



The Final Questionnaire

COOK HEALTHY-EAT HEALTHY-LIVE HEALTHY

2016-1-IT02-KA219-024203_3

The final questionnaire was applied to 60 students at Zespół Szkół Ponadgimnazjalnych im. prof. Czesława Majorka in Ryglice, Poland.

The aim of the survey is to compare the students' level of knowledge on a healthy lifestyle they were supposed to acquire during the project „Cook healthy-eat healthy-live healthy” under the terms of Erasmus + program.

The initial questionnaire with the same questions was carried out in November 2016, at the beginning of the project. The final questionnaire was applied in May 2018 to the same students to see to what extent their awareness of health-related matters has developed.

The questionnaire also stands for a product of the Erasmus + project "COOK HEALTHY, EAT HEALTHY, LIVE HEALTHY" in partnership with schools from Italy, Romania, Turkey and Portugal.

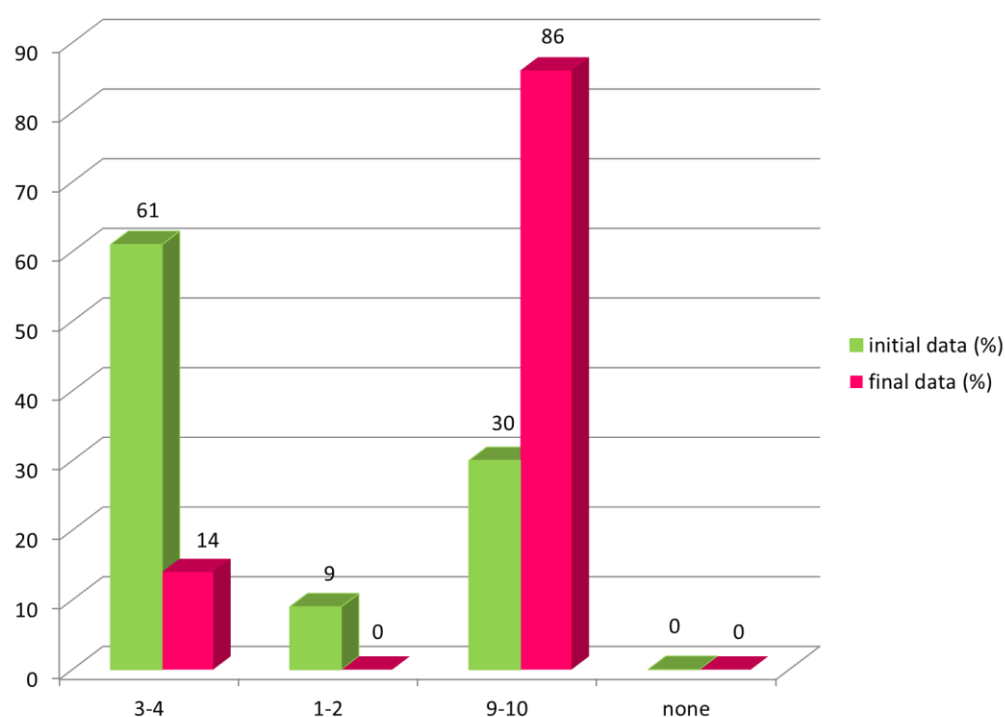
The questions were made by the five project partners and each school was supposed to create 5 questions connected with its subtopic.

The analysis contains the results of the final questionnaire along with results of the initial one. There are charts comparing the results from both surveys and the data is expressed as percentage.



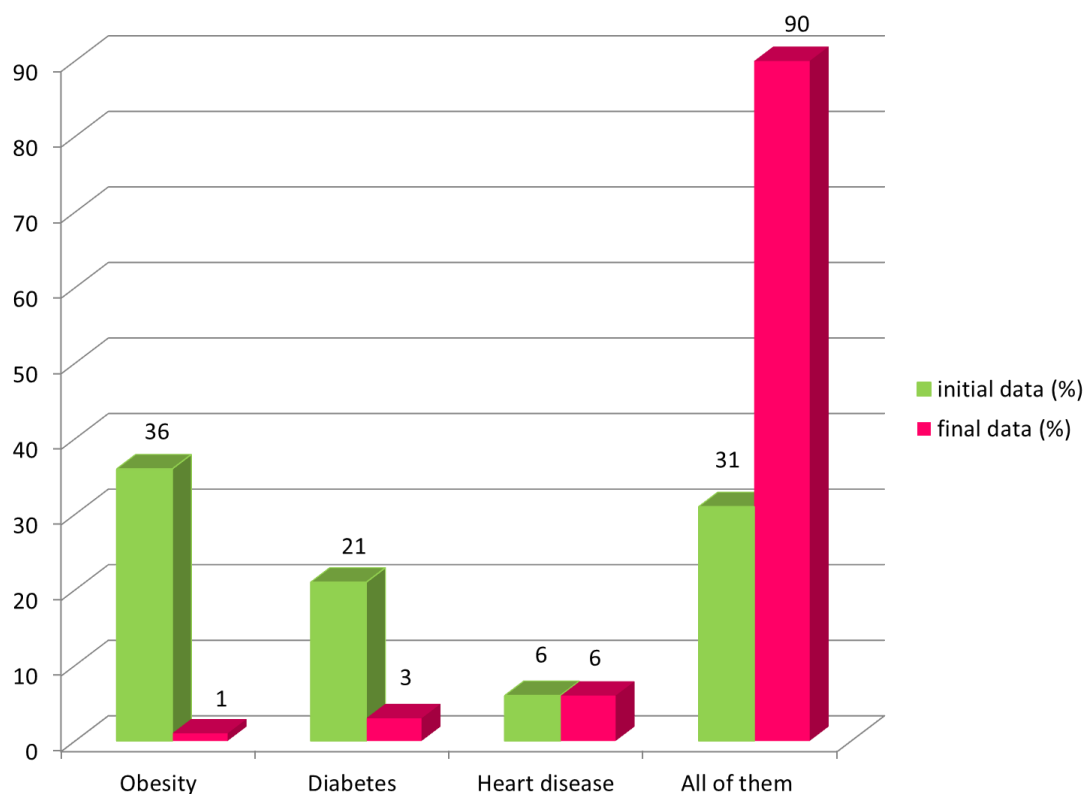
The first five questions were connected with the subtopic entitled **“Requirements for a healthy life”** and were created by the Italian coordinator of the project.

The first question **‘How many glasses of water should you drink per day?’** (9-10) was answered correctly by 54 students (86%), while in the initial questionnaire the correct answer was given only by 18 students (30%). It is good to see that more students know now that drinking water is an essential part of everyday life.





The second question „**Physical activities are important in reducing the risk of obesity/ diabetes/ heart disease/ all of them**” was answered correctly by 90% of the students (54 people), while in the initial survey only 31% of the respondents knew the right answer, which is that physical activities reduce the risk of all the disorders. At the beginning of the project, students’ answers were almost equally divided between answers A, B and D. Now, they are aware that sports activities can reduce the risk of many different diseases including obesity, diabetes and heart diseases.



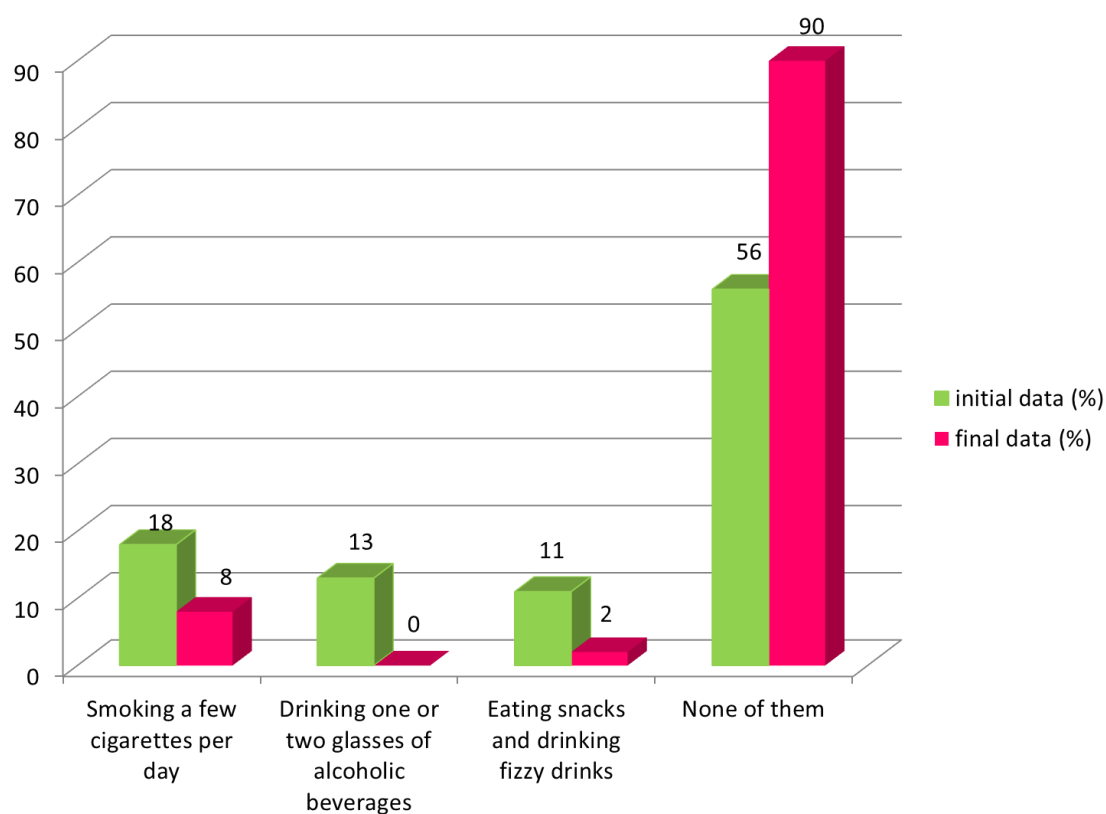


The next question 'Which of the following requirements is suitable for a healthy lifestyle?

- a) Smoking a few cigarettes per day
- b) Drinking one or two glasses of alcoholic beverages
- c) Eating snacks and drinking fizzy drinks
- d) None of them

was answered correctly by 90% of the students while at the beginning of the project only 56% of the respondents gave the right answer.

Here, the progress is significant- 90% of the students know that smoking, drinking alcohol and eating unhealthy snacks do not contribute to a healthy lifestyle.





Question number 4 – ‘Which behavior do you think is correct for a healthy lifestyle?’

