

GENERAL CULTURAL QUESTIONNAIRE

Portuguese Results

COOK HEALTHY-EAT HEALTHY-LIVE HEALTHY - 2016-2018

This document is a product of the Erasmus + project "COOK HEALTHY, EAT HEALTHY, LIVE HEALTHY" in partnership with other schools from Italy, Romania, Turkey and Poland.

The questions in this questionnaire were produced by all partner school (Italy, Poland, Romania and Turkey), and applied to their students.

This document analyzes the options of 20 Portuguese students. The questionnaire was applied in May 2018.

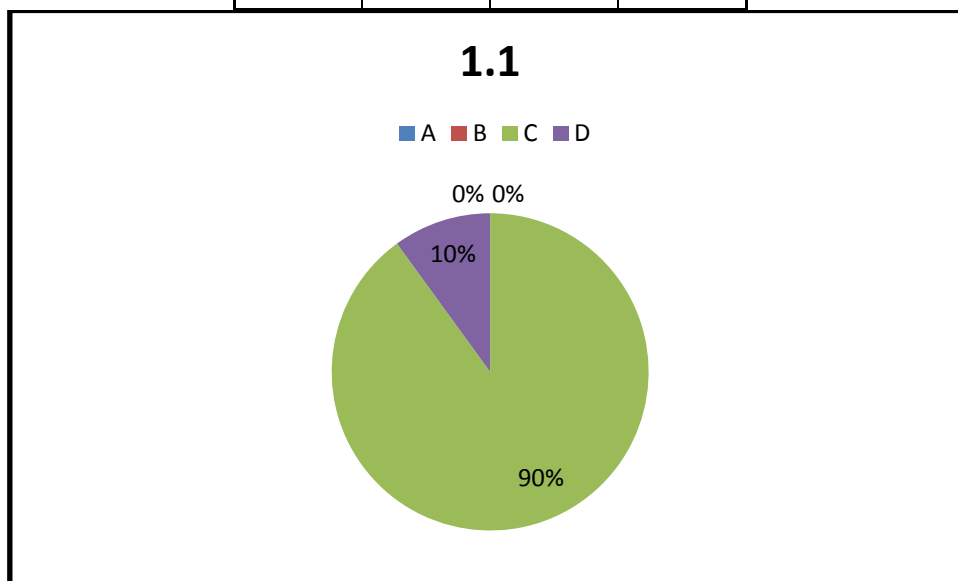
QUESTIONS:

