



ISTITUTO PROFESSIONALE DI STATO PER I SERVIZI ALBERGHIERI  
E DELLA RISTORAZIONE & PER L'AGRICOLTURA E L'AMBIENTE

**"PRINCIPI GRIMALDI"**

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MODICA



**Erasmus+**

KA2 - Cooperation for Innovation and the Exchange of Good Practices  
Strategic Partnerships for Schools Only

# Cook Healthy - Eat Healthy - Live Healthy

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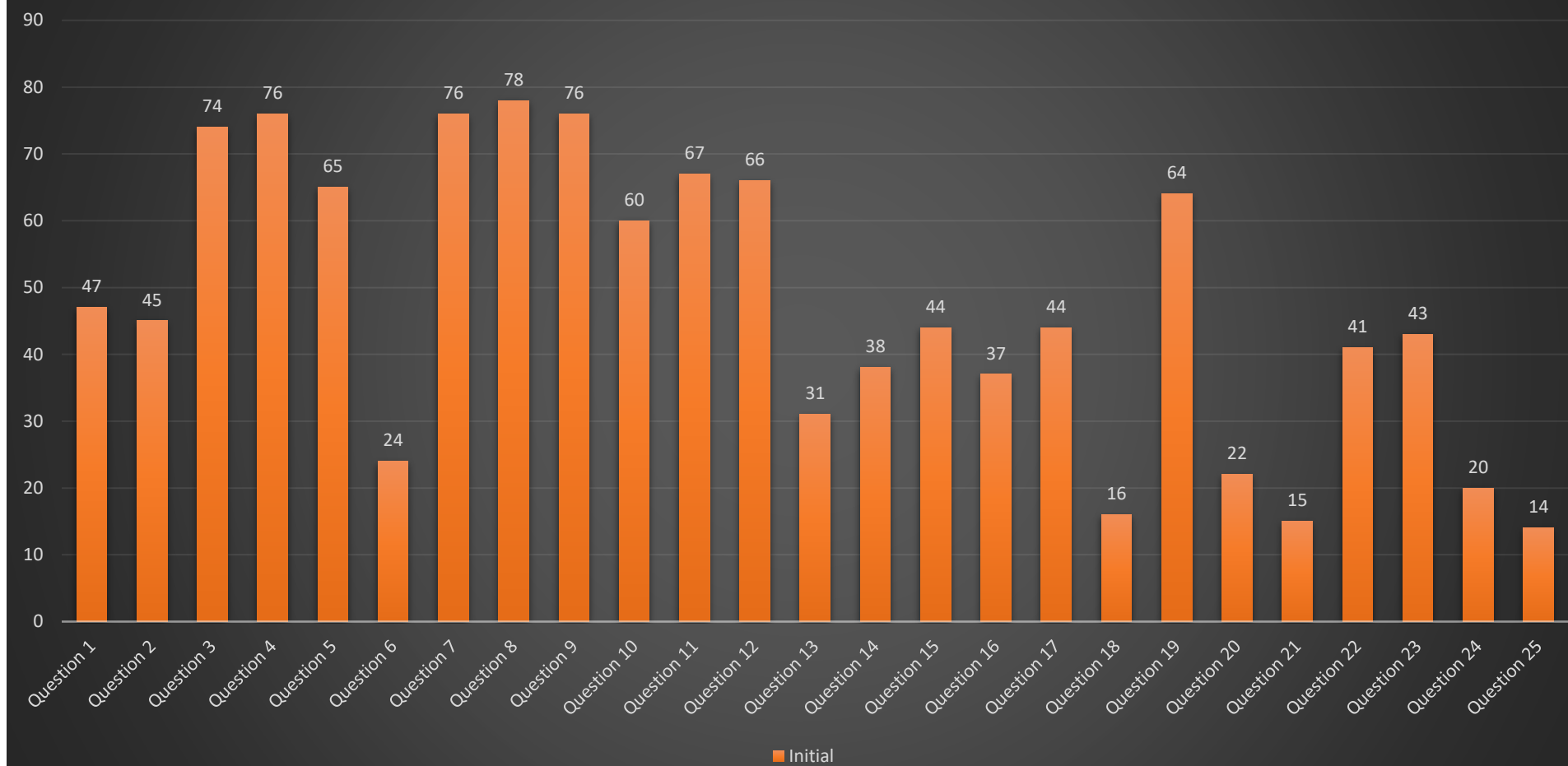
## INITIAL AND FINAL QUESTIONNAIRE RESULTS ANALYSIS

At the beginning of the project the 5 partners created a questionnaire to be applied to 40 students, that is the number of students that were supposed to be involved in the project. The aim of the questionnaire was to investigate about our students' knowledge and skills about the topic of a healthy eating and lifestyle, at the beginning of the project, to check then their improvements at the end of it, through the same questionnaire. The following charts contain the analysis of the results of both the initial and the final questionnaire, and the comparison between them.