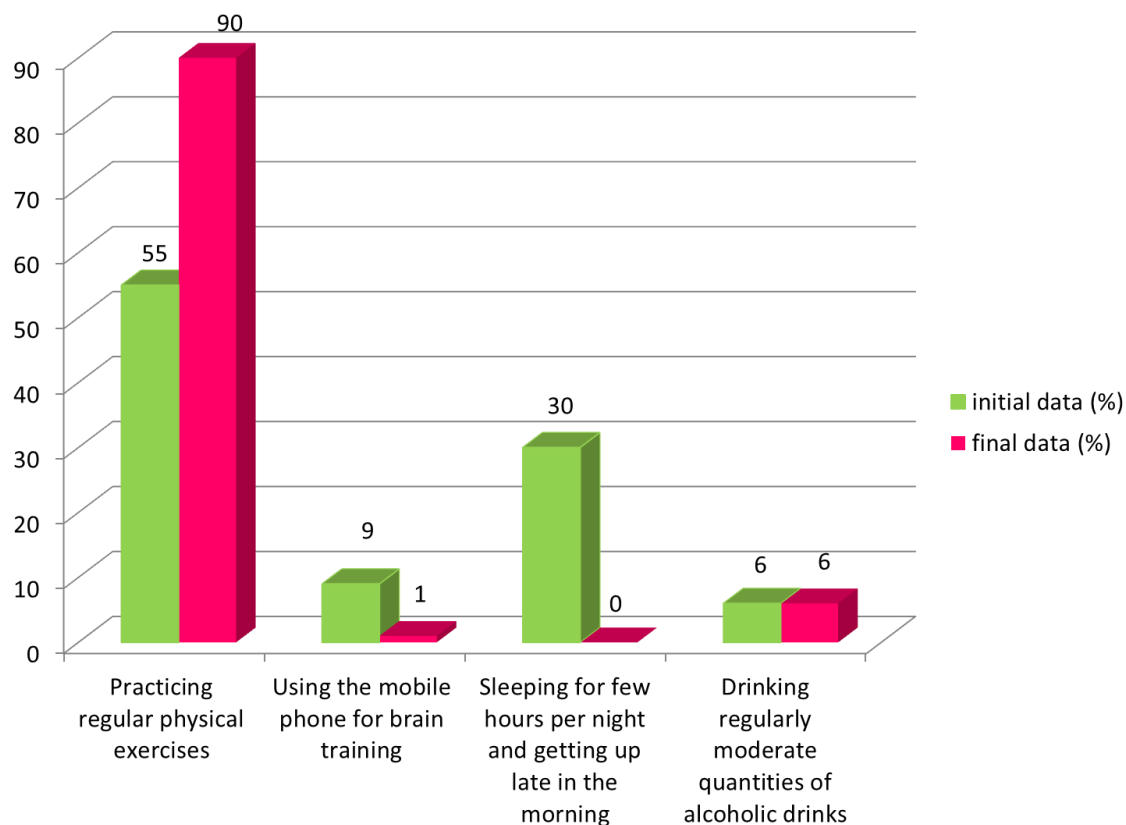
a) Practicing regular physical exercises – 93%

b) Using the mobile phone for brain training -1%

c) Sleeping for few hours per night and getting up late in the morning

d) Drinking regularly moderate quantities of alcoholic drinks- 6%

also proves the progress of the knowledge as 93% of the respondents knew the correct answer in comparison to the initial questionnaire when only 33 students provided the right answer.

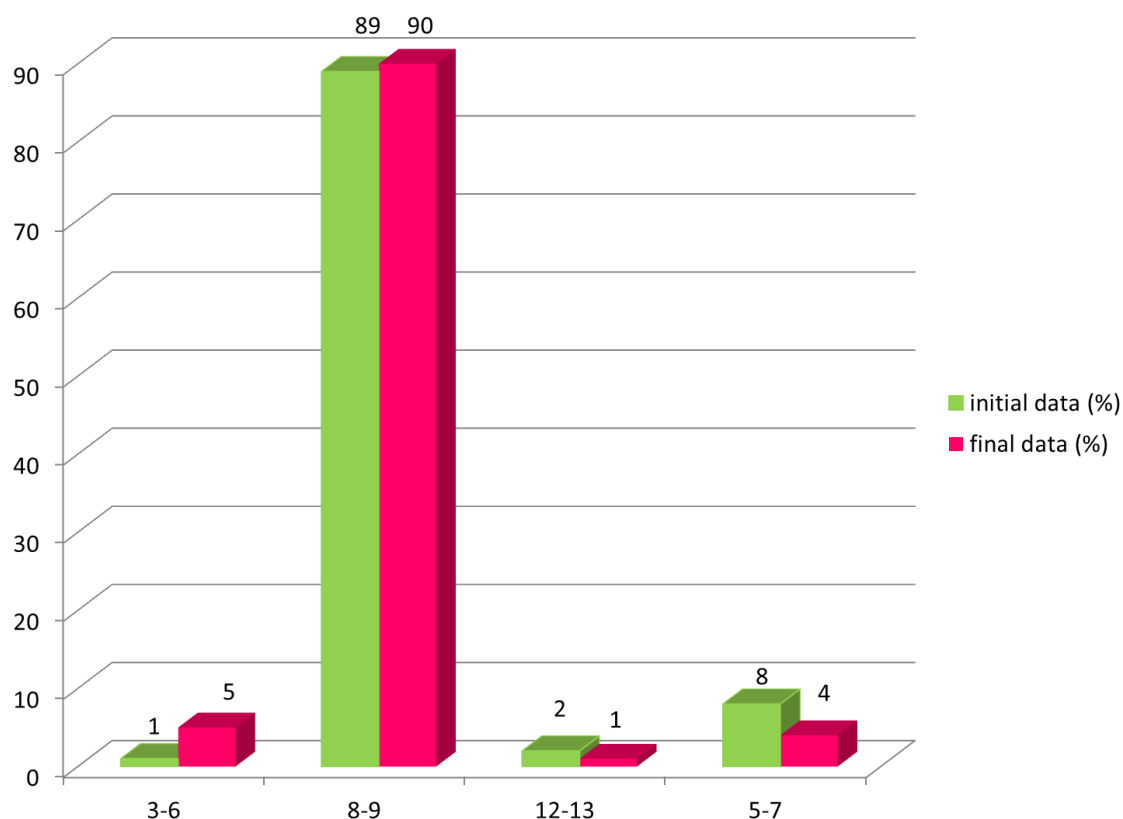




‘How many hours should a teenager sleep per night?’

- a) 3-6
- b) 8-9
- c) 12-13
- d) 5-7

was the last question from this module with the correct answer B. The issue of sleeping has been very familiar to the students now and then as in the initial questionnaire it was answered correctly by 89% of the students and 90% knew the right answer according to the final survey.



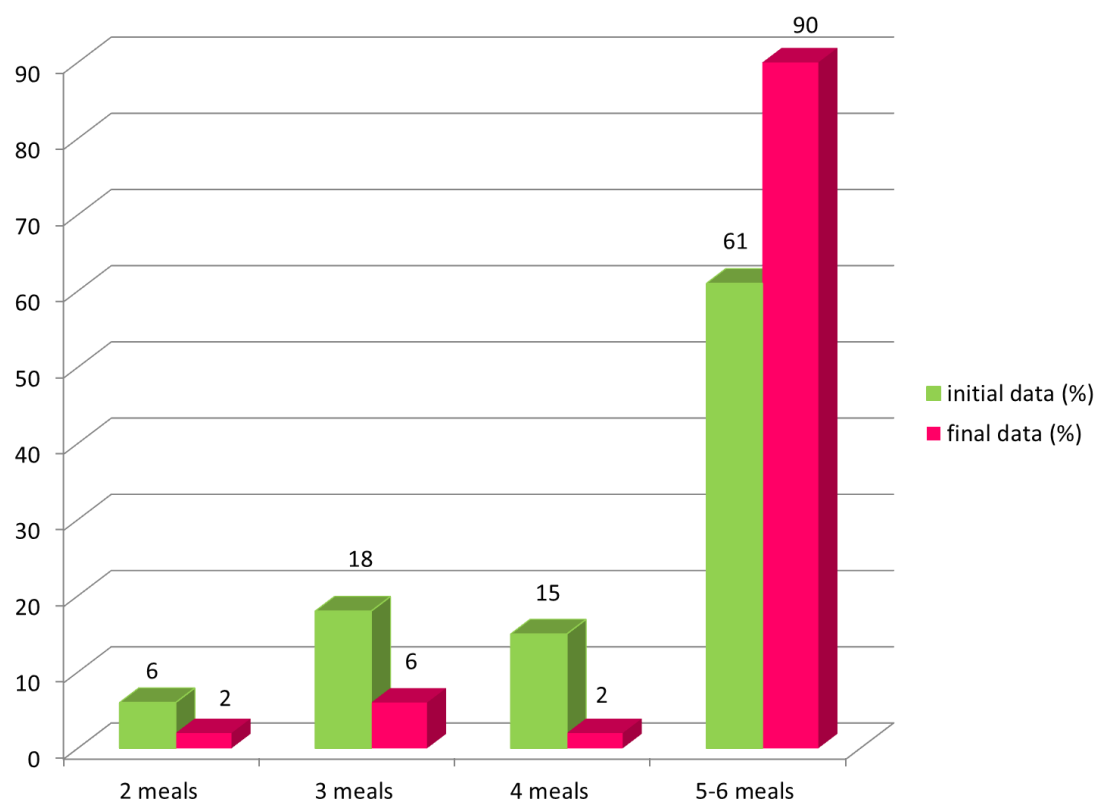
The average score from the initial questionnaire amounted to **52%** of correct answers, while according to the final one **the average score** is **89%** of the right answers.



The next subtopic belongs to Portugal and the title is **‘Healthy foods’**.