1st TOPIC: FOOD

1.1. What is the most famous Polish dish?

- a) pasta
- b) kebab
- c) pierogi**
- d) chicken soup

A	B	C	D
0	0	18	2

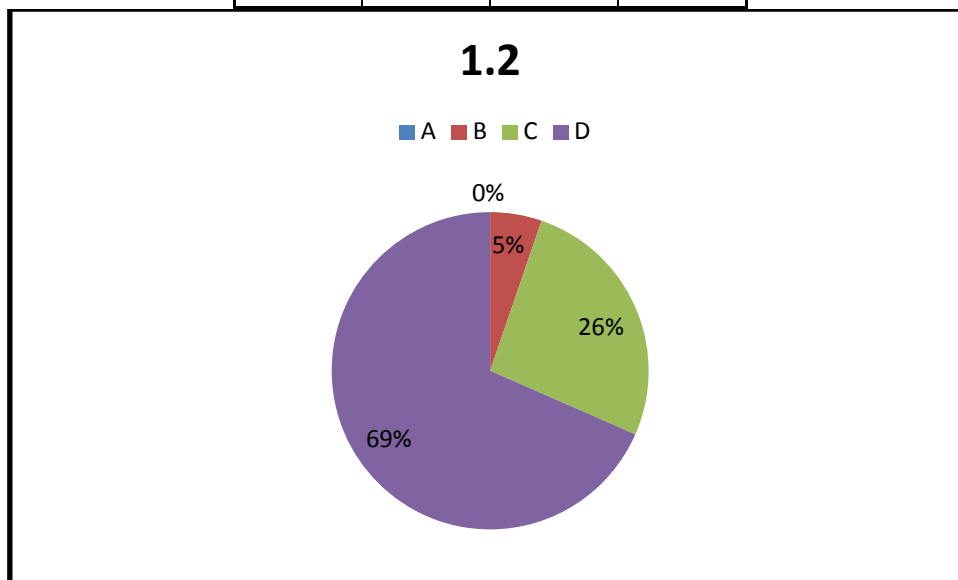




1.2. What kind of tea is consumed most in Turkey?

- a) Linden
- b) Rose hip
- c) Mint
- d) **Black**

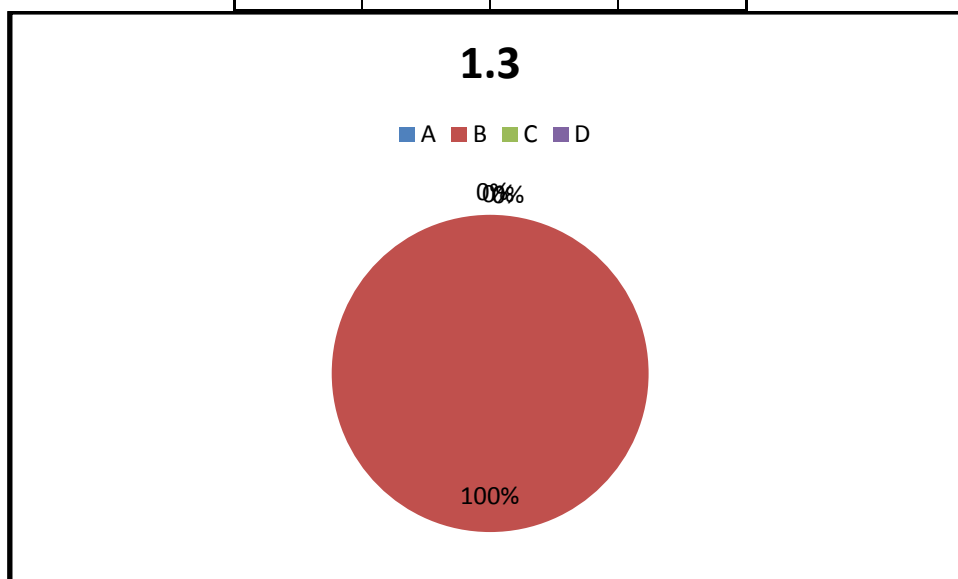
A	B	C	D
0	1	5	13



1.3. What is the most popular food in Italy?

- a) Chicken soup
- b) **Pasta**
- c) Roast beef
- d) Codfish

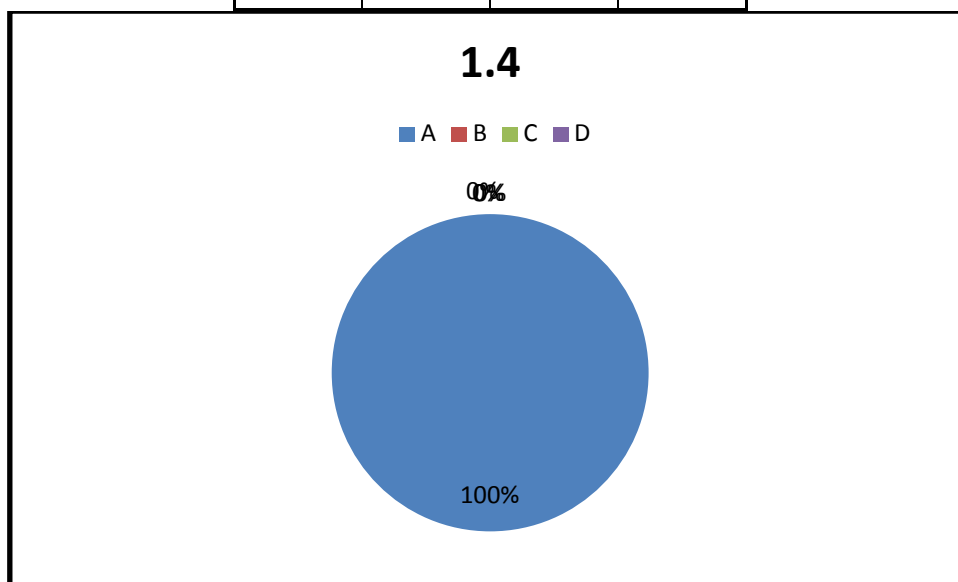
A	B	C	D
0	20	0	0



**1.4. A healthy diet consists of eating:**

- a) more fruits, vegetables, whole grains and dried fruits;
- b) more sugars, especially refined sugars;
- c) more fats, giving preference to saturated fats;
- d) more vegetable oils and butters.

A	B	C	D
20	0	0	0



1.5. The food choice lists categorize foods based on composition and by grouping foods that have the similar calories, carbohydrate, protein and fat. Which are best choices for healthy carbohydrates?

