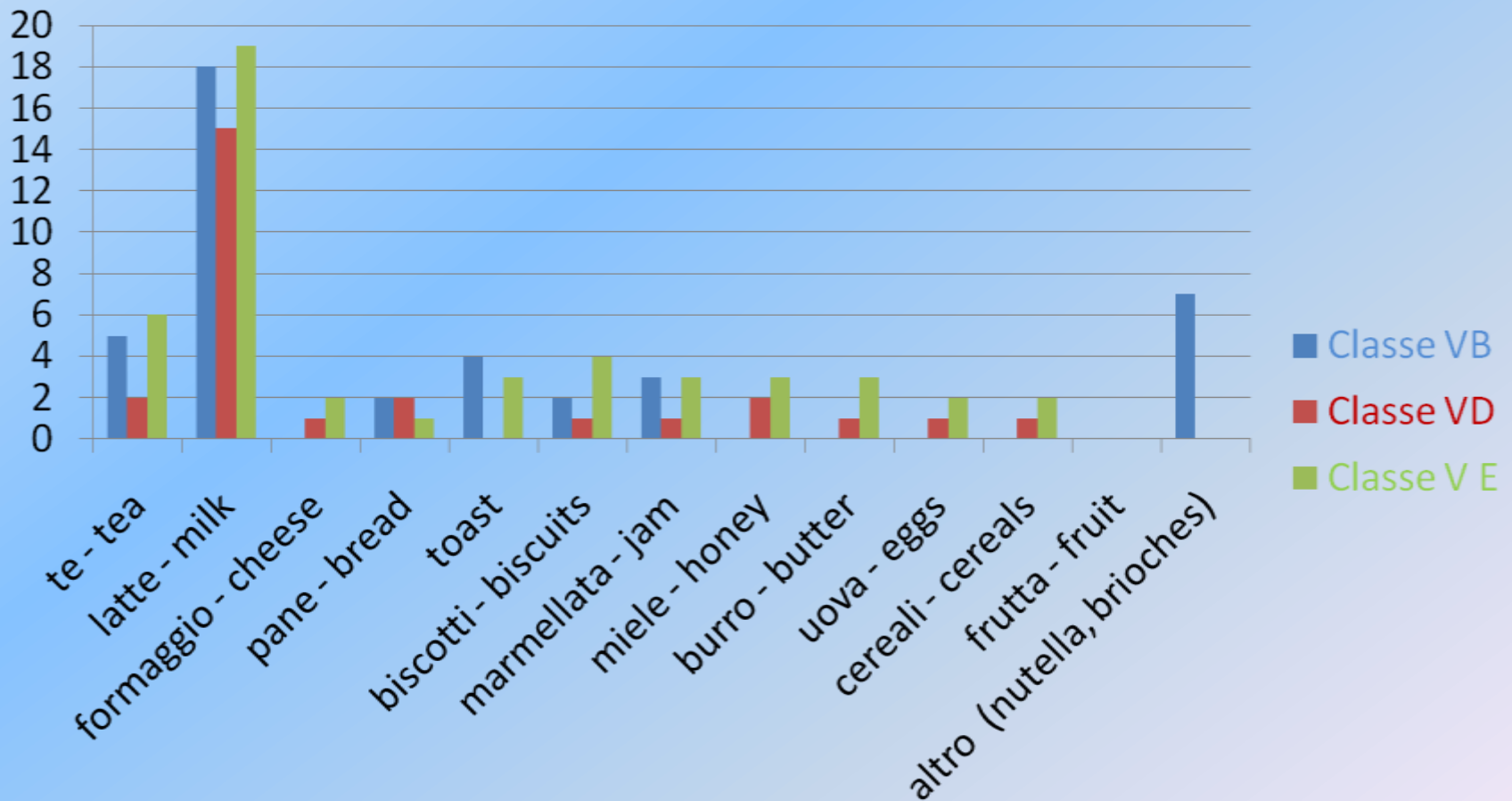
Cosa mangi a colazione?

What do you have for breakfast?