Question 6- **‘How many meals are recommended per day?’**

- a) 2 meals
- b) 3 meals
- c) 4 meals
- d) 5-6 meals

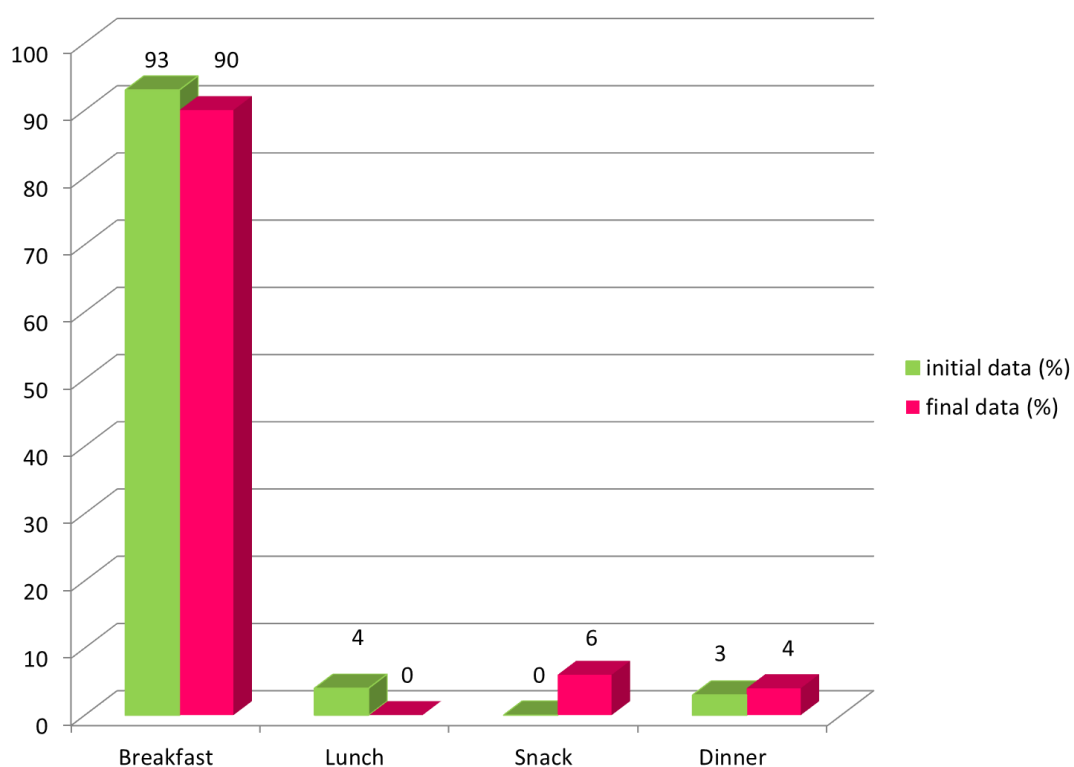


The correct answer is D and it was answered correctly by 90% of the respondents in the final questionnaire while the initial survey showed only 61% of the correct answers. It proves that now the students know that a healthy diet does not mean skipping meals but it is about eating regular meals and not being hungry.

**7. 'What is the most important meal of the day?'**

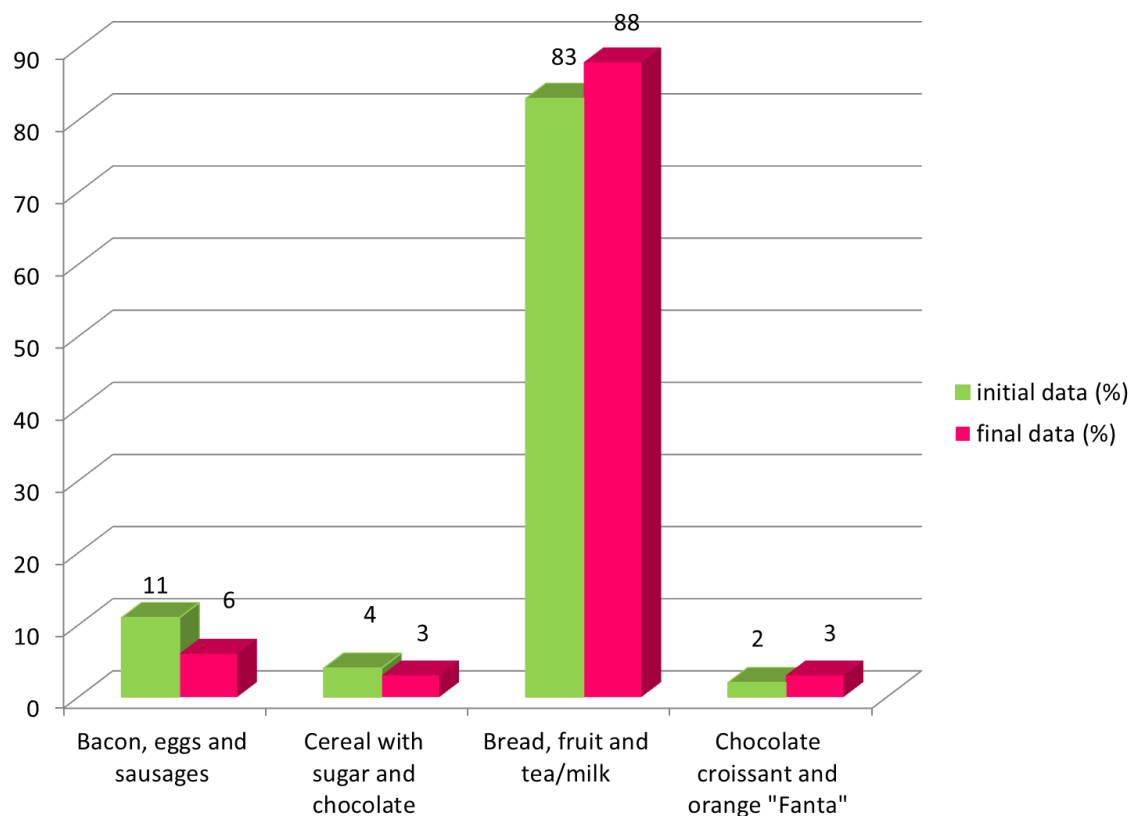
- a) Breakfast
- b) Lunch
- c) Snack
- d) Dinner

54 students (90%) gave the correct answer (A) and, according to the initial survey, 93% of the students knew the right response. It means that two respondents have changed their mind about this meal or had some problems with understanding the question.



**8. What is the best option for a healthy breakfast?**

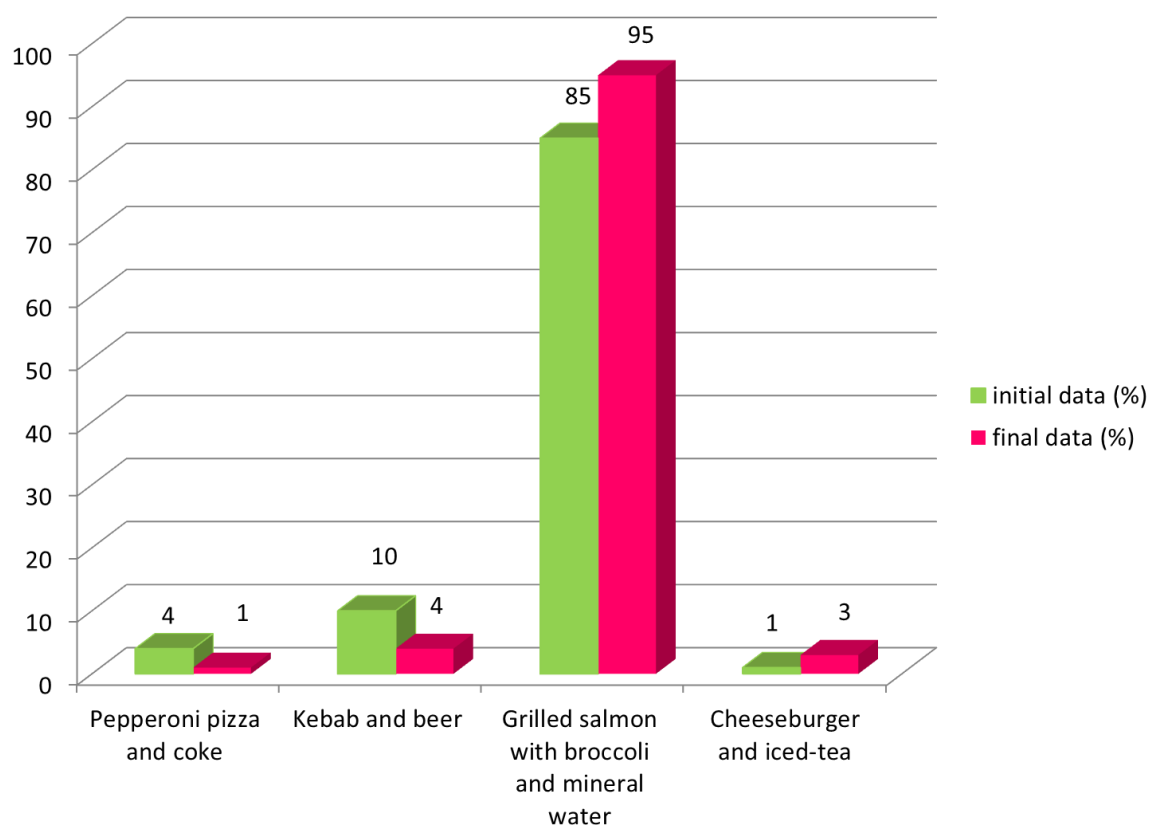
- a) Bacon, eggs and sausages
- b) Cereal with sugar and chocolate
- c) Bread, fruit and tea / milk
- d) Chocolate croissant and orange "Fanta"



The results both from the initial questionnaire and the final one are quite similar- 83% and 88% respectively. Students have known that meat and sweets is not a healthy start of the day.

**9. What is the best option for a healthy lunch?**

- a) Pepperoni pizza and coke
- b) Kebab and beer
- c) Grilled salmon with broccoli and mineral water
- d) Cheeseburger and iced-tea



Here, a progress can be observed as in the initial survey the question was answered correctly by 85% of the students and in the final one 95% of them provided the right answer (C). Hopefully, they will eat more fish and vegetables on a regular basis.