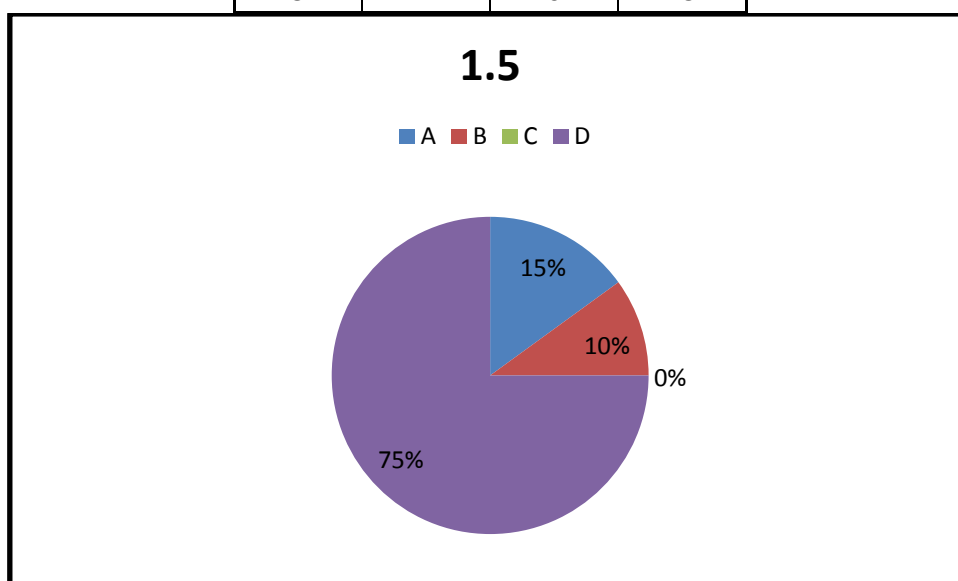
a) lean meat

b) milk

c) butter

d) whole grain cereals

A	B	C	D
3	2	0	15



**2nd TOPIC: PLACES****2.1. Where is St.Mary's Church located?**

a) in Warsaw

b) in Gdańsk

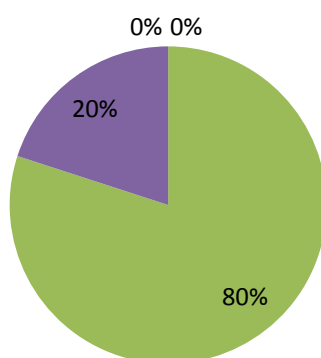
c) in Kraków

d) in Tarnów

A	B	C	D
0	0	16	4

2.1

■ A ■ B ■ C ■ D

**2.2. This city is split between Europe and Asia and it's the largest city in Turkey as well. What's the name of this city?**