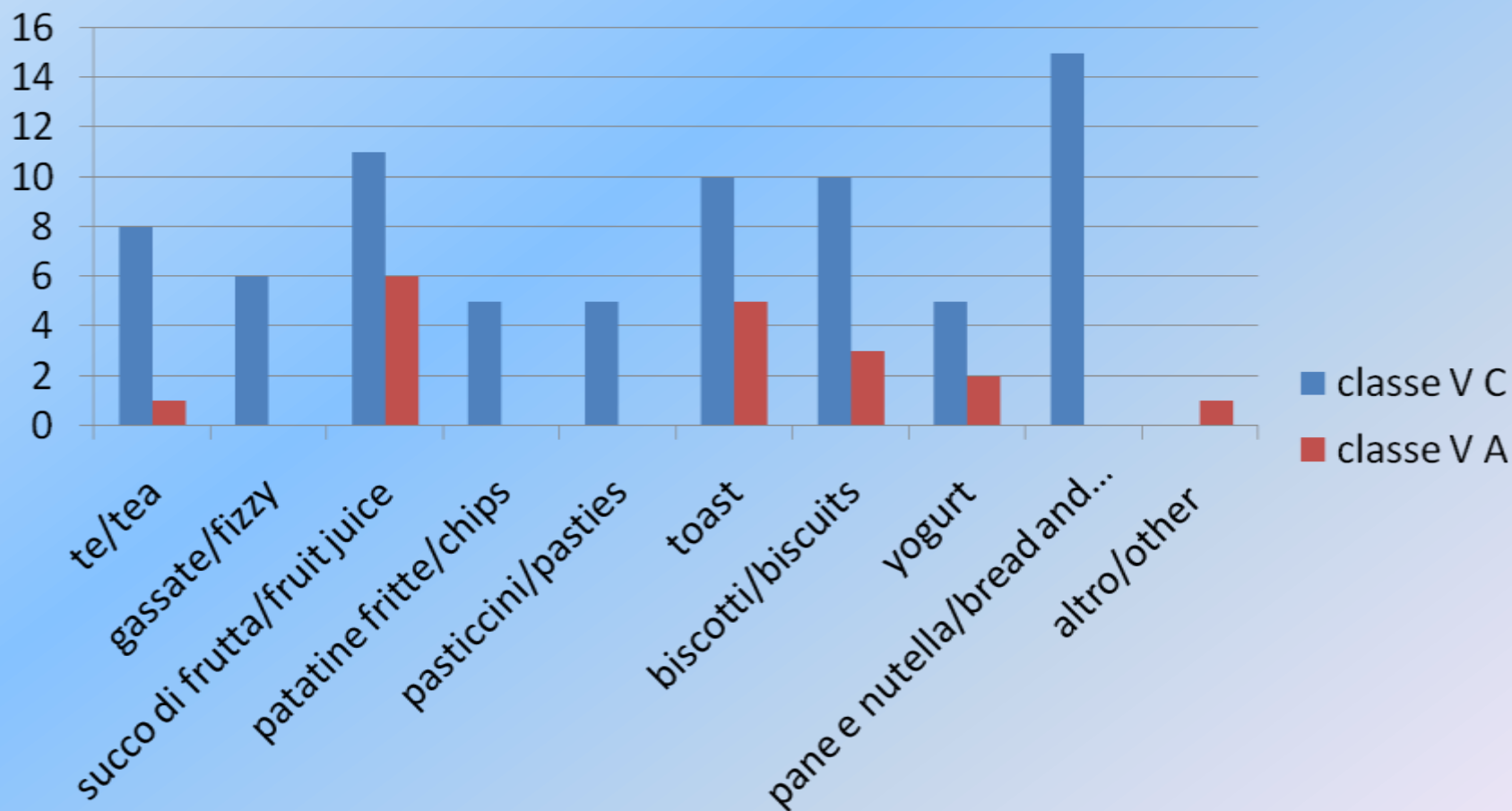
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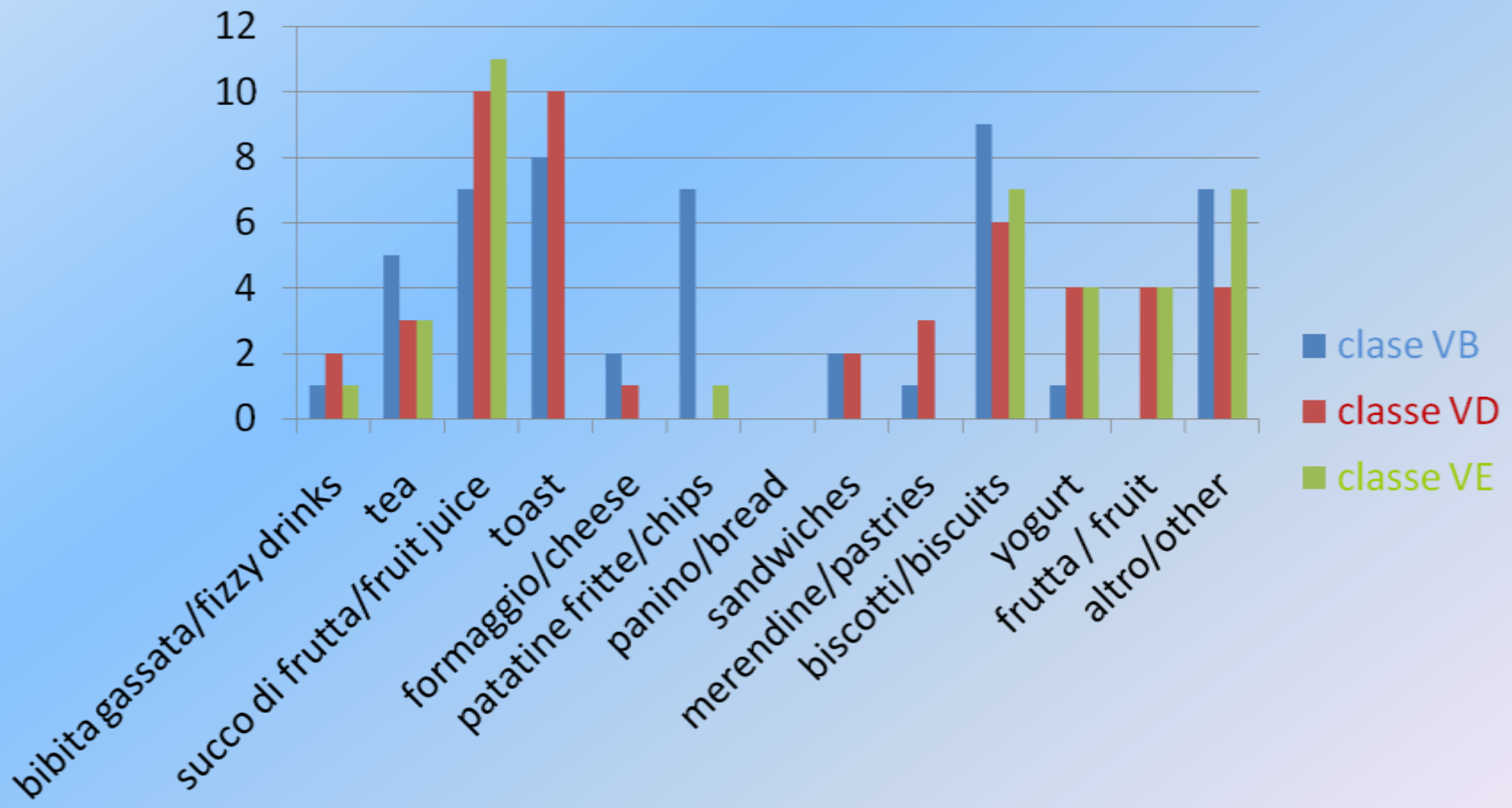
Con quali alimenti fai merenda?

What do you have for break time?



Con quali alimenti fai merenda?

What do you have for break time?

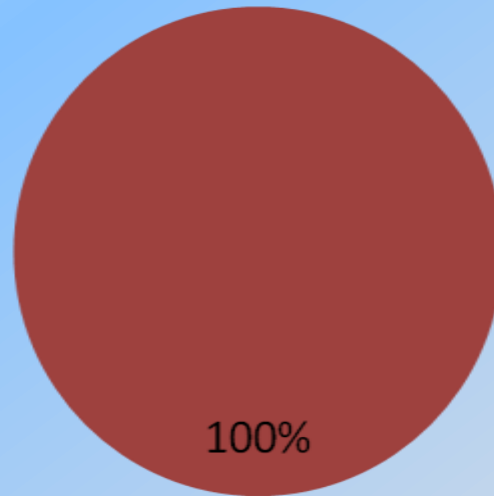


Dove pranzi?

Where do you have lunch?
classi V A-C

■ a casa /at home ■ a scuola/at school ■ non mangio/ I don't have lunch

0%



100%

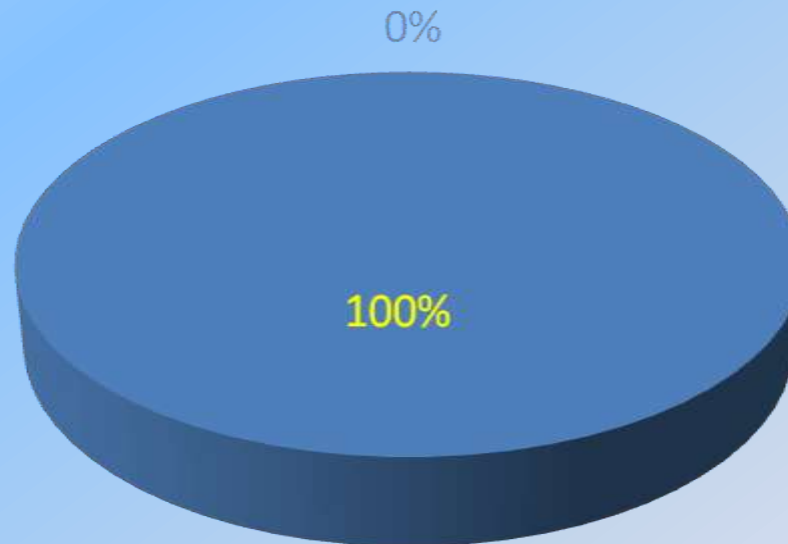
In our school there is no canteen because our school- timetable is the next:
From Monday to Saturday from 8,30 to 13,30 (1,30 p.m.); then both pupils and teachers have lunch at home.

Dove pranzi?

