

Activity 6 Food investigation Eating habits



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Activity 6

Food investigation

Eating habits

Croatia

Questionnaire

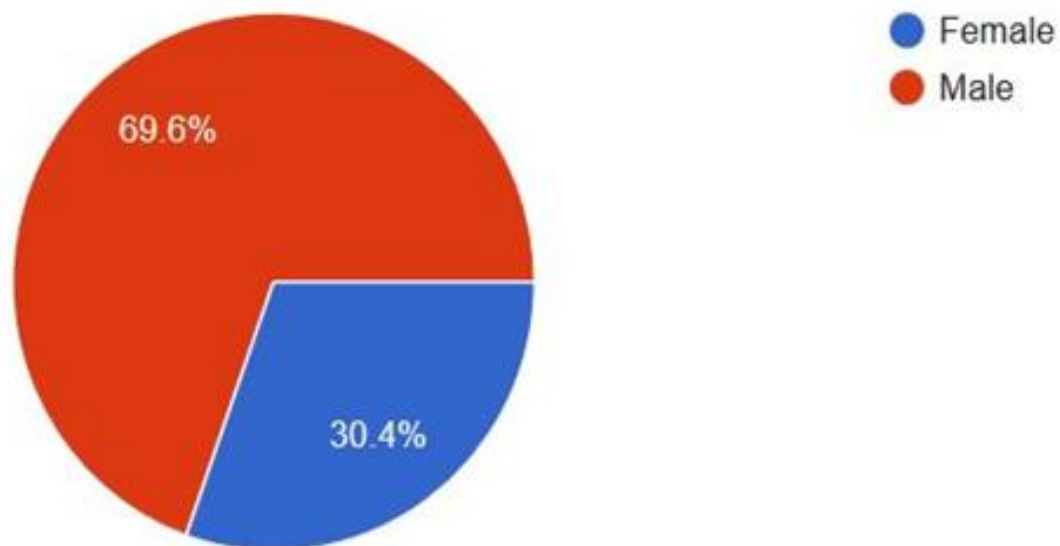


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1. Gender (92 responses)

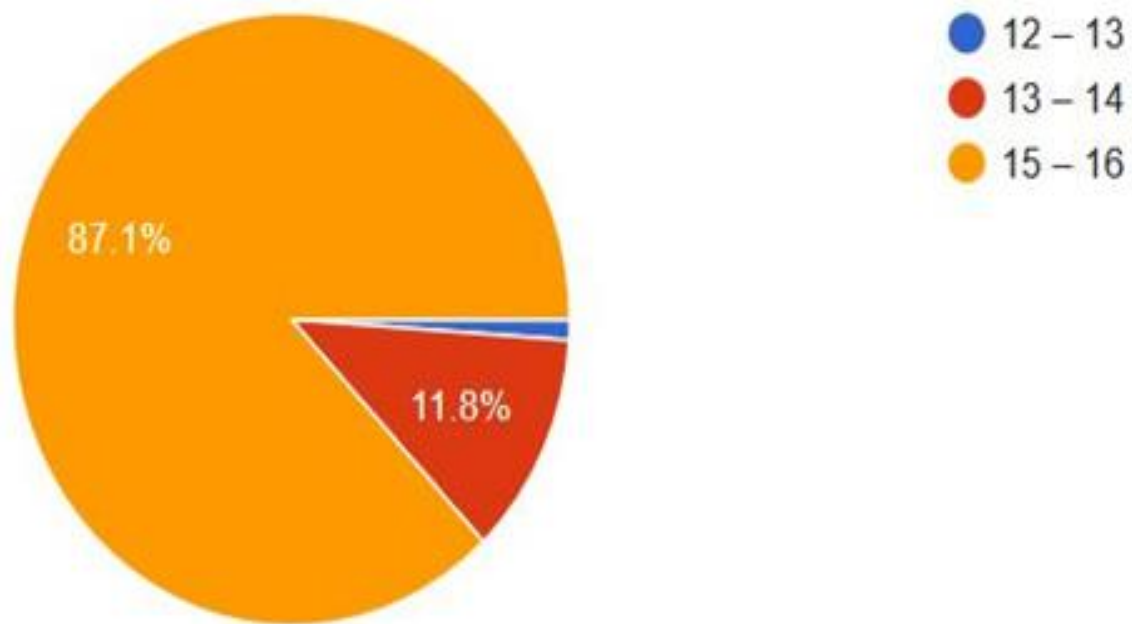


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2. Age (93 responses)