a) Bursa

b) Istanbul

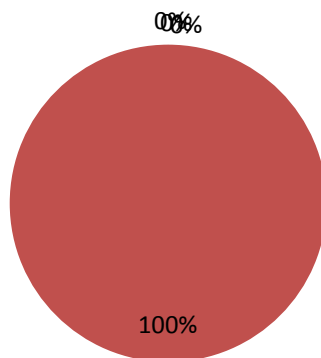
c) İzmir

d) Ankara

A	B	C	D
0	20	0	0

2.2

■ A ■ B ■ C ■ D





2.3. Sicily is an island in:

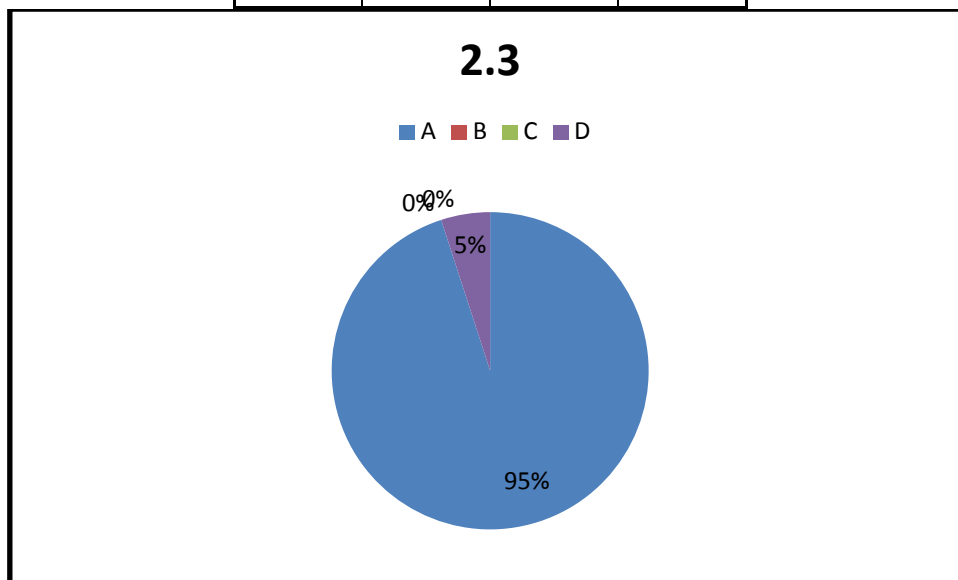
a) The south of Italy

b) The north of Italy

c) The centre of Italy

d) The west of Italy

A	B	C	D
19	0	0	1



2.4. The city of Fatima is known worldwide due to the:

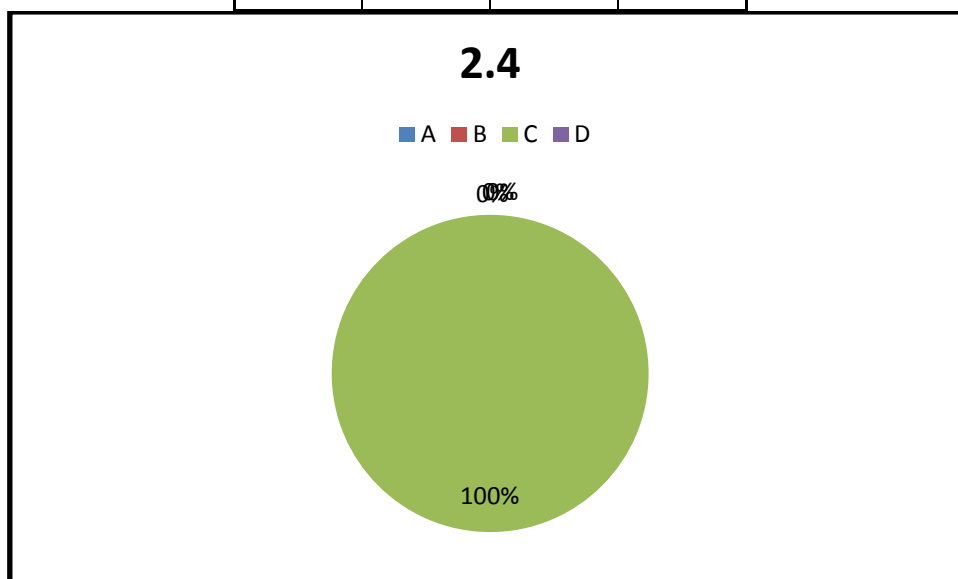
a) gastronomy

b) seaside

c) sanctuary

d) castle

A	B	C	D
0	0	20	0

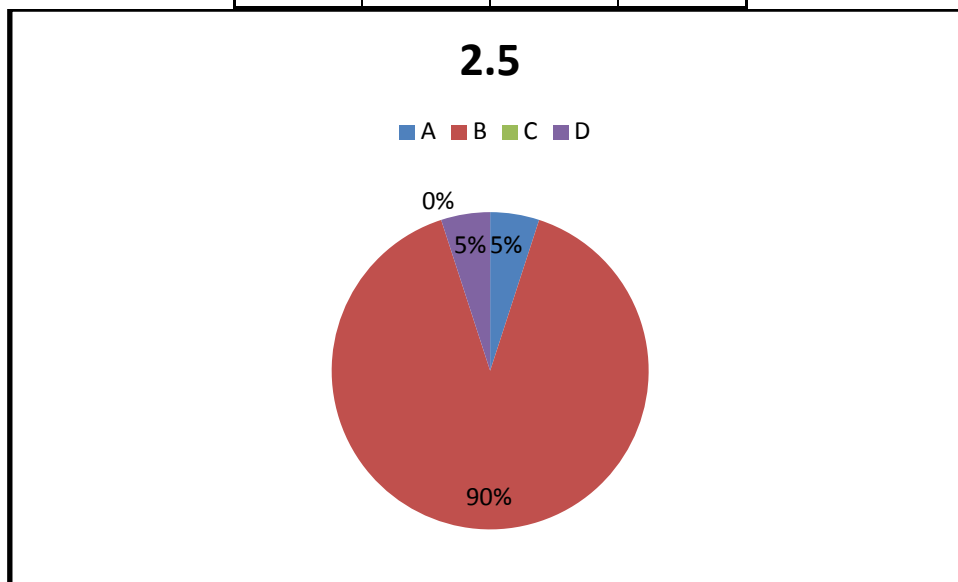




2.5. Satu Mare is a town in the north western part of Romania, situated at the border with:

- a) Ukraine
- b) Hungary**
- c) Serbia
- d) Moldova

A	B	C	D
1	18	0	1



3rd TOPIC: SPORTS AND GAMES

3.1. What sports activity was and still is very popular among children and teenagers in Poland?

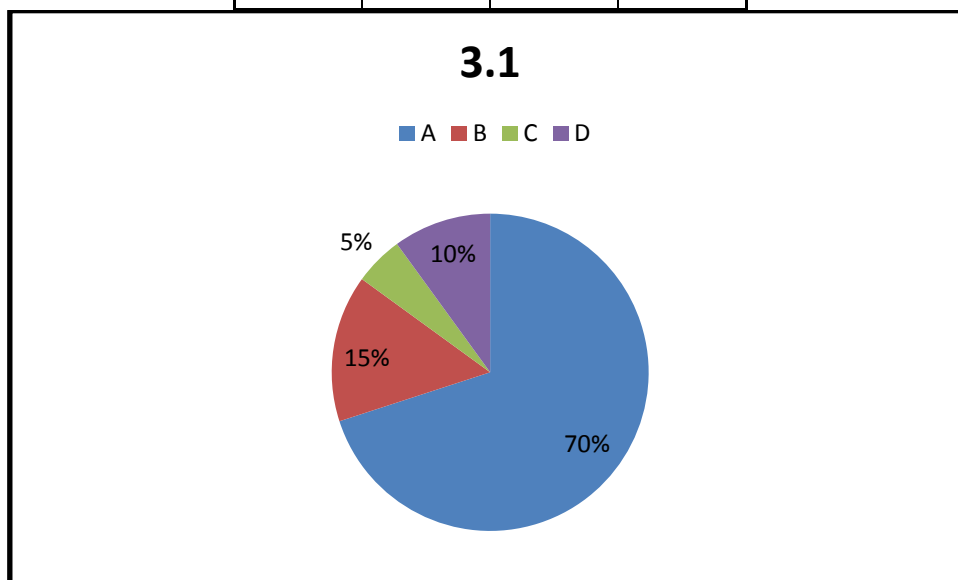
a) football

b) rope jumping

c) fencing

d) sack race

A	B	C	D
14	3	1	2

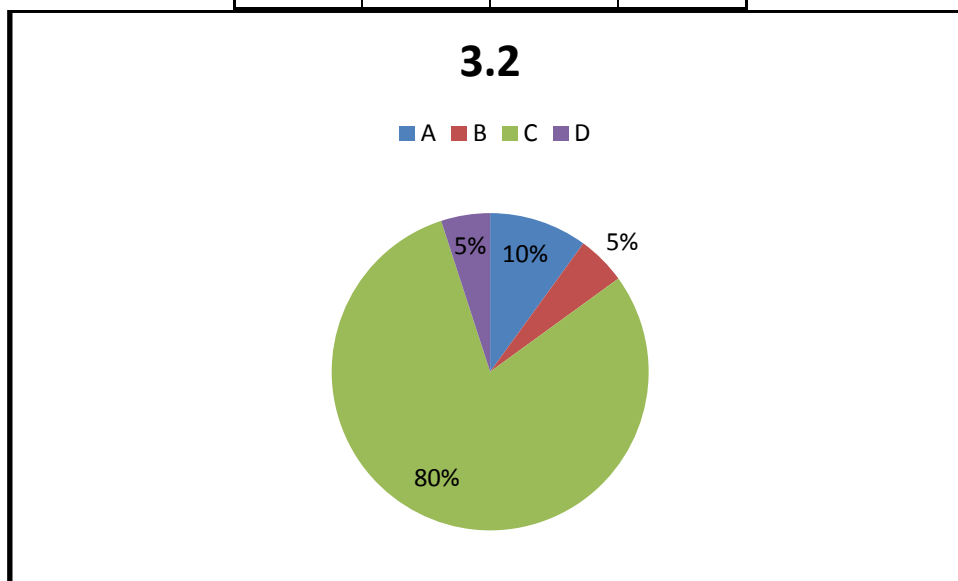