Where do you have lunch?

classi V sez. B-D-E

- a casa/at home
- a scuola/at school
- non pranzo/I haven't lunch
- altro/other



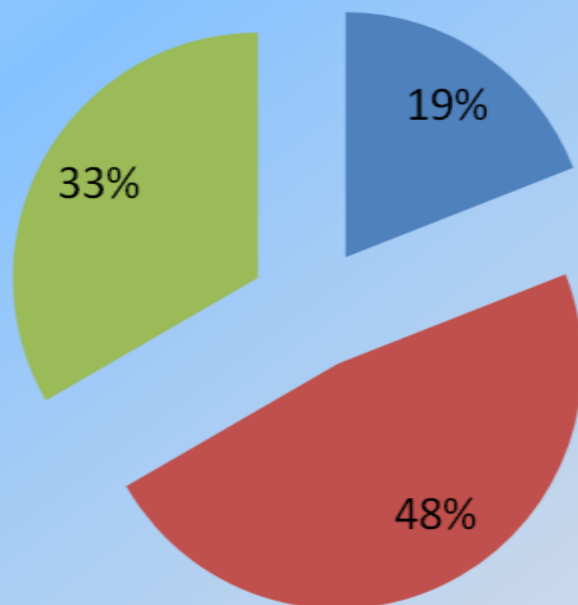
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Quante ore al giorno vedi TV o usi il computer

How many hours do you spend watching TV and playing computer?

classi V A-C

■ 1 ora/one hour ■ 2 ore/two hour ■ 3 ore o più/3 hours and more

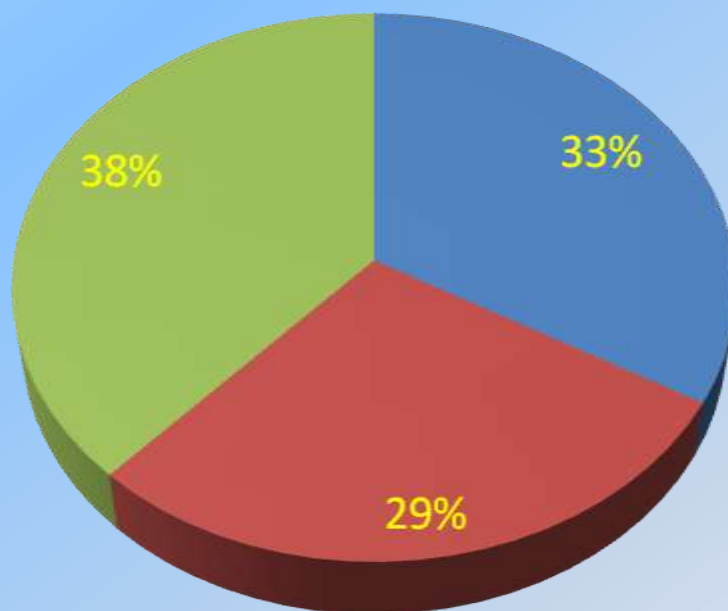


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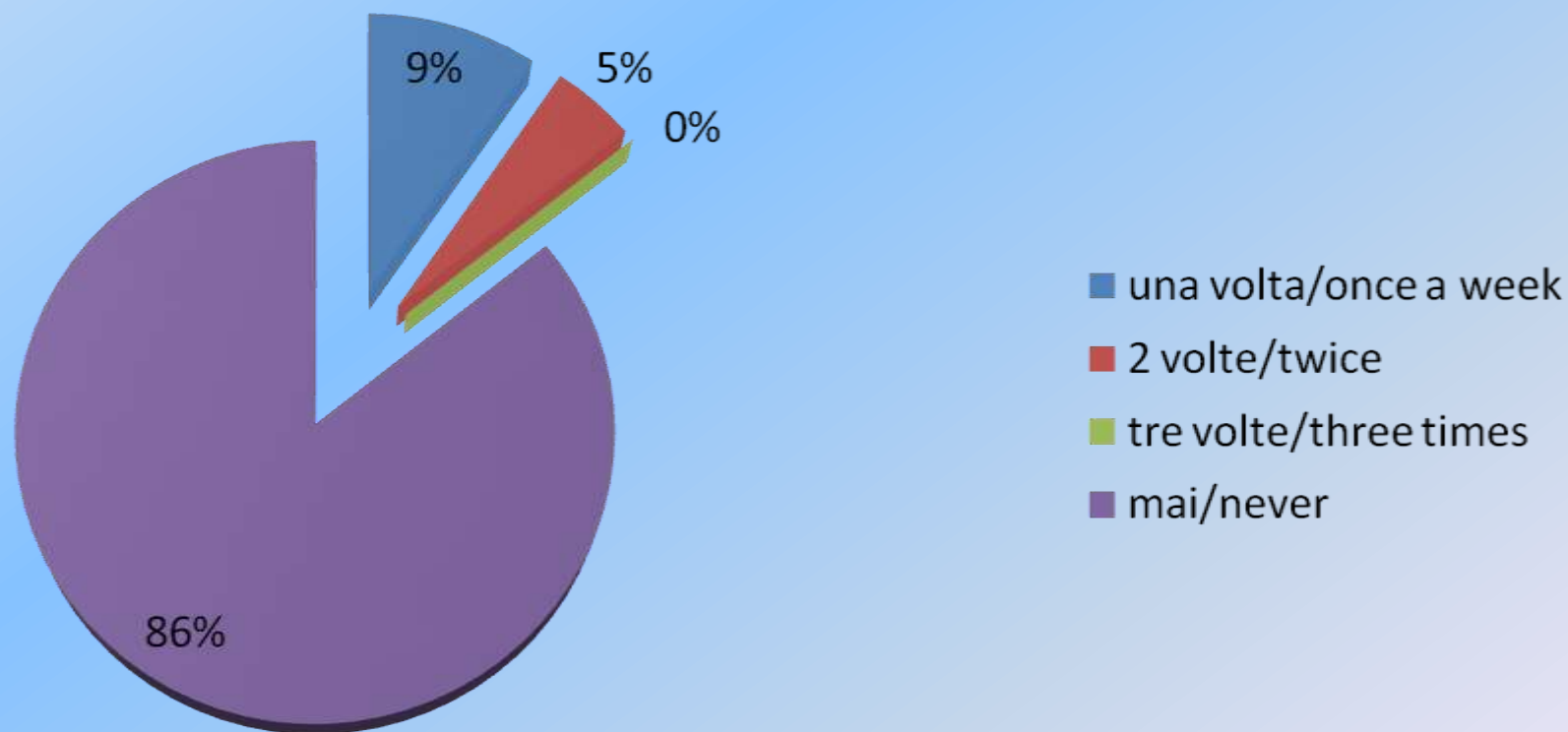
classi V sez. B-D-E

■ 1 ora/one hour ■ 2 ore/two hours ■ 3 ore o di più/3 hours and more



Quante volte a settimana mangi fast food?

How often do you have fast food
classi V a-c

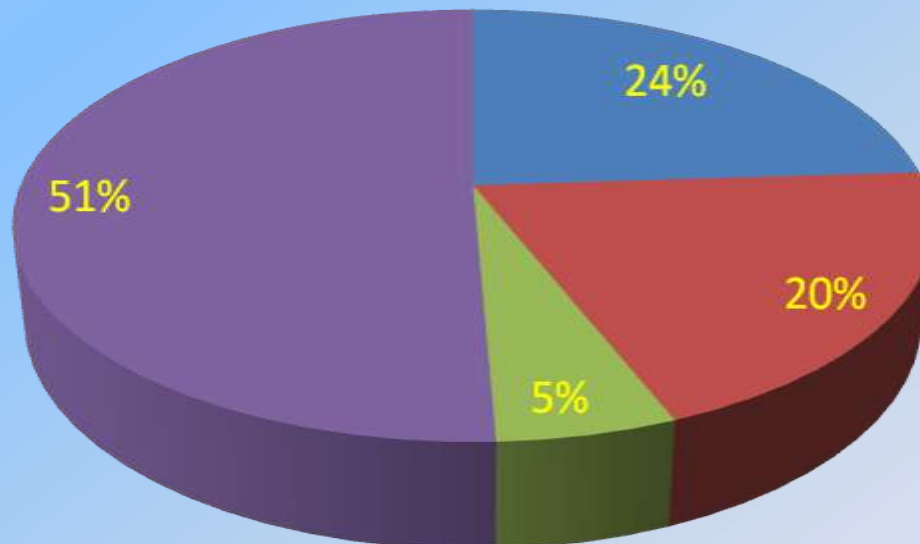


Quante volte a settimana mangi fast food?