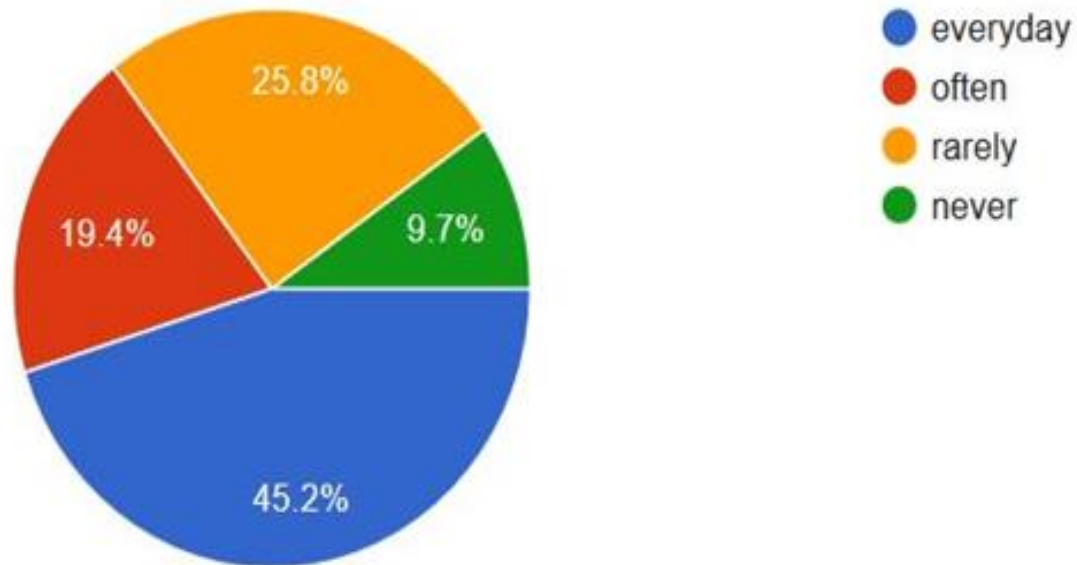


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3. How often do you eat breakfast? (93 responses)

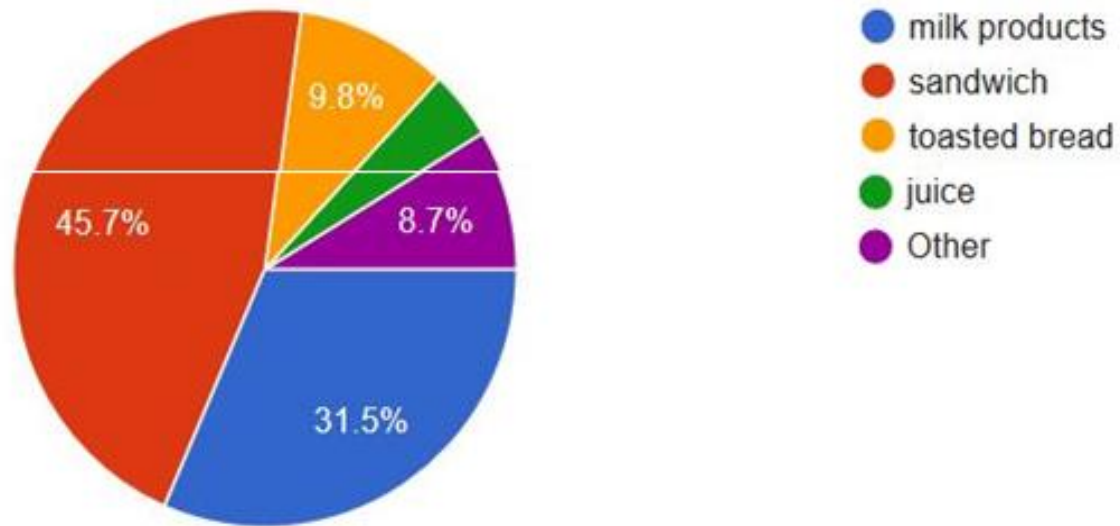


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4. What do you prefer for breakfast? (92 responses)