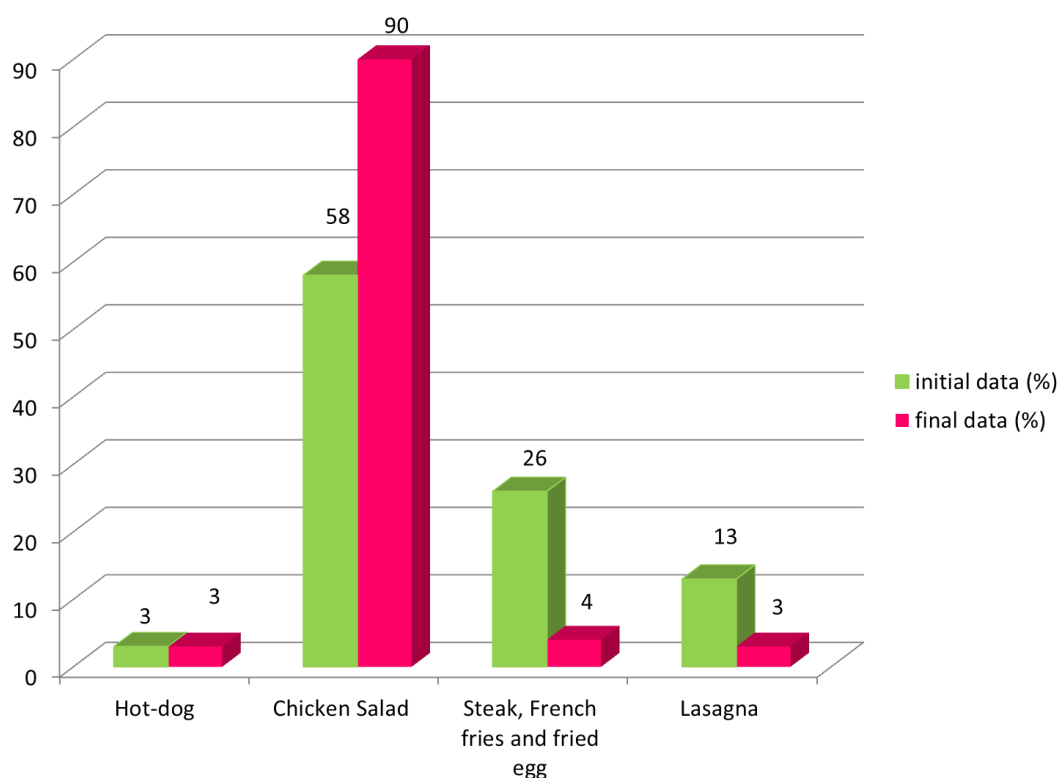


The fifth question from this module 'What is the best option for a healthy dinner?'

- a) Hot-dog
- b) Chicken Salad
- c) Steak, French fries and fried egg
- d) Lasagna

was answered correctly by 58% of the participants in the initial survey, now 90% answered the question correctly (the correct answer is C).

It is visible that they know what food is healthy and what food they should cut down on.



The average score regarding this part of the initial questionnaire is 76%.

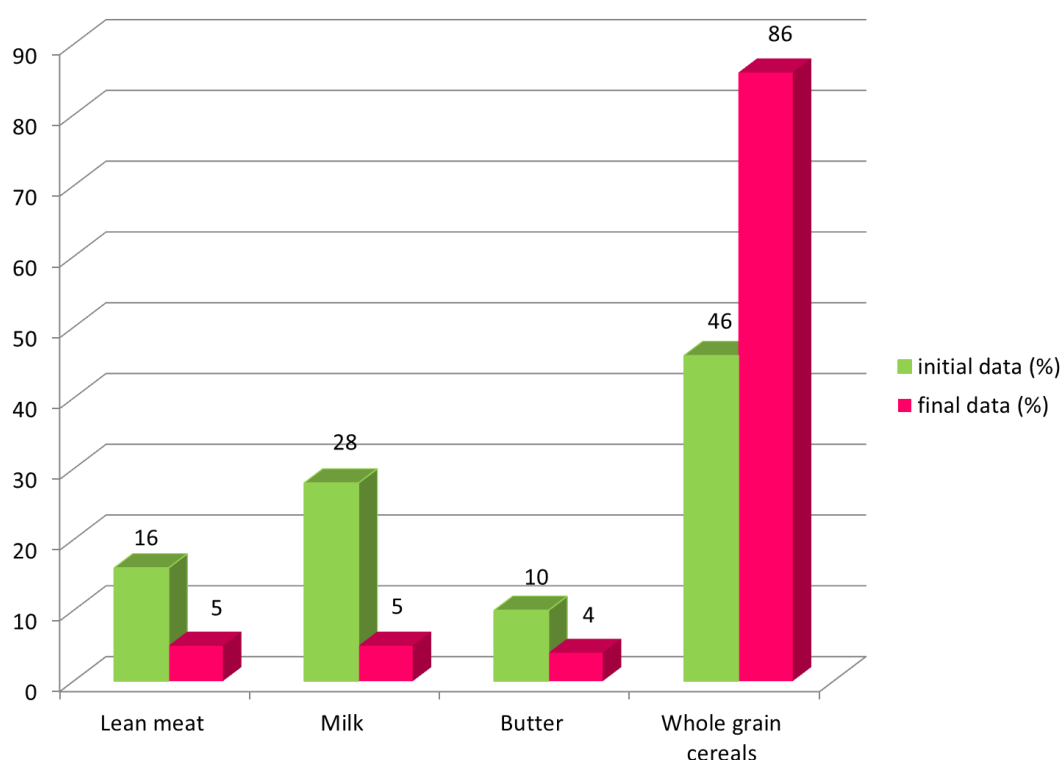
The average score of the final questionnaire is 90%.



The part of the Romanian partner is **'Effective ways to prevent obesity'** and it also includes 5 related questions and the results look as follows:

11. 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 (d)?

- a) Lean meat
- b) Milk
- c) Butter
- d) Whole grain cereals



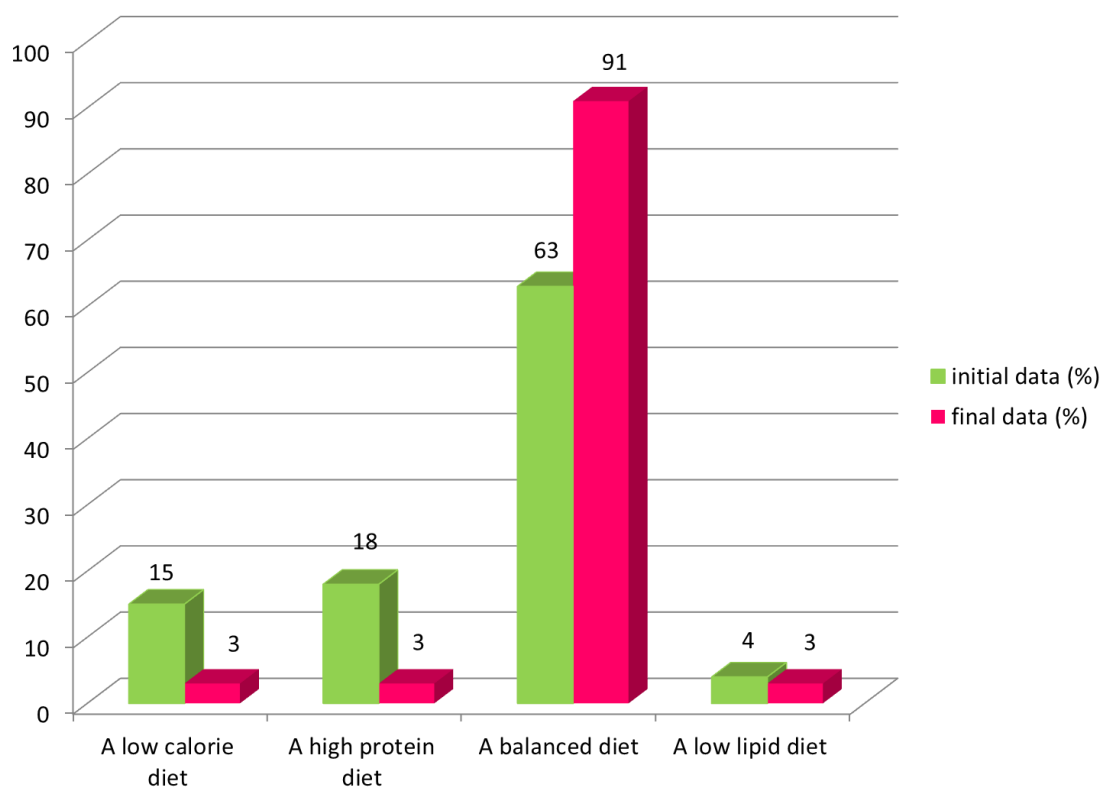
The initial questionnaire- 46% of the students gave the correct answer.

The final questionnaire- 86% of the respondents knew the right answer so the score has been almost doubled.

**12. A healthy and properly planned diet should be:**

- a) A low calorie diet
- b) A high protein diet
- c) A balanced diet
- d) A low lipid diet

The correct answer is C and in the initial questionnaire 63% of the students knew the right answer, while in the final survey the number amounts to 91%. Students know how to arrange their healthy meals due to workshops, discussions and other project-related activities.

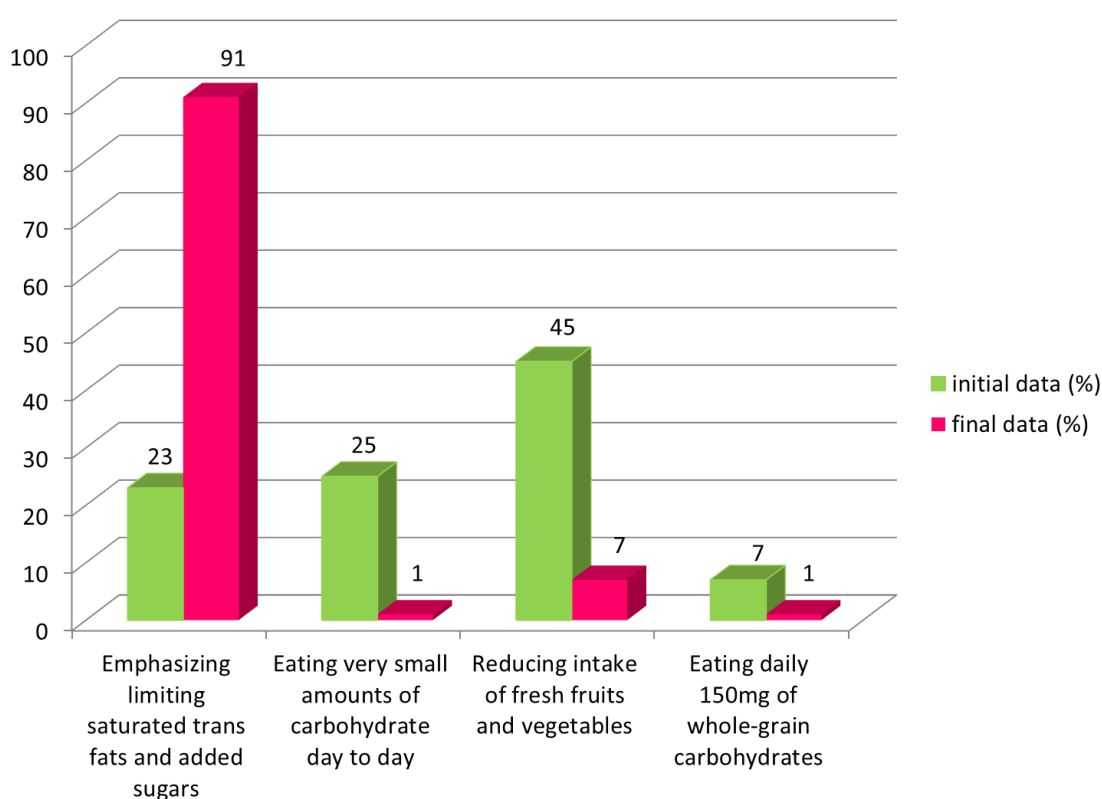




13. Which of the following statements are correct when referring to lifestyle changes for a healthy eating?

- a) Emphasizing limiting saturated trans fats and added sugars**
- b) Eating very small amounts of carbohydrate day-to-day**
- c) Reducing intake of fresh fruits and vegetables**
- d) Eating daily 150mg of whole-grain carbohydrates**

This question was very difficult to answer at the beginning of the project with 23% of the correct answers, while the final questionnaire includes 91% of good responses. It proves that now students know that cutting down on fats and sugars will be very beneficial to their health.