How often do you have fast food

classi V sez. B-D-E
a settimana/a week

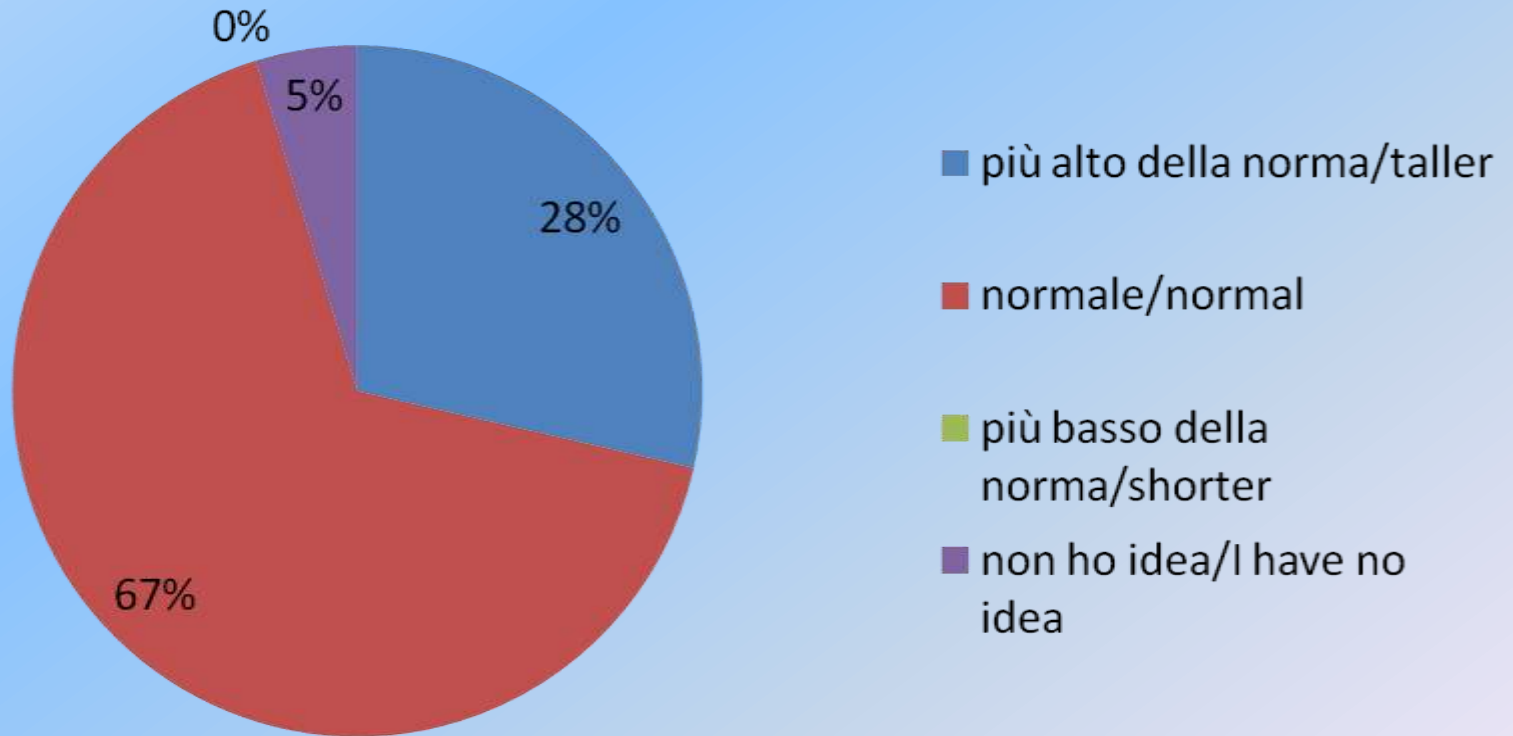
■ una volta/once ■ 2 volte/twice
■ 3 volte/three times and more ■ mai/never



Come consideri la tua altezza rispetto alla tua età

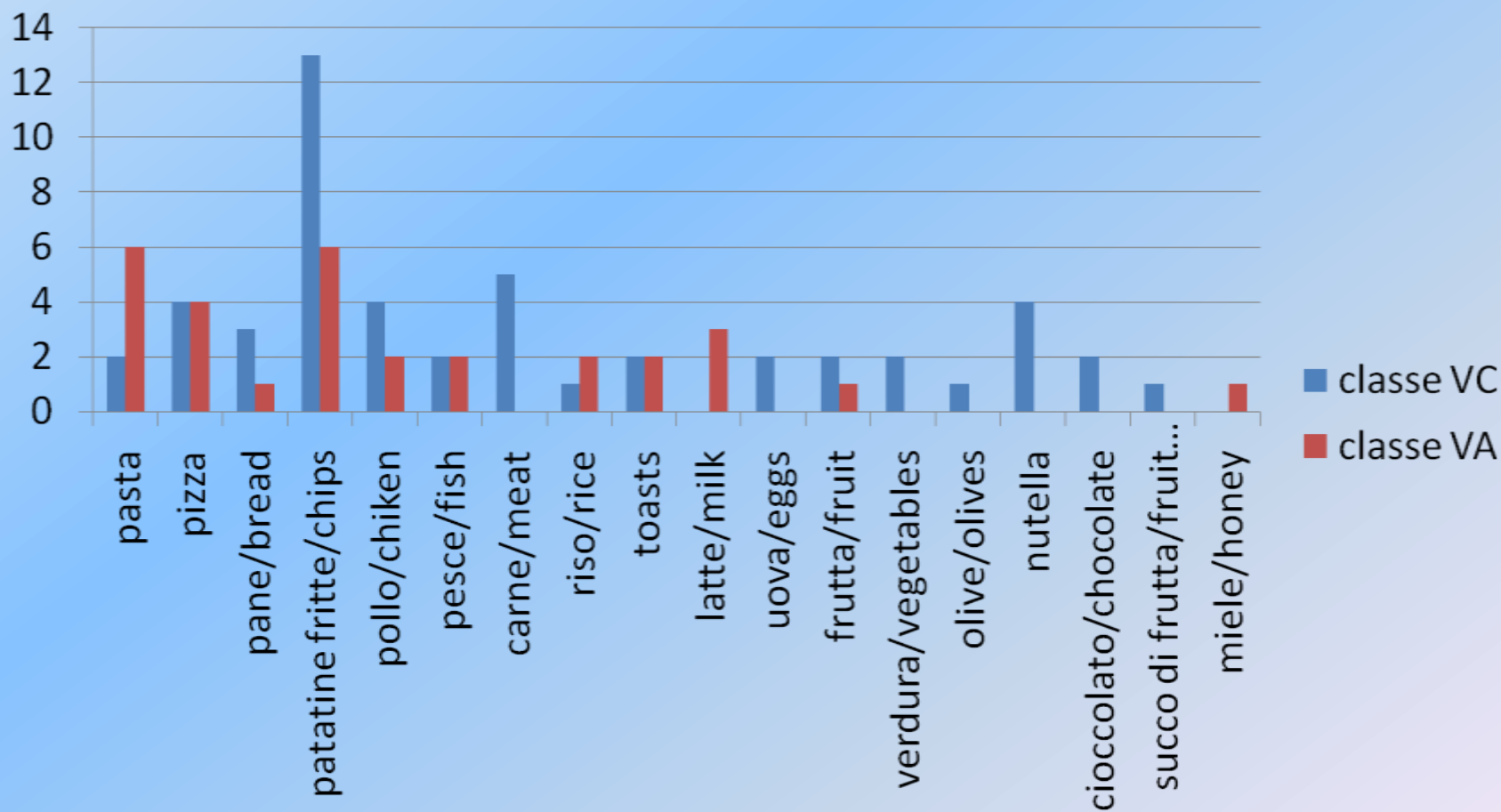
How do you compare your tallness compared with the same ages with you?