3.2. This is the national Turkish sport for which a tournament has been held for over 600 years; which one is it?

- a) Football
- b) Cricket
- c) Oil wrestling**
- d) Skateboarding

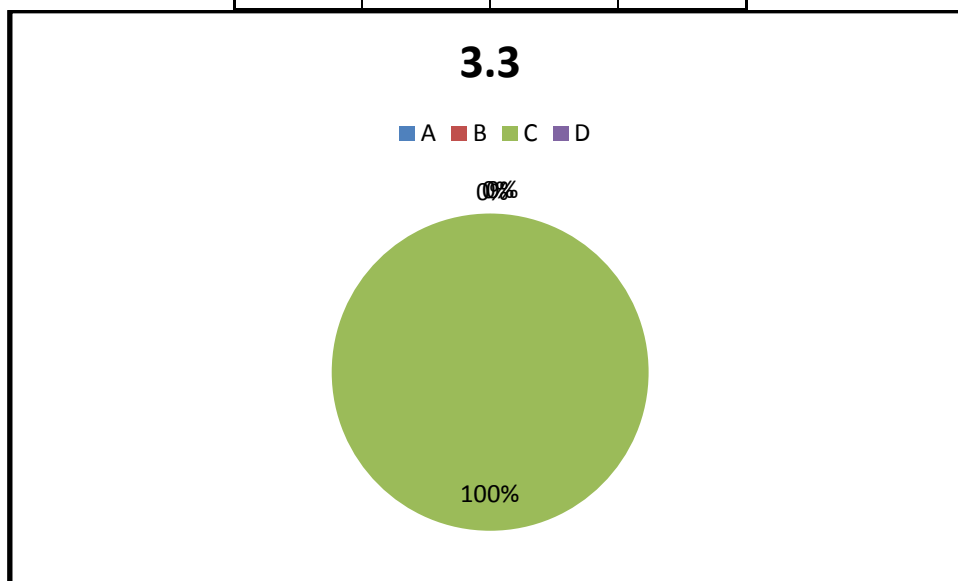
A	B	C	D
2	1	16	1



3.3. The tool you use in fencing is:

- a) A ball
- b) A racket
- c) A sword**
- d) Skates

A	B	C	D
0	0	20	0

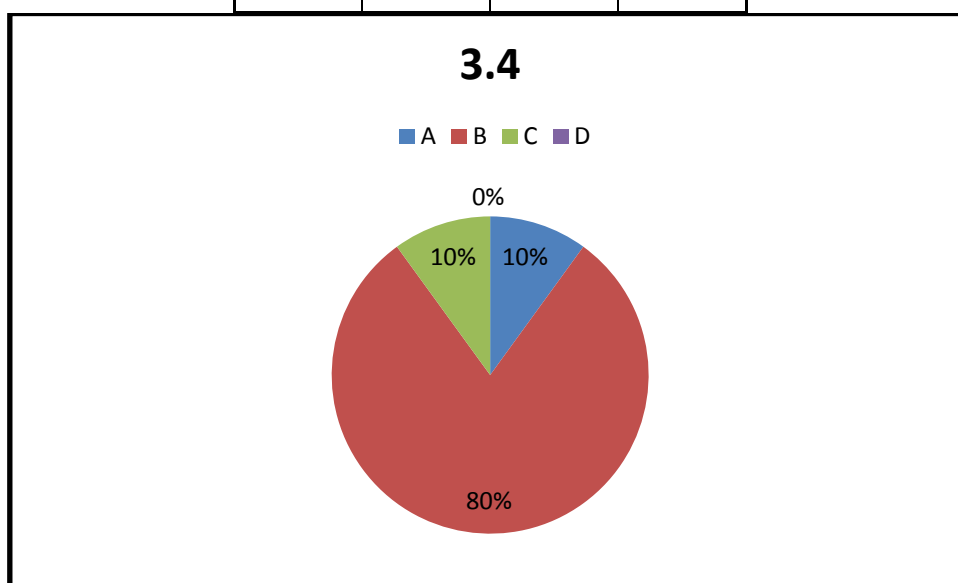




3.4. Physical activities promote health and general well-being, as well as prevent many diseases. We should do physical activities, with moderation, according to our characteristics, abilities and limitations. In this way we must carry out physical activities:

- a) every day, with the longest possible duration (eg more than 3 hours daily);
- b) several times per week (eg 3 to 5 times per week, 30-45 minutes each session);**
- c) only when it is possible (eg once a week);
- d) only when we want to lose weight or fight a health problem (eg months before the beginning of summer).