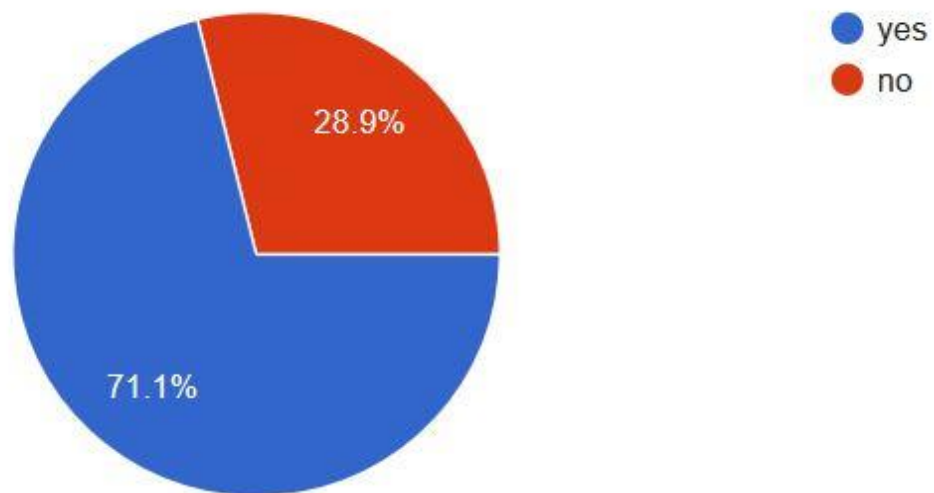


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5. Do you eat lunch in school? (90 responses)



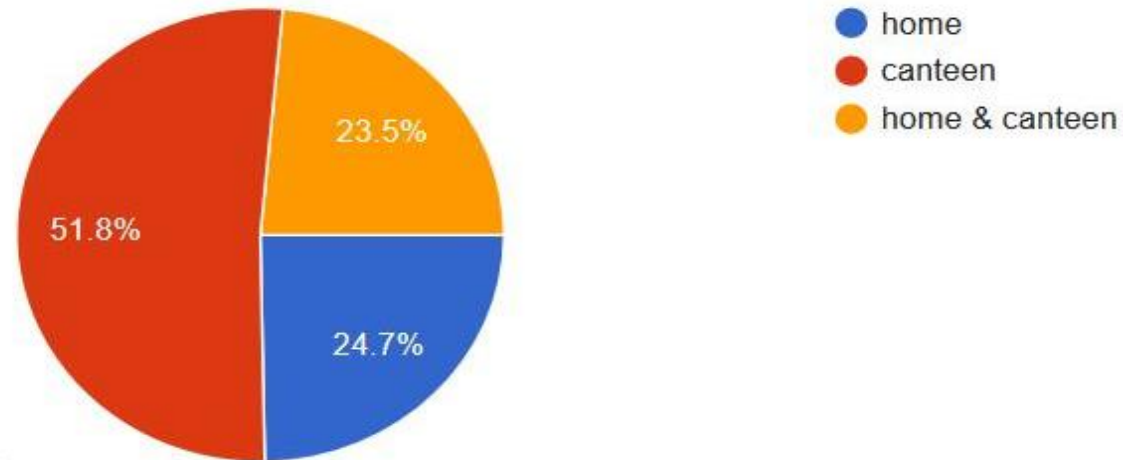
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6. If yes, are you preparing the food at home or are you buying it from the canteen?

(85 responses)