classe V C-A



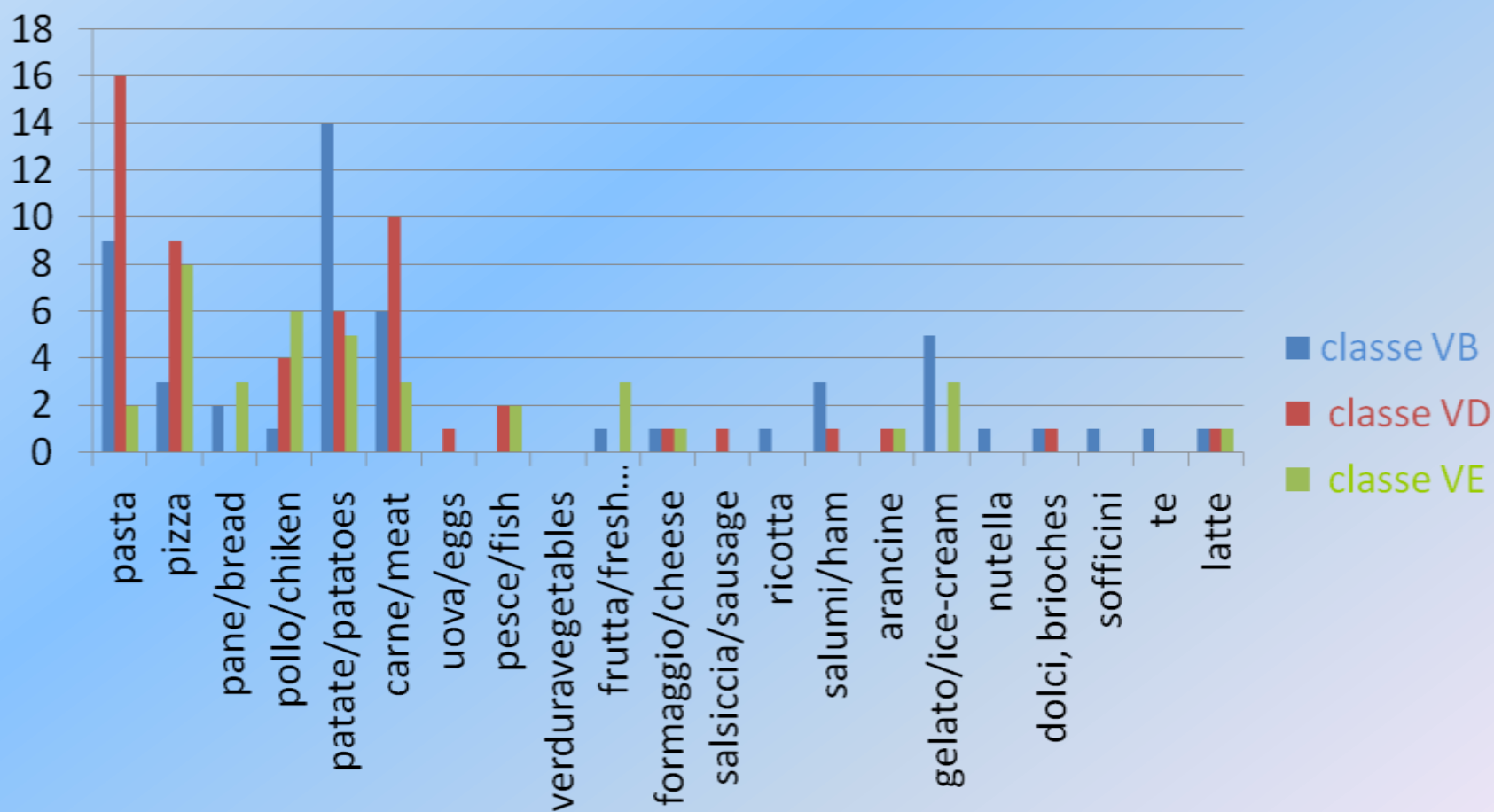
Scrivi tre cibi che ti piacciono di più

Write three kinds of food which you prefer



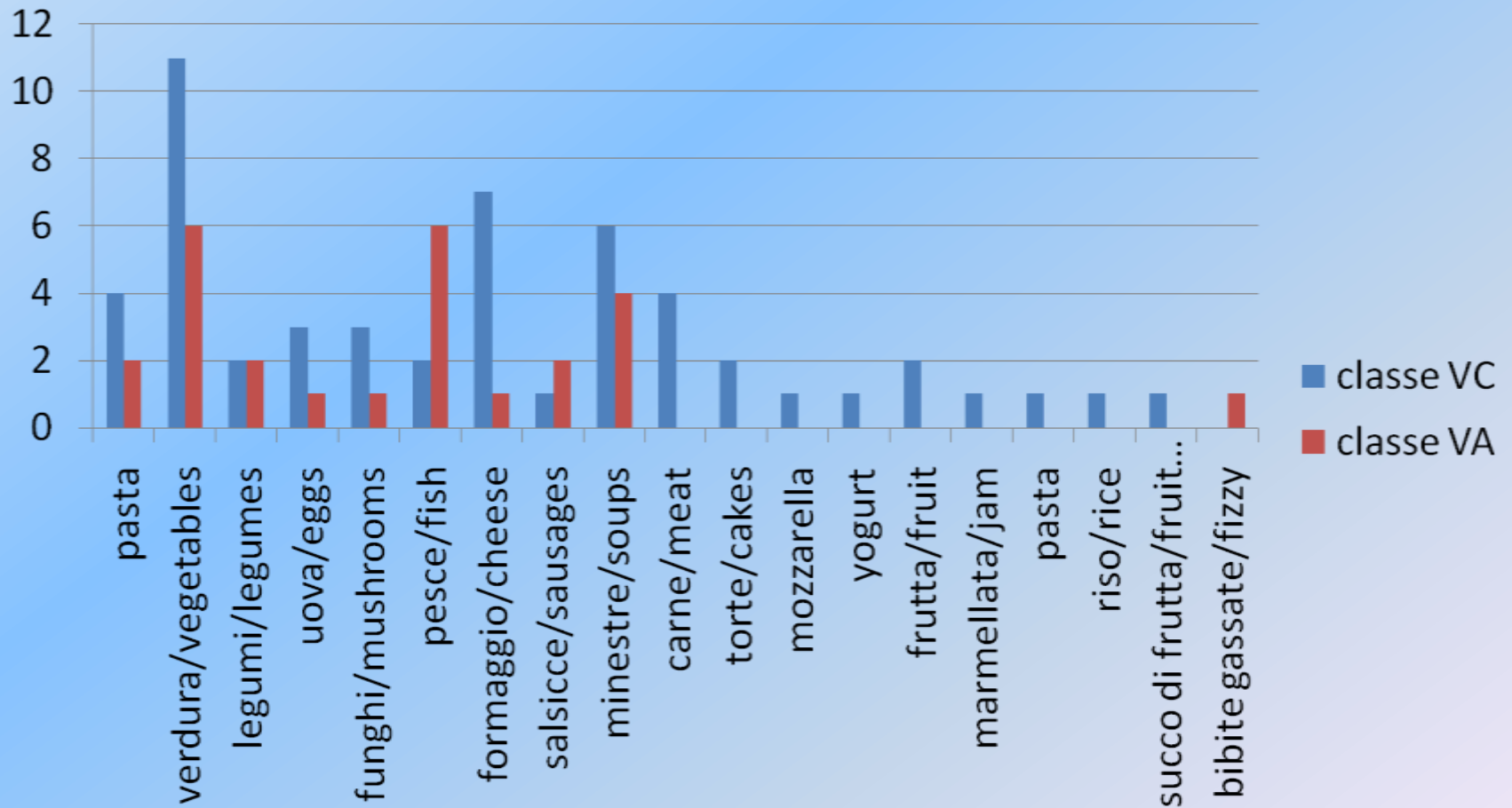
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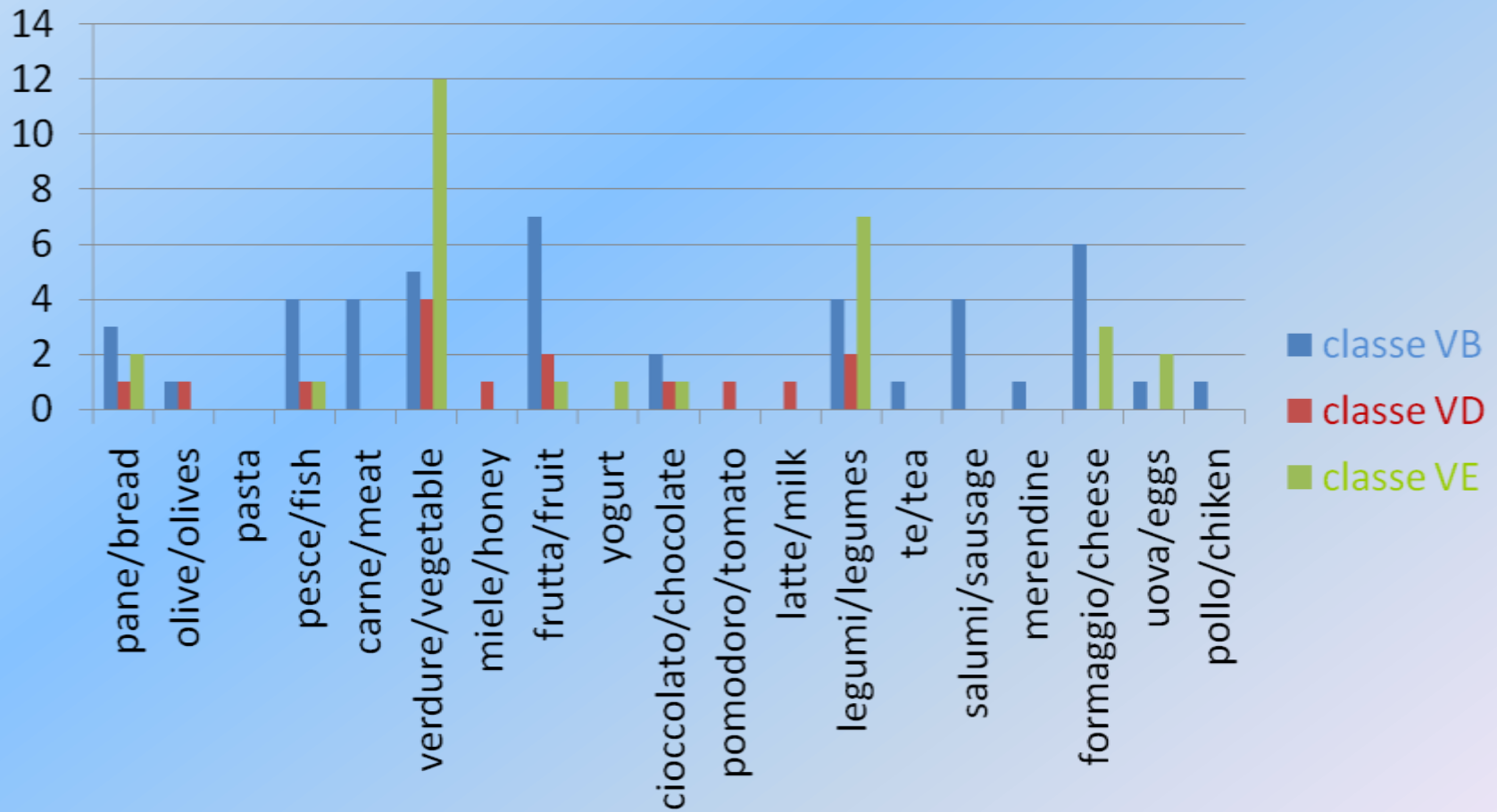
Scrivi tre cibi che non ti piacciono

Write three kinds of food which you don't like at all



Scrivi tre cibi che non ti piacciono