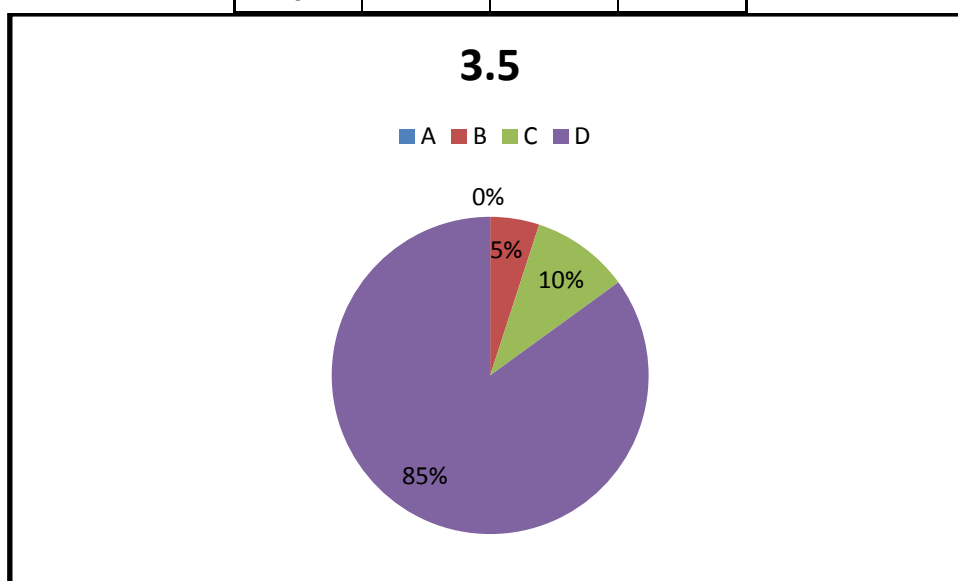
A	B	C	D
2	16	2	0



3.5. Why is sport essential to our lives?

- a) We can meet sports people.
- b) We can participate at contests.
- c) We can make ourselves a lot of friends.
- d) We can have a healthy life**

A	B	C	D
0	1	2	17





4th TOPIC: LANGUAGE

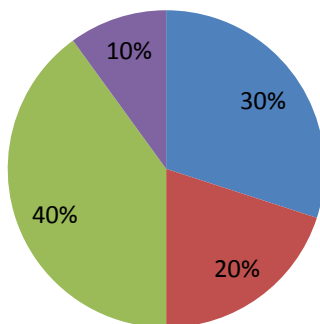
4.1. How do you say “How are you?” in Polish?

- a) dzień dobry
- b) cześć
- c) jak się masz?
- d) do widzenia

A	B	C	D
6	4	8	2

4.1

■ A ■ B ■ C ■ D



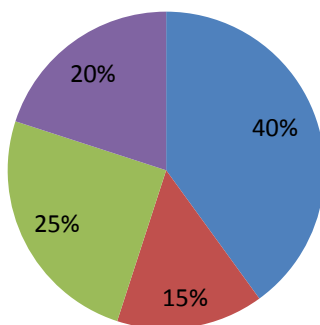
4.2. How do you say “Thank you” in Turkish?