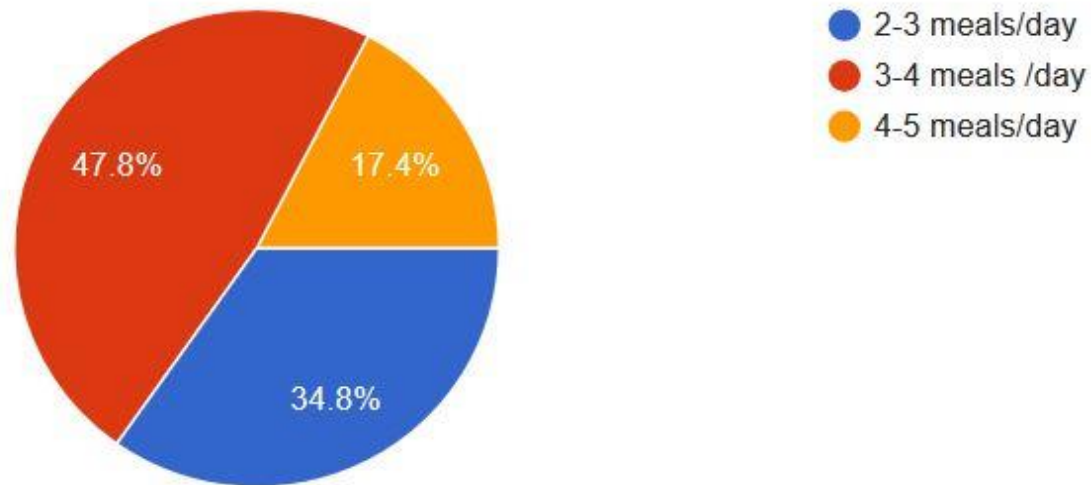


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7. How many meals do you have every day? (92 responses)

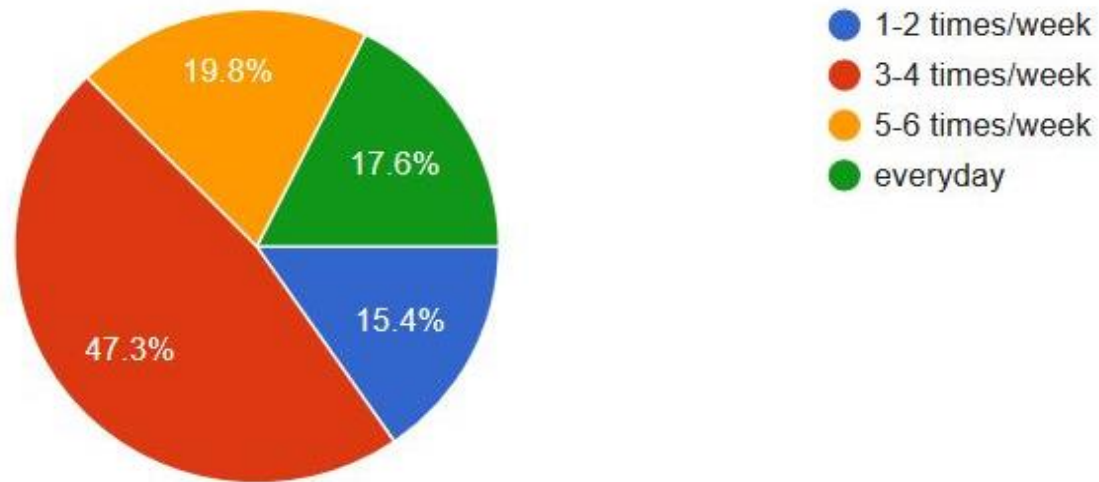


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8. How often do you include meat in your everyday meals? (91 responses)

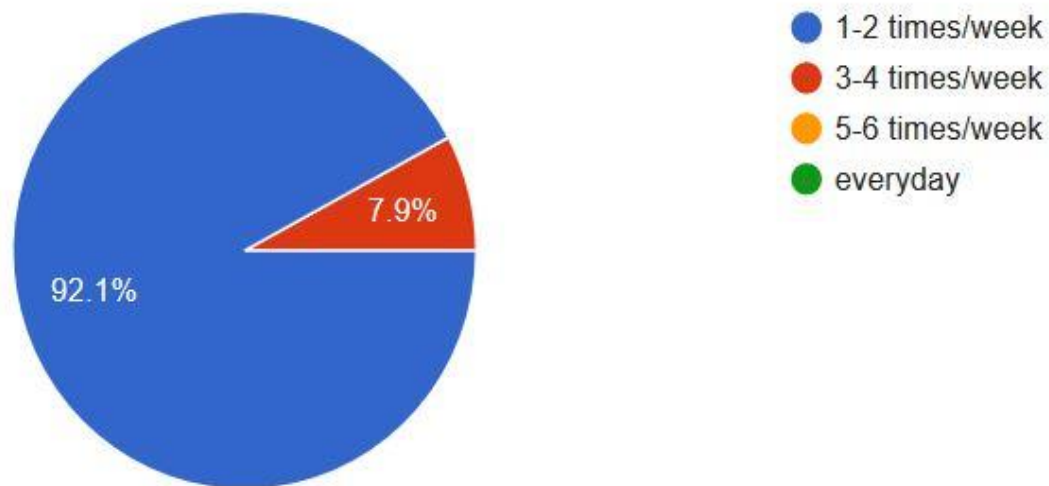


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9. How often do you include fish in your everyday meals? (89 responses)