Write three kinds of food which you don't like at all



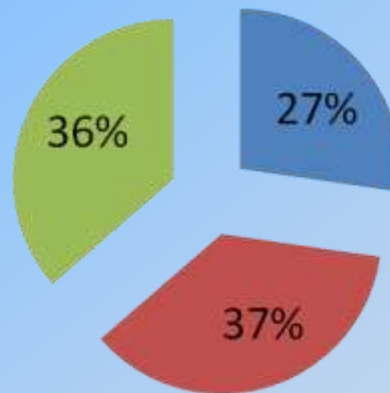
Come consideri il tuo peso rispetto alla tua età?

How do you appreciate your height compared with your age?

Classi V A-C

2

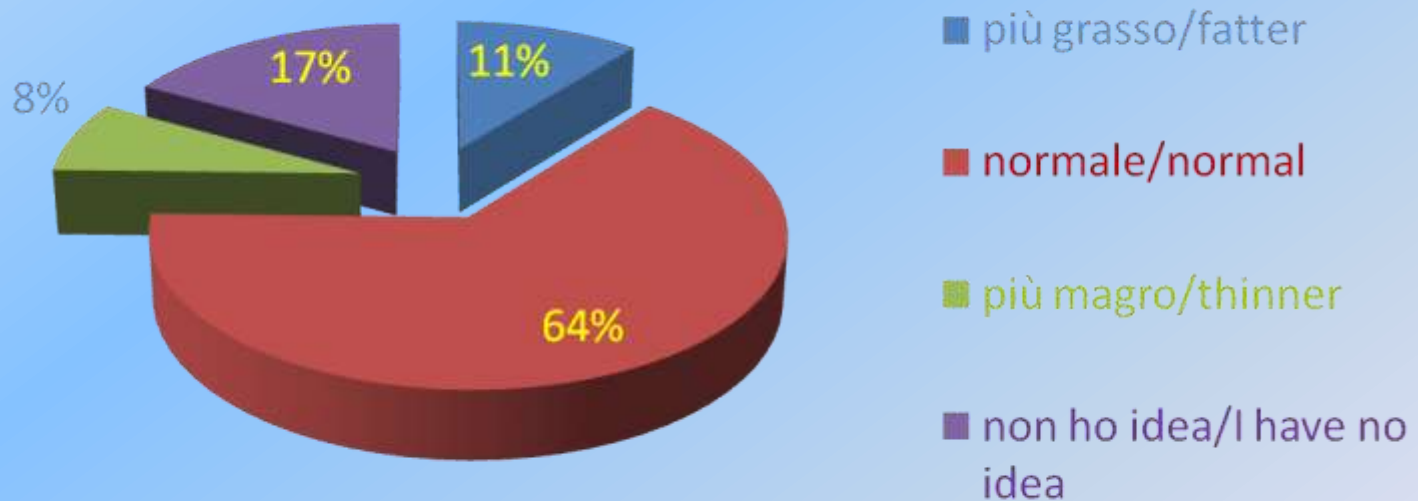
- più grasso del normale/fatter
- normale-normal
- più magro del normale/thinner



Come consideri il tuo peso rispetto alla tua età?

How do you appreciate your height compared with your age?