- a) Teşekkürler
- b) Günaydın
- c) İyi geceler
- d) Sonra görüşürüz

A	B	C	D
8	3	5	4

4.2

■ A ■ B ■ C ■ D

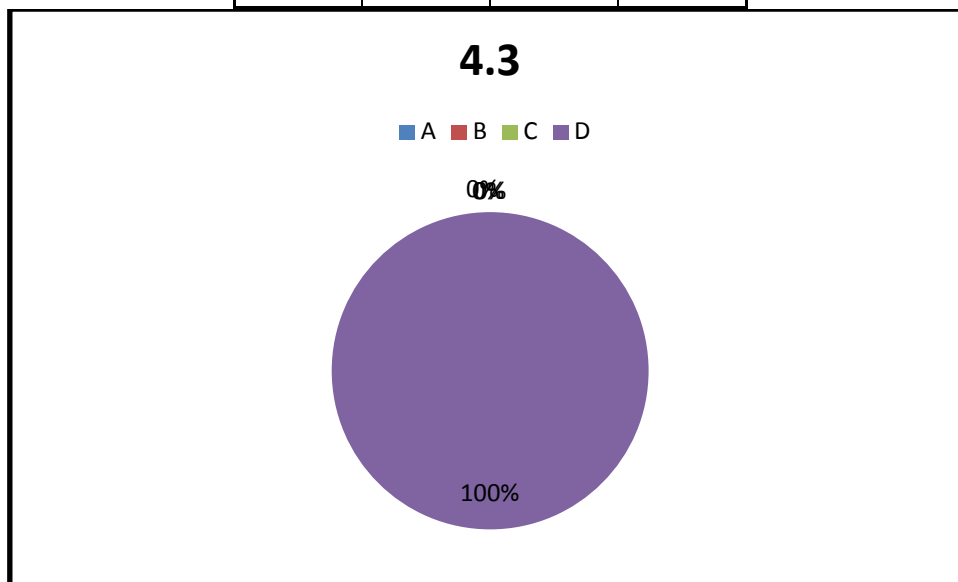




4.3. How do you say “goodbye” in Italian?

- a) Buongiorno
- b) Buonaserà
- c) Buonanotte
- d) Arrivederci

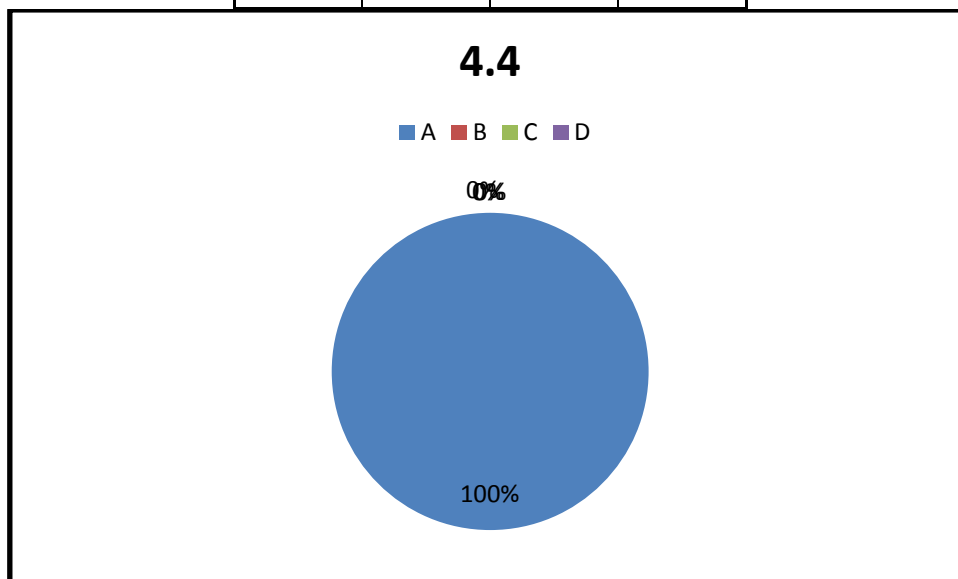
A	B	C	D
0	0	0	20



4.4. The Portuguese language belongs to the group of:

- a) latin languages
- b) germanic languages
- c) celtic languages
- d) slavic languages

A	B	C	D
20	0	0	0



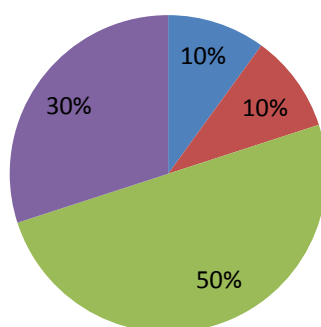
**4.5. How do you say “Thank you” in Romanian?**

- a) Bună dimineața
- b) Bună seara
- c) Salut
- d) Mulțumesc

A	B	C	D
2	2	10	6

4.5

■ A ■ B ■ C ■ D

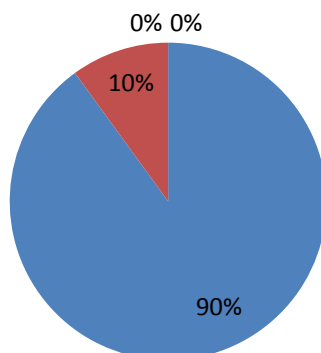
**5th TOPIC: PERSONAL BEHAVIOUR****5.1. Do you feel more motivated to learn English as a result of the project?**

- a) definitely yes
- b) yes
- c) I don't know
- d) No

A	B	C	D
18	2	0	0

5.1

■ A ■ B ■ C ■ D

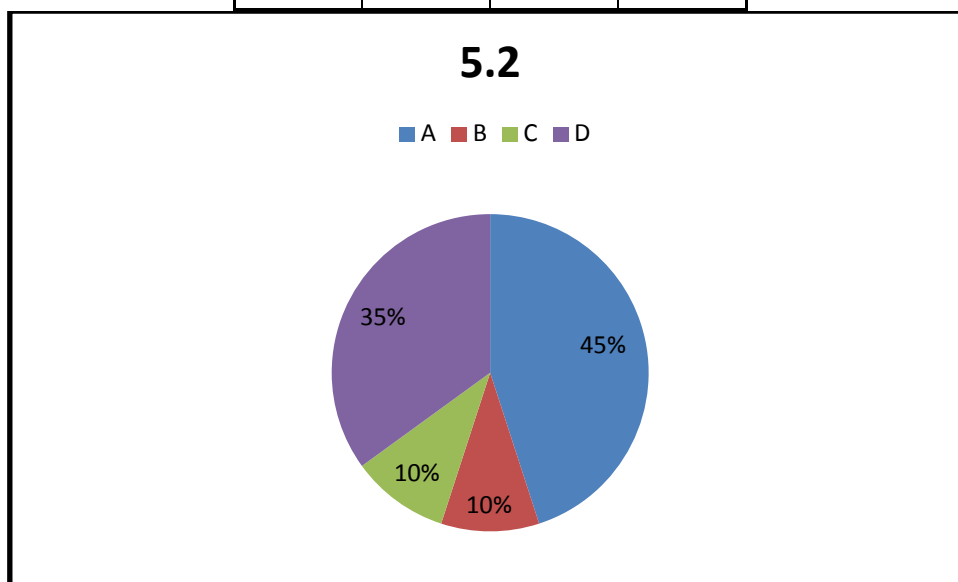




5.2. Which one of the following improved in your life most with the project?

- a) Language skills
- b) Eating habits
- c) Motivation for sports
- d) Self confidence in meeting new people