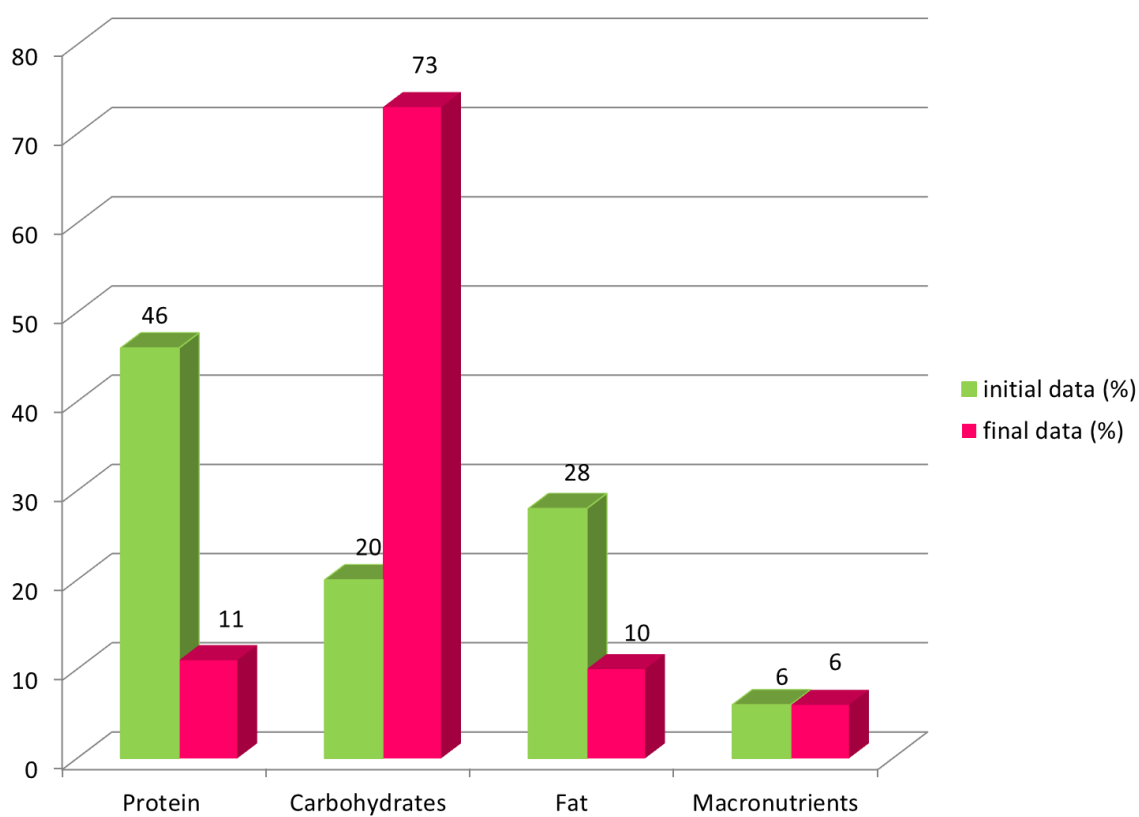




14. Which is the primary source of fuel for the body?

- a) Protein
- b) Carbohydrates
- c) Fat
- d) Macronutrients

The initial survey- 20% of correct answers, the final one- 73% of the students answered the question in a correct way (B).





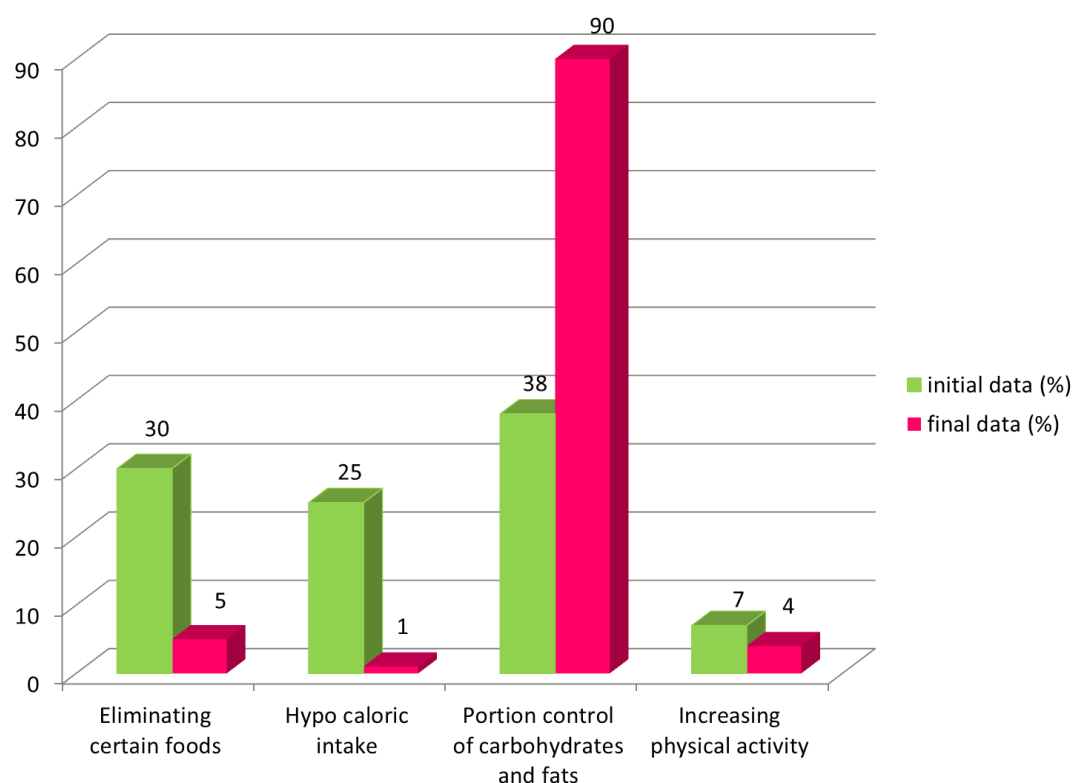
15. The use of food pyramid is often a good starting point to review healthy eating habits.

Food pyramid concept is based on:

- a) Eliminating certain foods**
- b) Hypo caloric intake**
- c) Portion control of carbohydrates and fats**
- d) Increasing physical activity**

The score is respectively – the initial survey- 38% and the final one- 90%.

The concept of the food pyramid has been discussed very often and now the issue is very familiar to both direct and indirect project participants.



The average score of the initial questionnaire is 38%.

The average score of the final questionnaire is 86%.



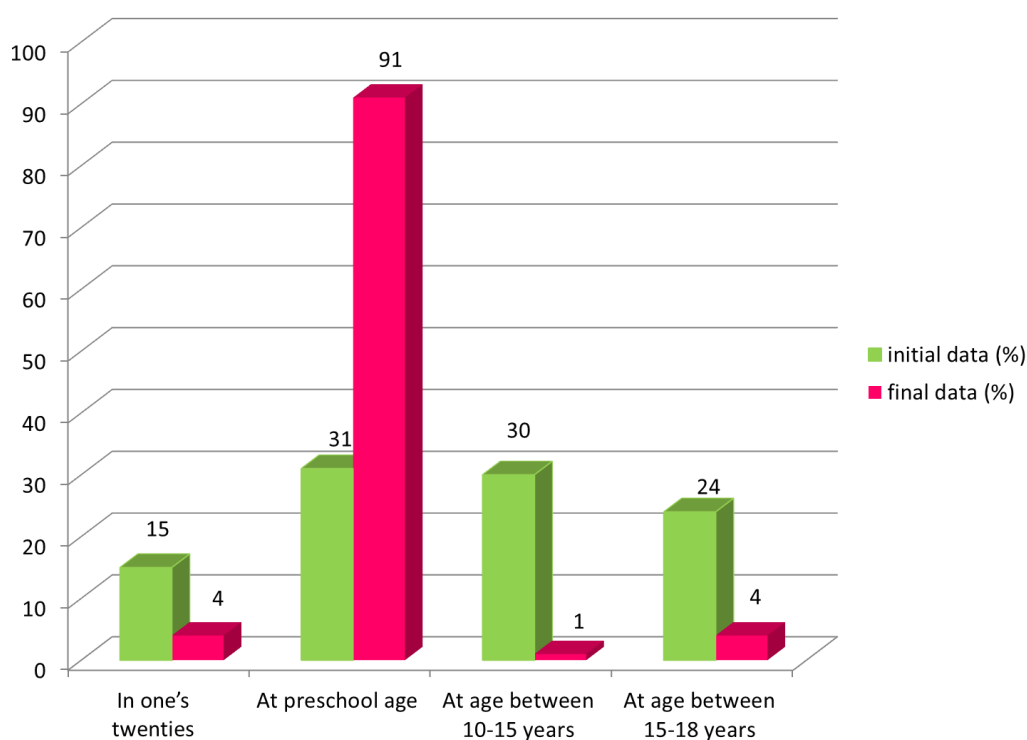
The next subtopic of the project was **‘Developing long-term healthy eating habits’** and the team from Poland was responsible for providing five questions connected with the problem.

16. Eating habits are developing

- a) In one's twenties
- b) At preschool age
- c) At age between 10-15 years
- d) At age between 15-18 years

In the initial questionnaire the question was answered correctly (B) by 31% of the students, while at the end of the project 91% of the respondents gave the right answer.

Now, the students, most of them possible future parents, are aware of the importance of developing good eating habits as early as possible so as to bring up health-aware generations.