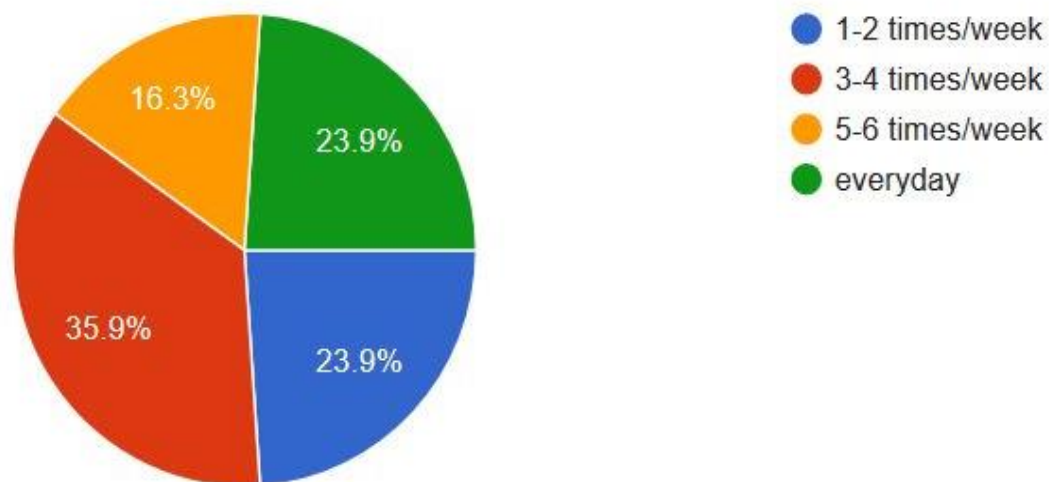
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10. How often do you include fruits and vegetables in your everyday meals?

(92 responses)

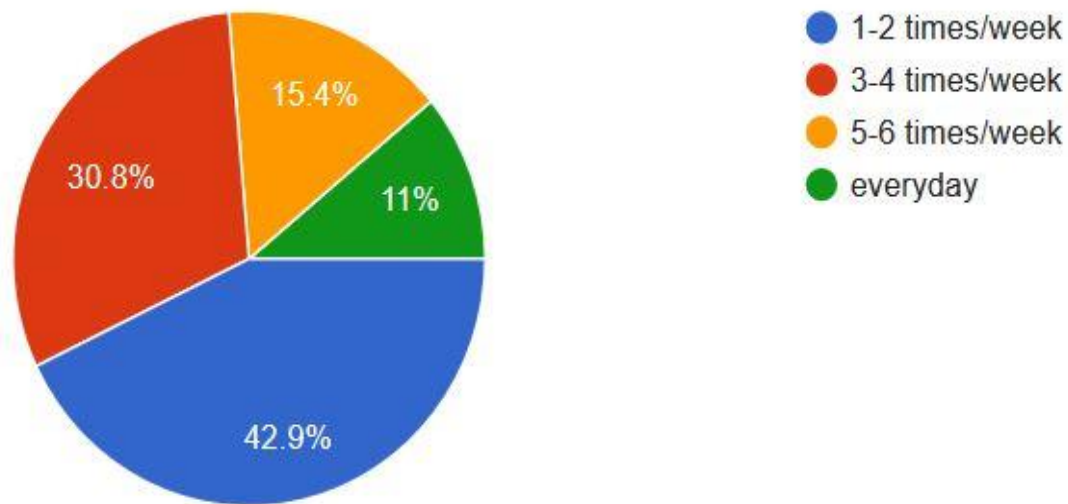


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11. How often do you eat sweets? (91 responses)