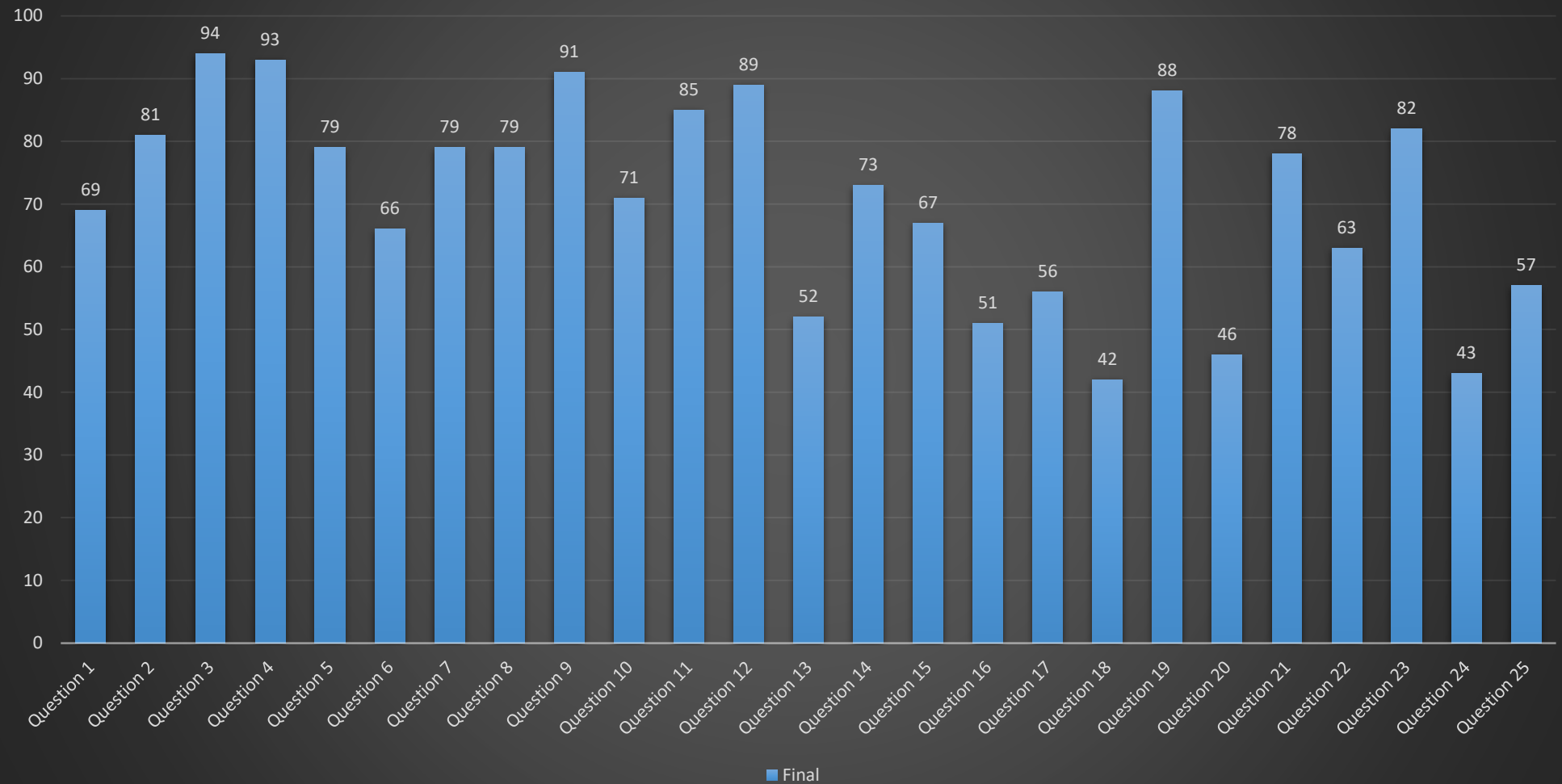


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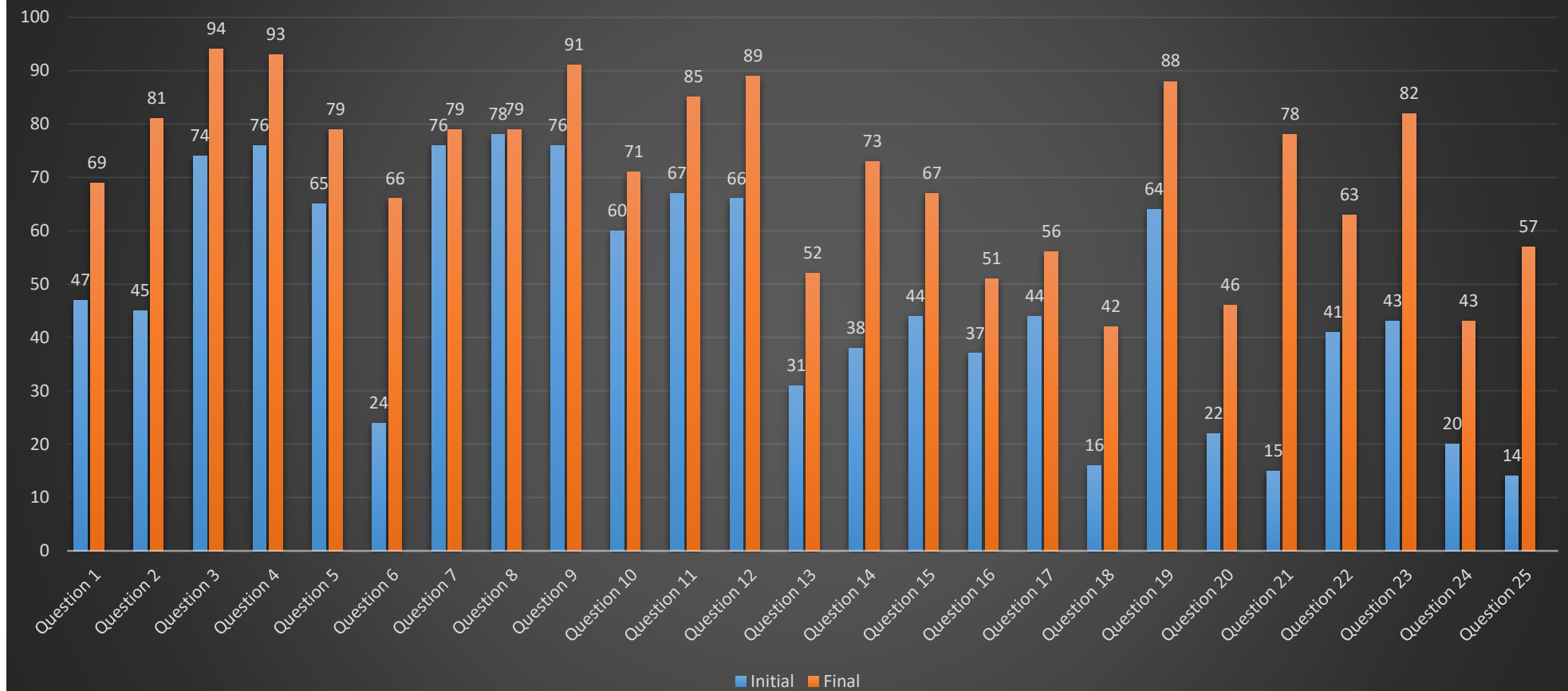
## Initial Questionnaire



## Final Questionnaire



## Initial and Final Questionnaire Comparison



Questions	Topic	Initial percentage	Final percentage	Improvement
<b>1-5</b>	<b>REQUIREMENTS FOR A HEALTHY LIFE</b>	<b>61,4%</b>	<b>83,2%</b>	<b>21,8%</b>
<b>6-10</b>	<b>HEALTHY FOODS</b>	<b>62,8%</b>	<b>77,2%</b>	<b>14,4%</b>
<b>11-15</b>	<b>EFFECTIVE WAYS TO PREVENT OBESITY</b>	<b>49,2%</b>	<b>73,2%</b>	<b>24%</b>
<b>16-20</b>	<b>DEVELOPING LONG-TERM HEALTHY EATING HABITS</b>	<b>36,6%</b>	<b>56,6%</b>	<b>20%</b>
<b>21-25</b>	<b>SPORTS ACTIVITIES IN SCHOOL ENVIRONMENT</b>	<b>26,6%</b>	<b>64,6%</b>	<b>38%</b>

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