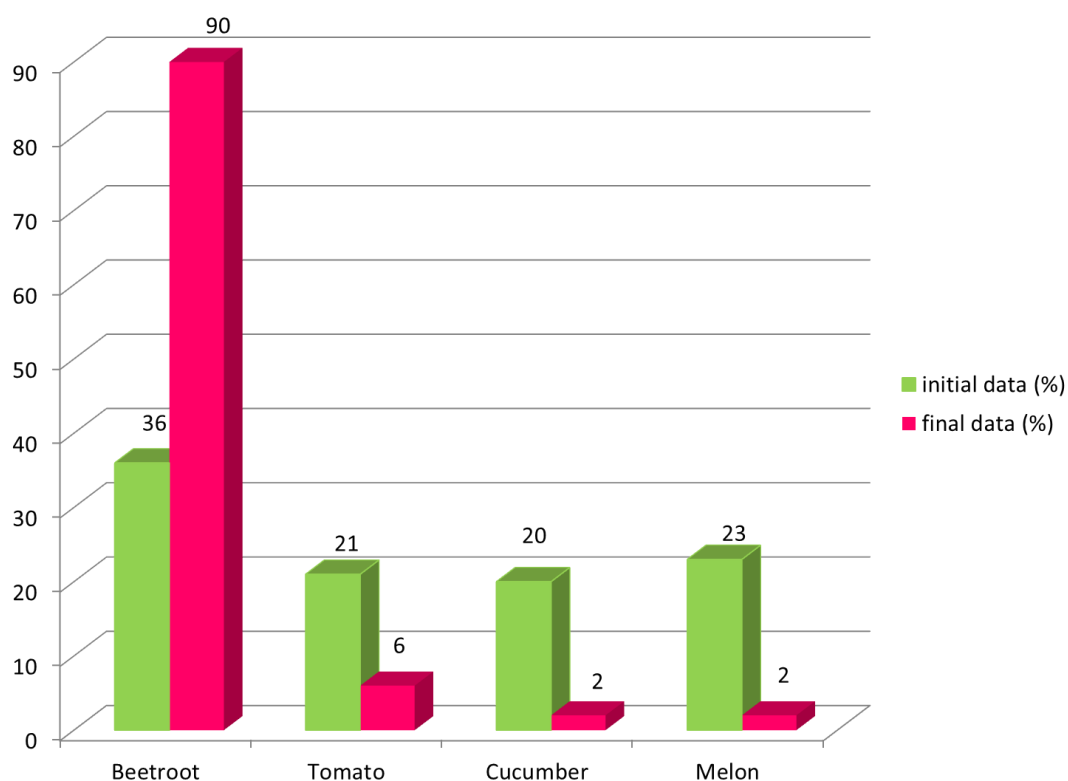




17. What vegetable/fruit is good for detoxing organism and at the same time is a good source of energy and fiber?

- a) Beetroot
- b) Tomato
- c) Cucumber
- d) Melon

The right answer is A and in the final survey 90% of the students knew the correct answer, while in the initial one only 22 out of 60 students answered the question is a right way. The progress here is enormous and lots of respondents have admitted that thanks to the project they have started consuming beetroot-based dishes more often than before.





18. How should we divide our meals to maintain healthy eating habits?

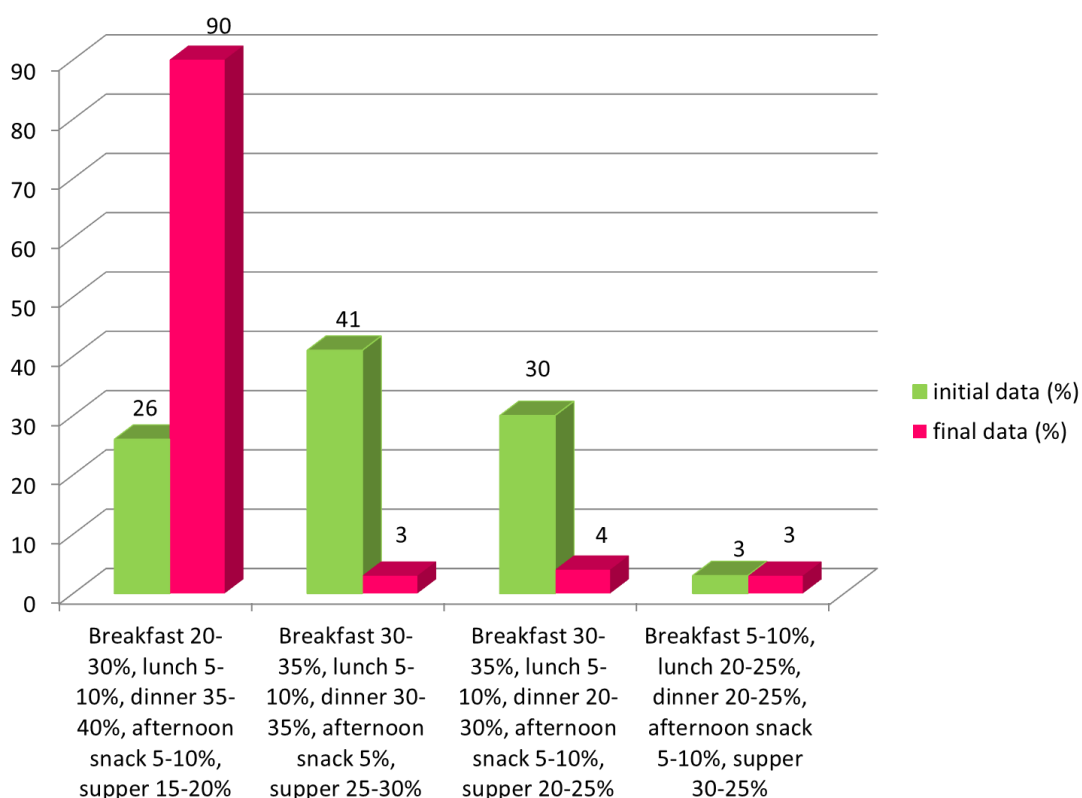
- a) Breakfast 20-30%, lunch 5-10%, dinner 35-40%, afternoon snack 5-10%, supper 15-20%
- b) Breakfast 30-35%, lunch 5-10%, dinner 30-35%, afternoon snack 5%, supper 25-30%
- c) Breakfast 30-35%, lunch 5-10%, dinner 20-30%, afternoon snack 5-10%, supper 20-25%
- d) Breakfast 5-10%, lunch 20-25%, dinner 20-25%, afternoon snack 5-10%, supper 30-25%

The results look in the following way:

- the initial survey- 26% of the students knew the correct answer

- the final survey- 90% of the students answered this question correctly.

It makes us think that the students' everyday diet will be divided in a healthy way and thus they will avoid lots of health disorders.

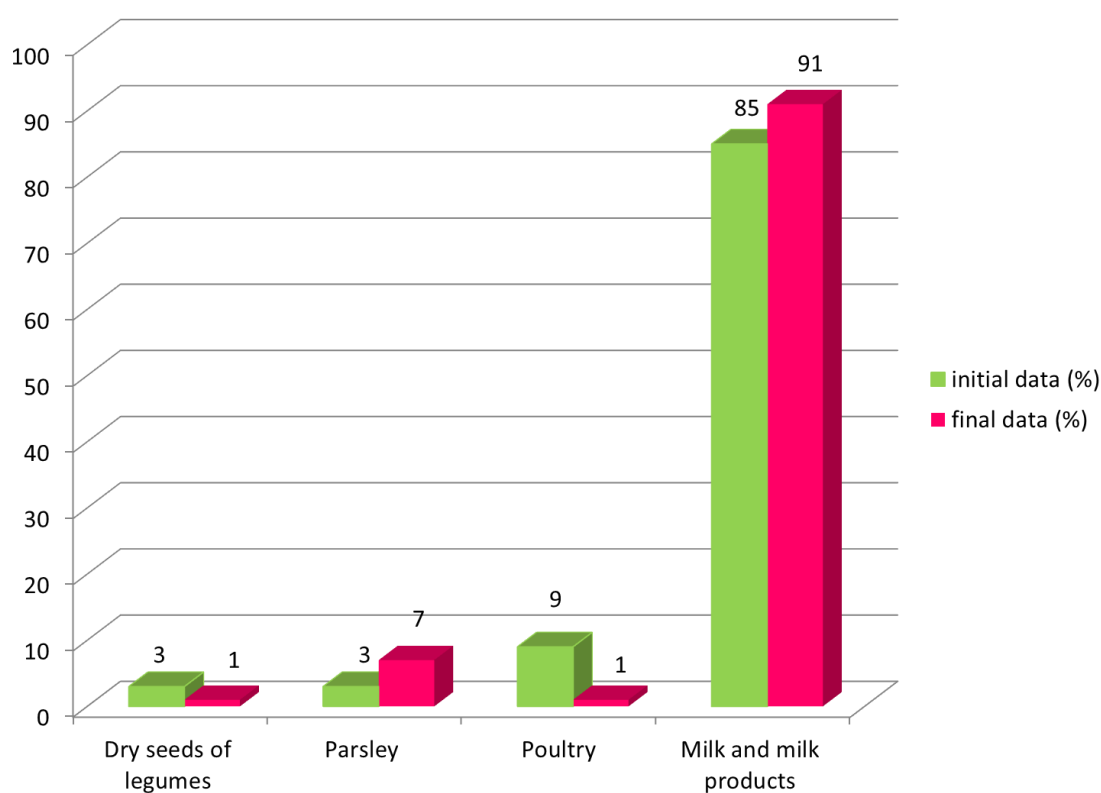




19. Calcium is a very important macronutrient. It is important for bones growth, prevents rickets and reduces the risk of osteoporosis. What products should we eat to have healthy, strong bones?

- a) Dry seeds of legumes**
- b) Parsley**
- c) Poultry**
- d) Milk and milk products**

The correct answer is D and this question has been quite easy both in the initial survey and in the final one with the percentages of the correct answers 85% and 91% respectively.