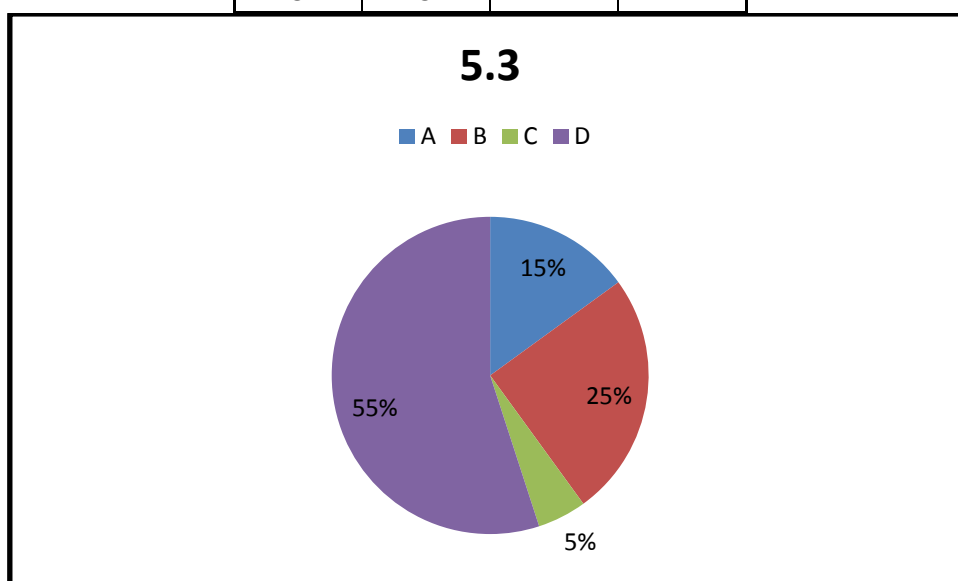
A	B	C	D
9	2	2	7



5.3. In your opinion, what has been most relevant in this project?

- a) Meeting new people
- b) Visiting new countries
- c) Improving my lifestyle
- d) All of them

A	B	C	D
3	5	1	11

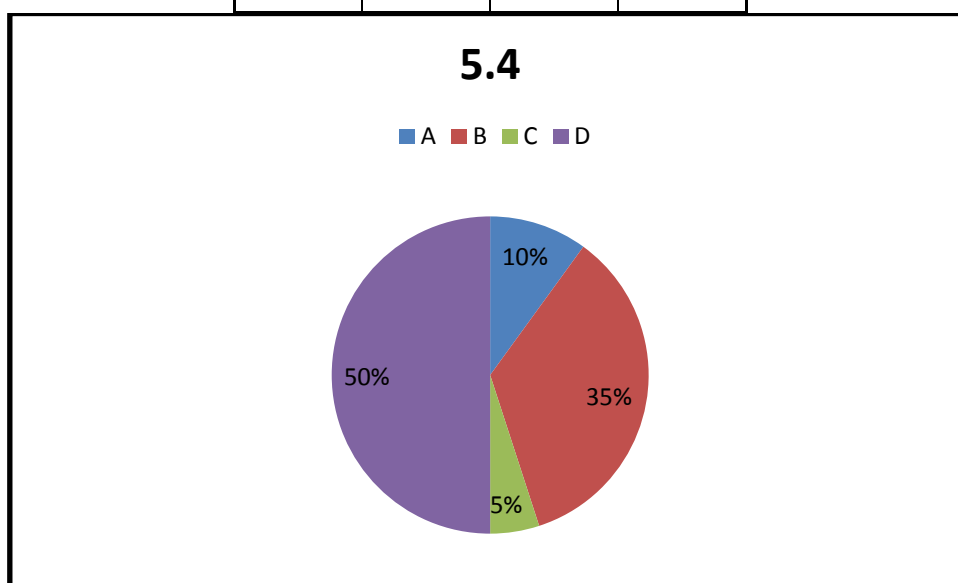




5.4. Having the opportunity to work in partnership with teachers and students from other countries, was positive for:

- a) development of my oral and written skills in English;
- b) contact and knowledge with people of different cultures, traditions, religions and habits of life;
- c) positive changes in my choices and personal habits, regarding healthy eating, sports, health and well-being;
- d) all previous options.

A	B	C	D
2	7	1	10



5.5. Working in mixed nationality groups in the project was:

- a) Useless and boring.
- b) Less important and stressful.
- c) Very important and helpful.
- d) Ineffective and annoying.

A	B	C	D
0	0	20	0