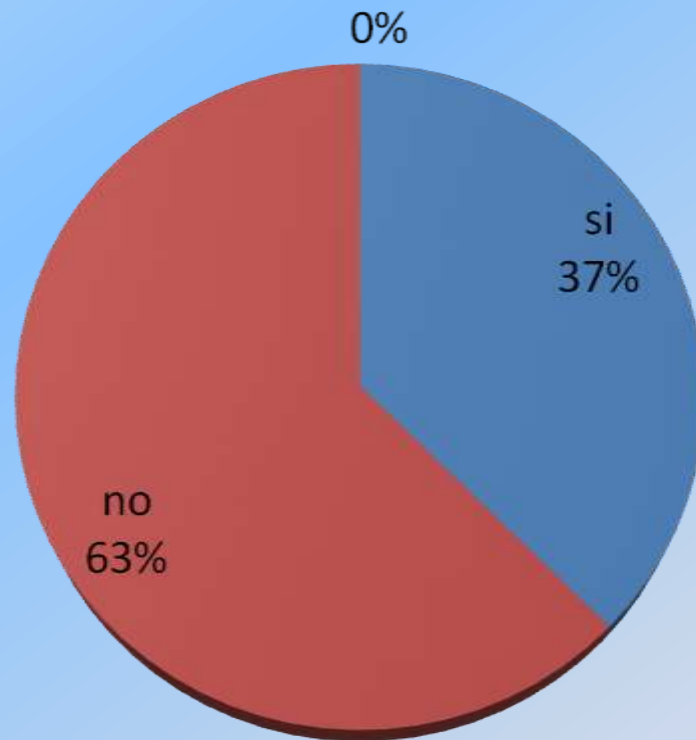
classi V sez. B-D-E



Sei soddisfatto/a della tua forma fisica?

Are you pleased with physical outlook ?

Classi V A-C-

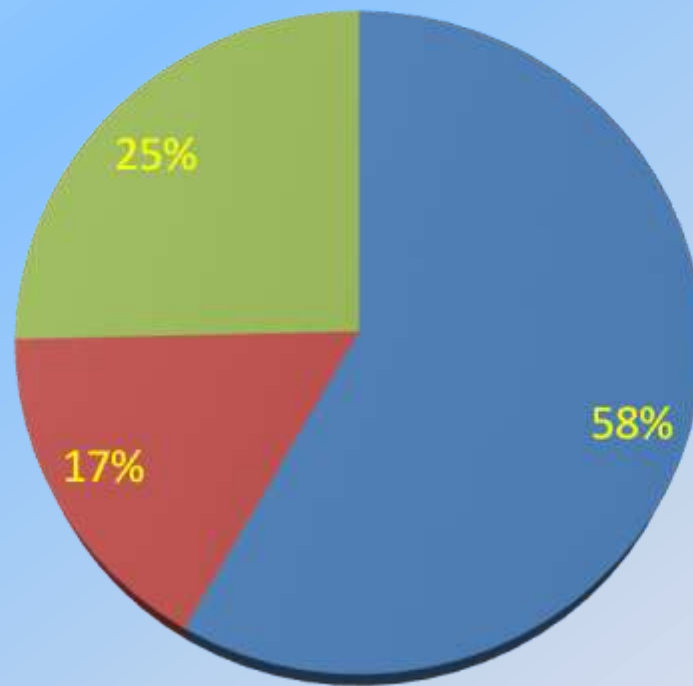


Sei soddisfatto/a della tua forma fisica?

Are you pleased with your physical outlook ?

classi V sez. B-D-E

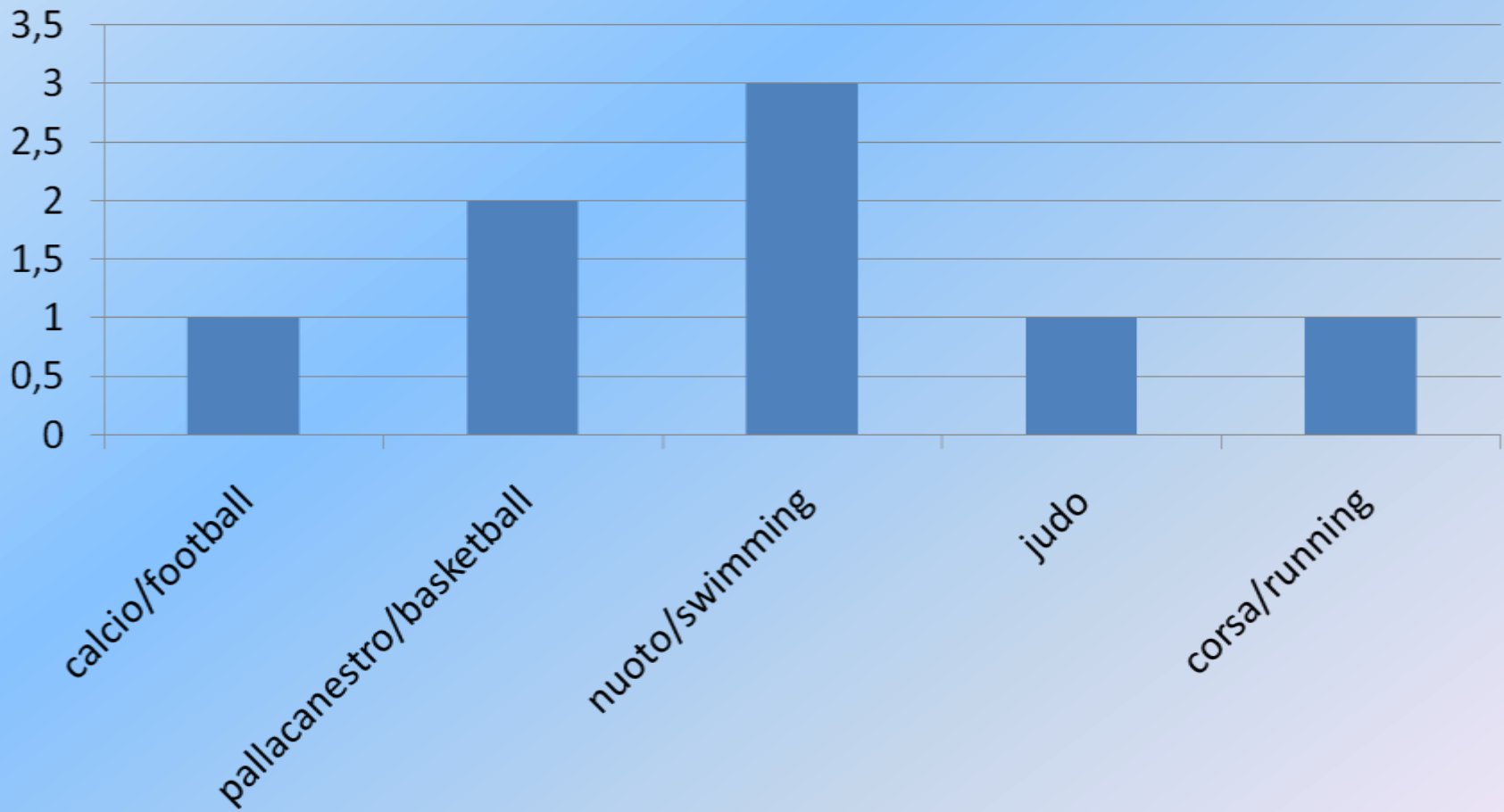
■ si/yes ■ no ■ non ho idea/I have no idea