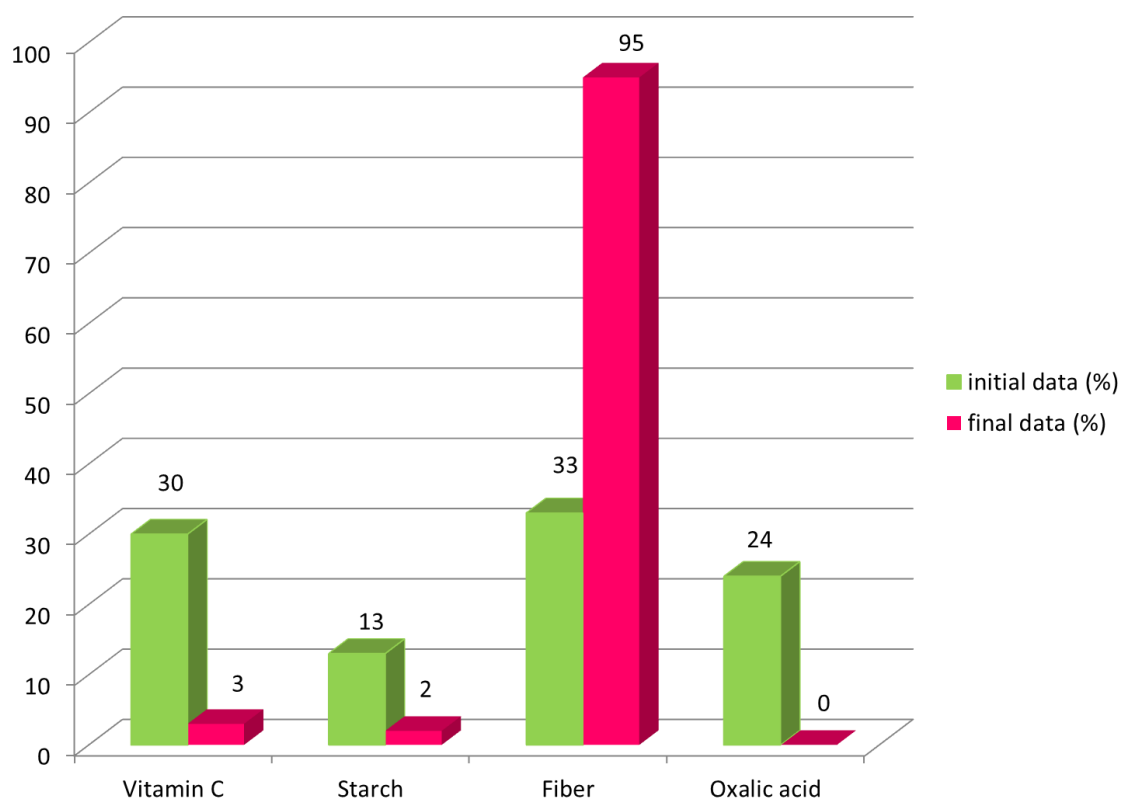
The last question is 'The shortage of leads to obstruction, increases cholesterol and gathers toxic substances what can cause civilization diseases.'

- a) Vitamin C
- b) Starch
- c) Fiber
- d) Oxalic acid

The right answer is C and in the initial questionnaire 20 students gave the right answer, while in the final one 95% of the respondents answered it correctly.

After the project activities, students have been made aware that products containing fiber are very beneficial to their general good condition.

The average score from the initial survey is **42%** for the Polish subtopic, while the final questionnaire proved the significant increase in the knowledge- **91%**.



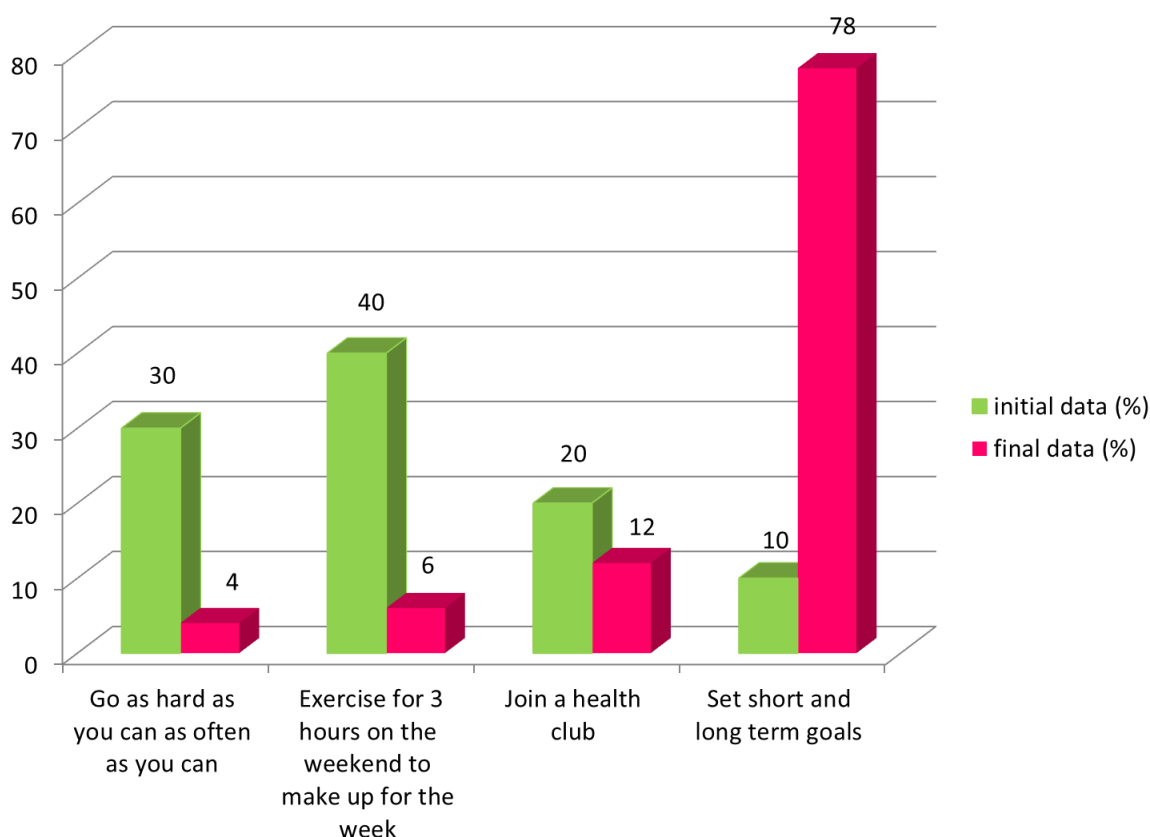


'Sport activities in school environment' is the subtopic of the Turkish partner with the following 5 questions and results:

21. When designing an exercise program

- a) Go as hard as you can as often as you can
- b) Exercise for 3 hours on the weekend to make up for the week
- c) Join a health club
- d) Set short and long term goals

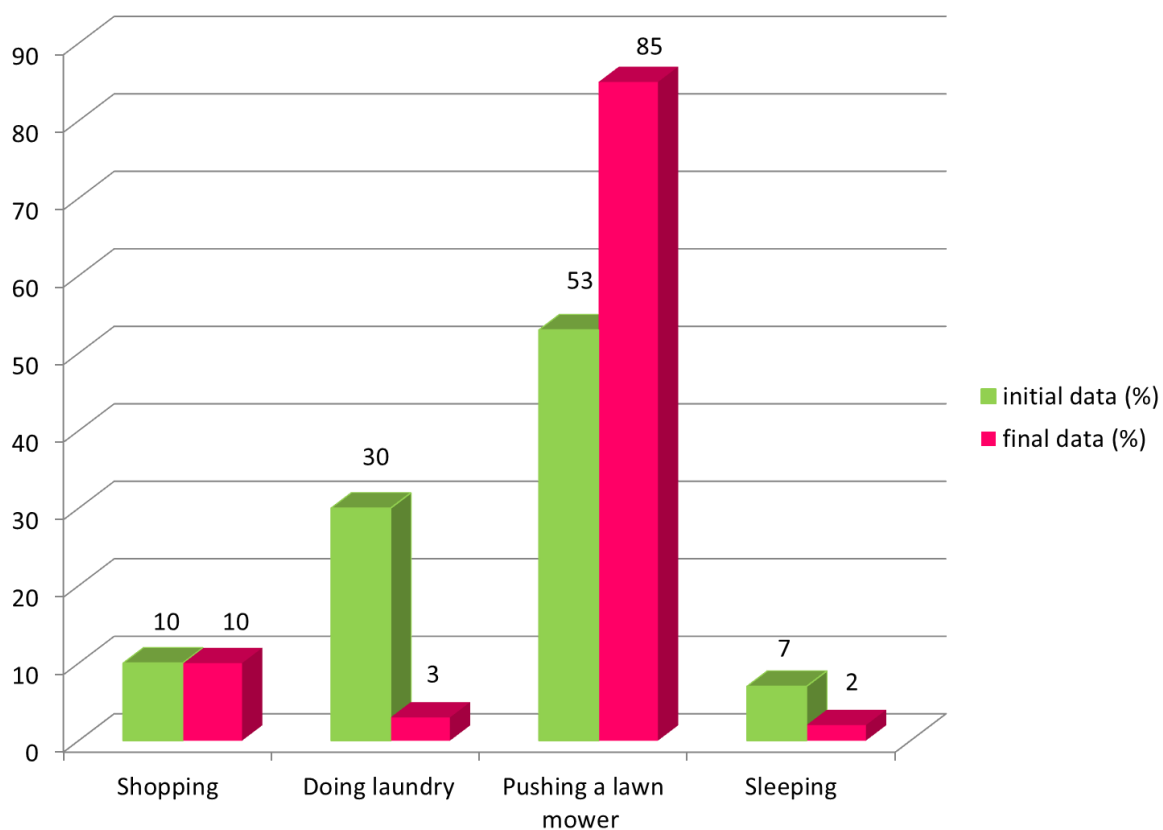
The correct answer is D and in the initial survey only 10% of the students knew it, but during the final survey, the right answer was given by 95% of the participants. Now, the respondents know that it is really essential to set short and long term goals and the success will come with time, so patience is an important factor and it is not use trying too hard as soon we will become tired and discouraged. The change connected with taking up even the easiest form of physical activity must be reasonable and pleasant.



**22. What's the toughest workout?**

- a) Shopping
- b) Doing laundry
- c) Pushing a lawn mower
- d) Sleeping

The question was answered correctly by 85% of the students taking part in the final survey, while during the initial questionnaire 32 students provided the right answer (53%). It can be connected with improving their language skills (vocabulary).