Pratici qualche sport

Are you interested in any sports

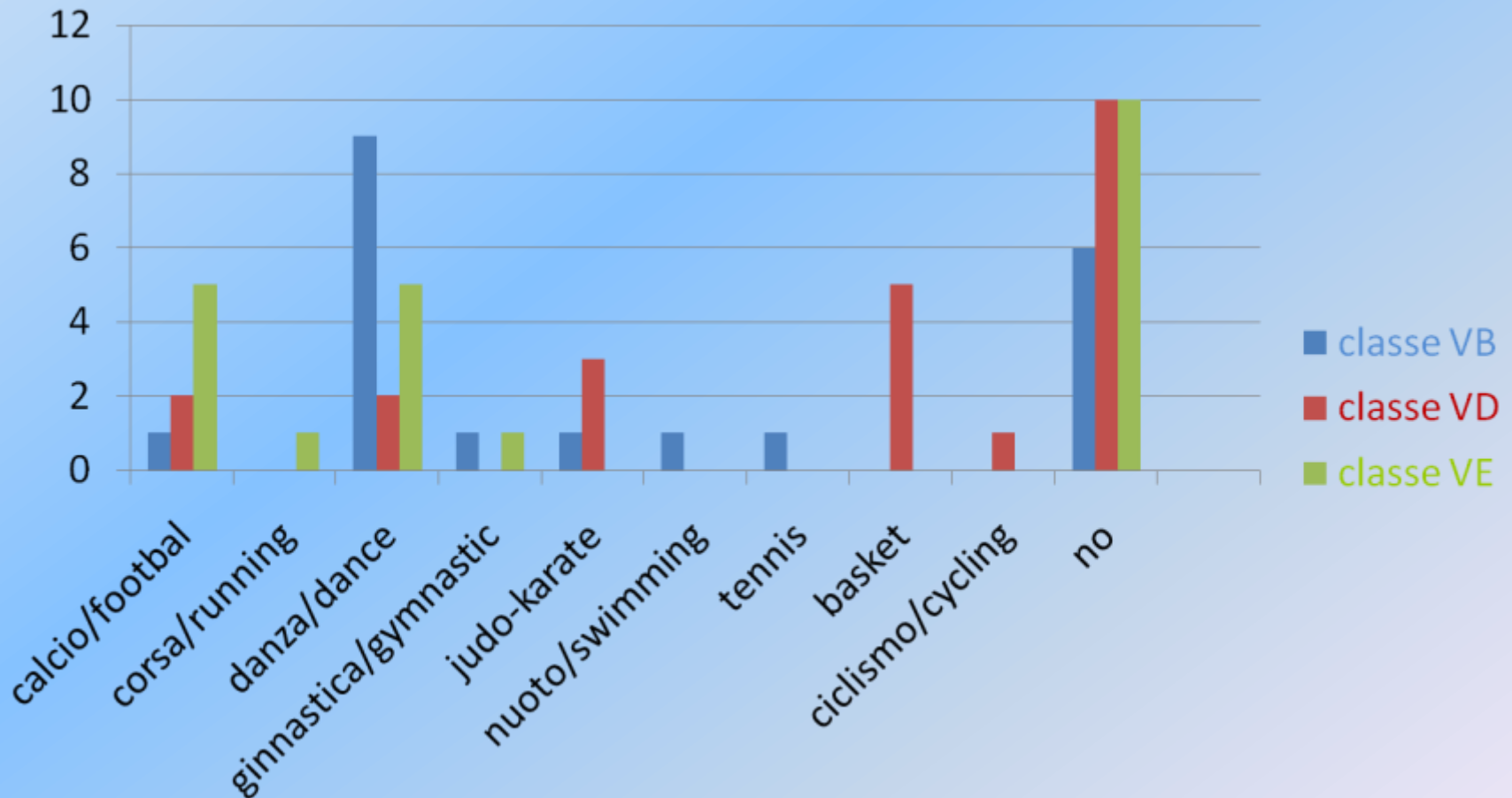
Classi V A-C



- Inside the school children have gymnastic lessons only for two hours a week
- Last year they attended a course of basketball inside the school.

Pratichi qualche sport ?

Are you interested in any sports



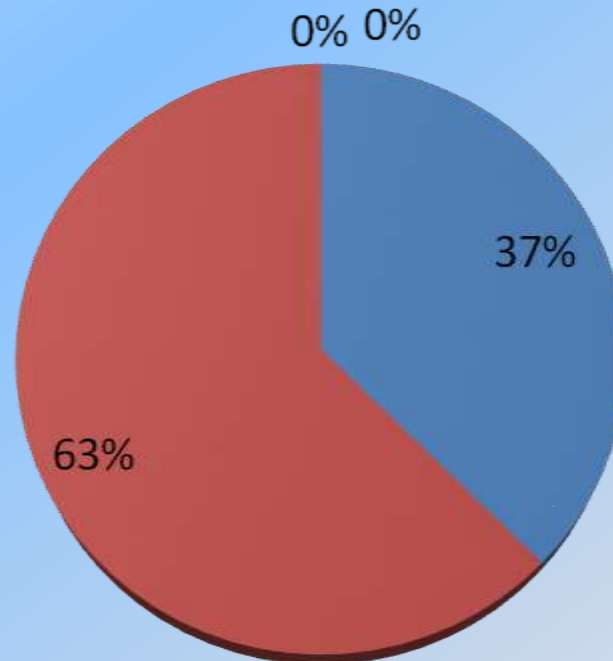
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- Last year they attended a basketball course inside the school.

Pratichi qualche sport ?

Are you interested in any sports?

classi V A-C

■ si ■ no ■ ■

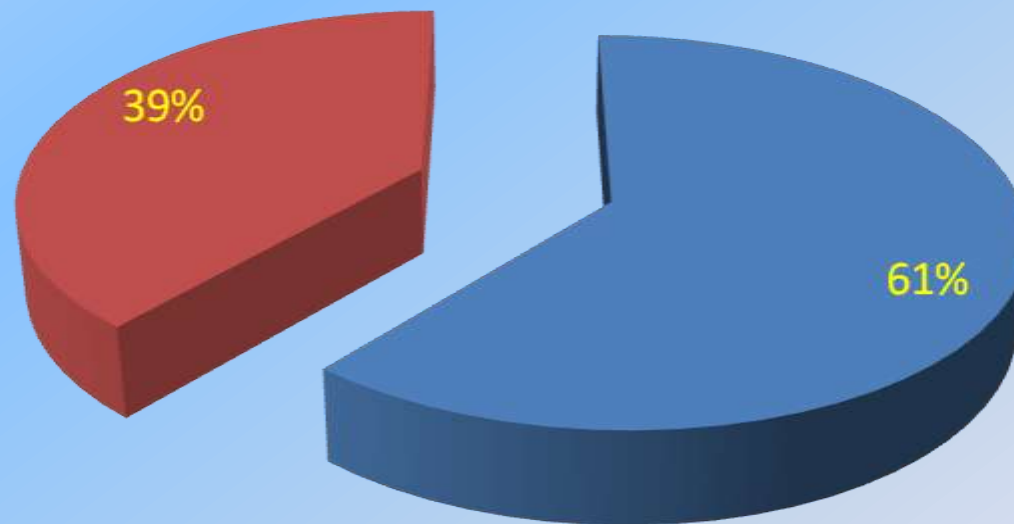


Pratichi qualche sport ?

Are you interested in any sports?

classi VB,VD,VE

■ si ■ no



Risultati - results

This nutrition inquiry highlights that our students:

- don't eat enough **fruit** and **vegetables**;
- don't practice sports enough

Our “Ministero della Pubblica Istruzione” and the UE, want to increase the consume of fruit among young people, so their proposal is:

to put attractive fruit-machine, with fresh fruit, clean and ready to eat, to use with coins like those machines for drinks or snacks, inside the schools .

In our school we speak with pupils and parents about this subjects and remind them the importance of eating a great variety of food, fresh and local products expecially fruit and vegetables in order to have a balanced nutrition every day.