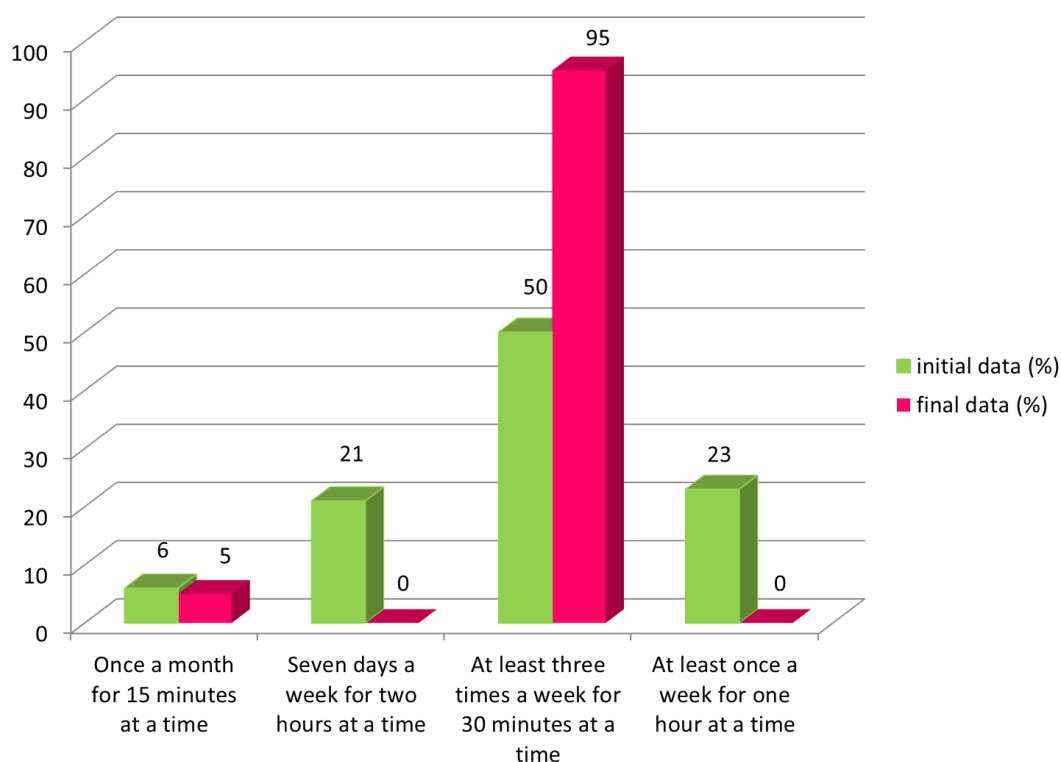




23. How often should you be doing some form of aerobic exercise each week?

- a) Once a month for 15 minutes at a time.**
- b) Seven days a week for two hours at a time.**
- c) At least three times a week for 30 minutes at a time.**
- d) At least once a week for one hour at a time.**

The correct answer to this question is C and 50% of the students knew it while filling in the initial questionnaire, while the situation was much better during the final survey- the correct reply was given by 95% of the participants. They know that it is better to practise some sport more often but for a shorter period of time so as not to get demotivated and tired.

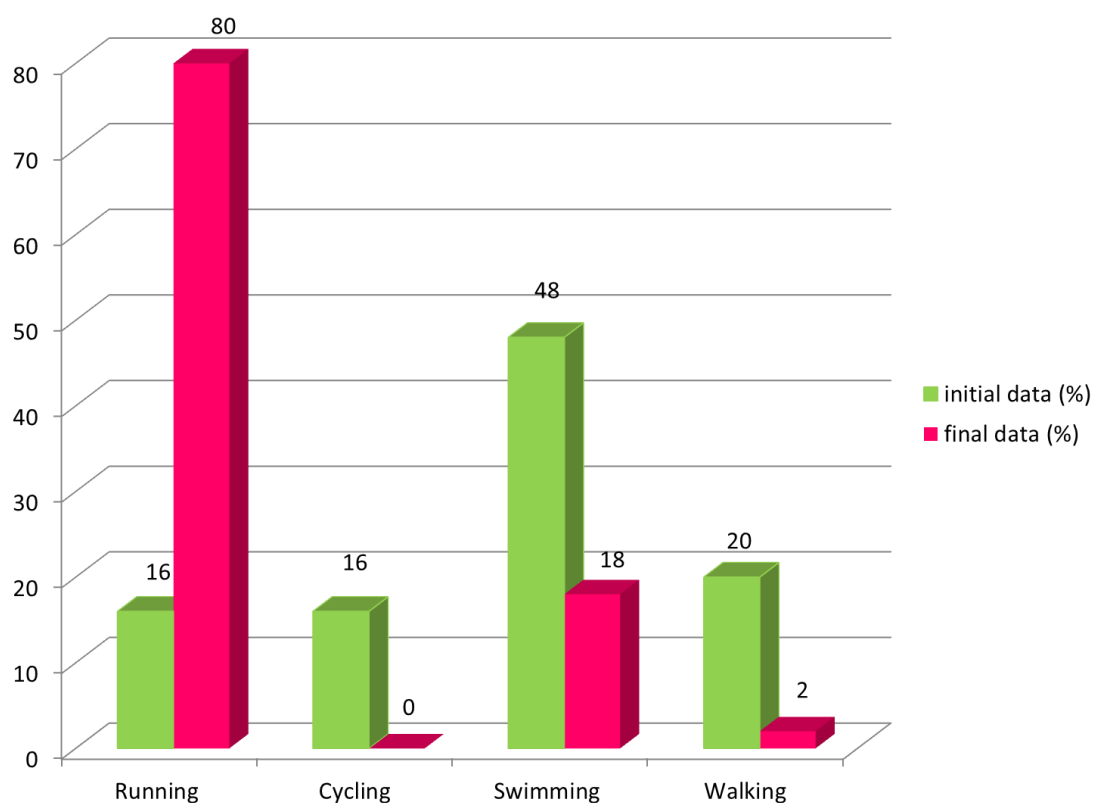




24. Which of the following is best for strengthening your bones?

- a) Running
- b) Cycling
- c) Swimming
- d) Walking

The correct answer is A and it was very unclear to students at the beginning of the project as only 16% of them gave the right answer to the question. 80% of them answered the question correctly in the final questionnaire. Now, they know that running is the best activity for strengthening their bones as lots of parts of their body is activated during this sport.



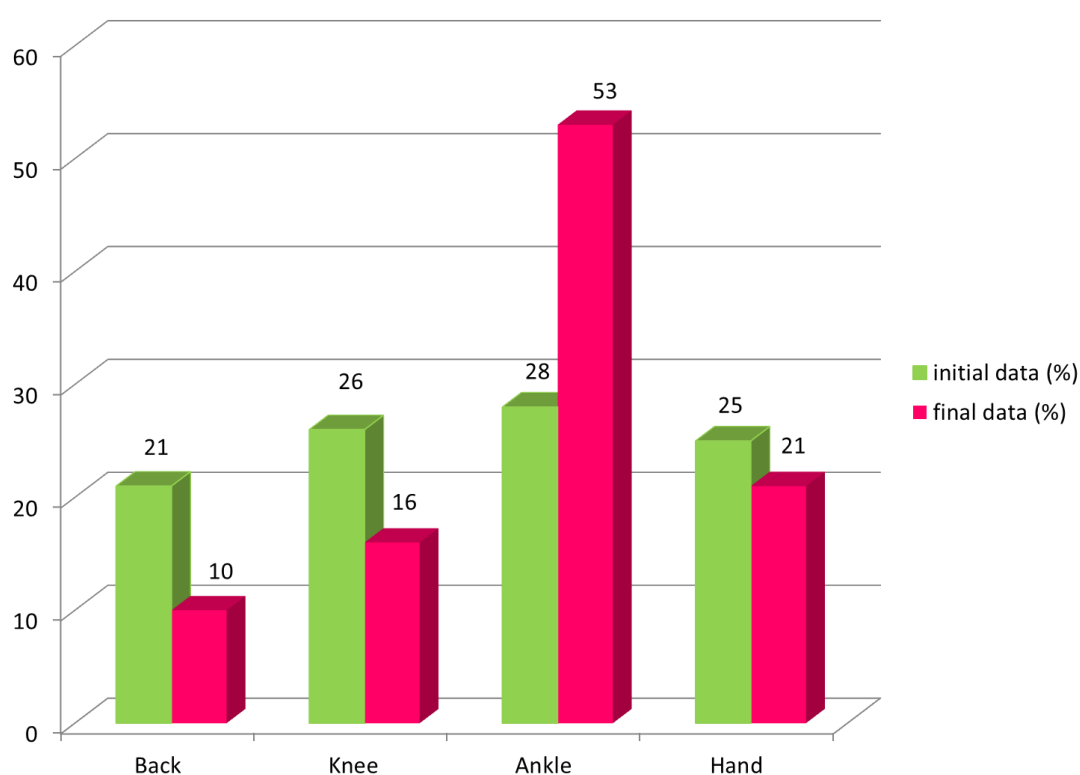


25. Which part of the body is most vulnerable to injury across all sports?

- a) Back
- b) Knee
- c) Ankle
- d) Hand

This question was also very difficult at first as in the initial survey the right answer was provided by 28% of the students, while in the final one 53% of the participants knew it is an ankle (c).

The average score of the initial questionnaire is **32%**, the final one is **78%** of the correct answers.



**The average scores referring to the 5 subtopics:**

TOPIC	INITIAL QUESTIONNAIRE AVERAGE SCORE	FINAL QUESTIONNAIRE AVERAGE SCORE	PROGRESS
REQUIREMENTS FOR A HEALTHY LIFE	52%	89%	37%
HEALTHY FOODS	76%	90%	14%
EFFECTIVE WAYS TO PREVENT OBESITY	38%	90%	52%
DEVELOPING LONG- TERM HEALTHY EATING HABITS	42%	91%	49%
SPORTS ACTIVITIES IN SCHOOL ENVIRONMENT	32%	78%	46%

All in all, both the initial and the final questionnaire are very credible source of information regarding the progress of the students' knowledge on a healthy lifestyle.

The gathered data show that the project has reached its aims and it has influenced students directly and indirectly. Students outside the project group has taken an advantage of the project by means of dissemination of the project activities in the internet (social media, local portals, the school website and the project website, online communicators, etc), talking to students and teachers from the project group, watching photos and videos on a digital monitor as well as on Erasmus + corner and by getting to know the project aims that were regularly placed on school boards (e.g. "Healthy salads", "Healthy Christmas" and "A healthy lifestyle campaign").

Students from the project group have broaden their knowledge due to the above-mentioned factors as well as thanks to the students' exchanges, new friendships, constant contact with their peers on social media and online communicators. Apart from acquiring the health-related knowledge and skills, students have also developed their language skills, their personal skills, teamwork skills and their self-esteem has been increased. Now, they are also more tolerant and open-minded to people from other countries and cultures.

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



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