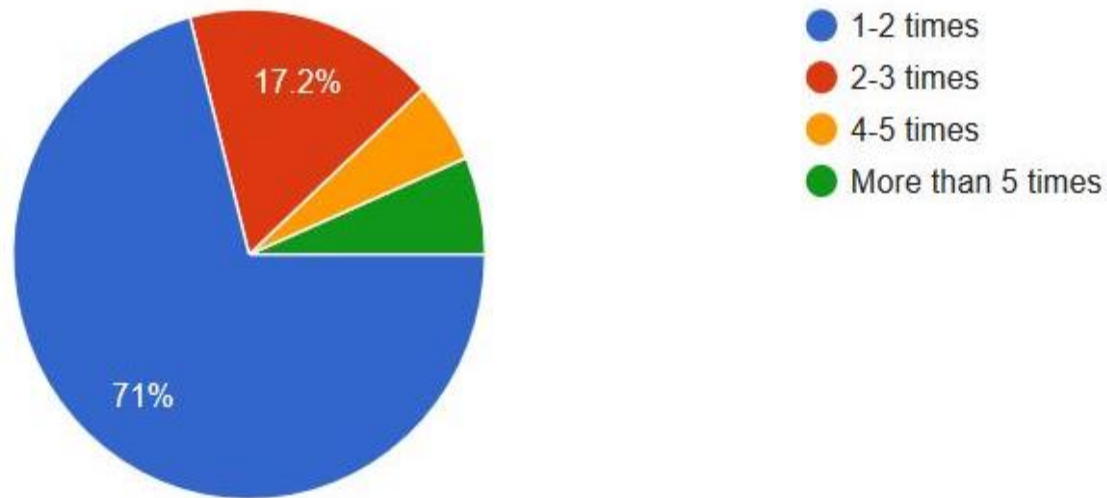
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12. How often do you eat in fast food restaurants (including weekdays + weekends) per month?

(93 responses)



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ANSWERS TO QUESTIONS SET AT A JOINT MEETING

**33 pupils from Elektrostrojarska škola
Varaždin were involved in this project. I
would like to personally thank everybody for
their time and effort spent on collecting all
the necessary data for this project.**

HOW MANY MEALS A DAY

Most respondents have 3-4 meals a day, of which three are main meals, and two are snacks, such as fruit, chocolate or candy.

OPINION AND CONCLUSION ON FOOD QUALITY AND FOOD INGESTION

I notice that almost all of the students are making the same mistake. **THEY EAT TOO LATE!** On average, both male and female respondents' dinner time is from 21 pm onwards.

There are students who eat a healthy dinner. One example: freshly squeezed orange juice, yogurt and cereal.

The problem is that, no matter how healthy the food is, it harms the body if it isn't digested because, ultimately, it is stored as fat.

In addition, the following symptoms may occur: discomfort, insomnia, "non-quality" sleep, heartburn, pain in the gut, and so on. But the biggest problem is that we are rising blood sugar levels. High blood sugar stimulates the release of insulin into the blood to transfer the sugar from the blood into the cells. The problem is that, in case you eat late, during the night there are more cycles of releasing insulin into the blood than would normally be, which results in excessive levels of insulin in the blood.

The result of too much insulin in the blood is the lack of sugar in the blood, which results in the secretion of a hormone called cortisol, popularly known as the "stress hormone".

Cortisol affects the entire body, but especially the human gastrointestinal tract and the adrenal glands. The function of the adrenal glands is the secretion of hormones and steroids.

The consequences that follow the regular weakening of the functions of the adrenal gland due to the influence of cortisol are: loss of muscle tone (especially in males during puberty, because of lower secretion of steroids), high blood pressure, and so on.

I believe that some of the respondents would be a little shocked if they knew which diseases can occur as a result of constant food and fluid intake before bedtime. Those diseases can be genetically passed onto future generations. An example would be congenital adrenal hyperplasia.

**MEALS PER DAY (FOOD WEIGHT
AND DAILY WATER INTAKE)**

Here we can see that the amount of daily food intake (according to available data) is higher in the male population compared with the tested female population.

On average per day, men digest about 700 g of food and around 5 l of fluid.

There is a lack of data in the survey for women, but based on the assessment, I can conclude that the weight of daily food intake is about 500 g, and for fluid intake around 5-6 l.

DAILY FLUIDS INTAKE

On average, male respondents consume about 5 l of fluids daily.

In the case of female respondents, due to the lack of data in the survey, I can estimate that the daily fluid intake is around 5-6 l.

Daily fluid intake varies from individual to individual; some respondents' daily intake of fluids exceeds 9 l, while with some it is less than 2 l.

It is also important to mention that many respondents prefer drinks like orange juice, coca-cola and fizzy drinks. The problem arises when we look at how little water enters the body in relation to the entry of "synthetic drinks".

HARMFUL SUBSTANCES (CANDY AND FLUIDS PROHIBITED BY LAW FOR PERSONS UNDER 18)

For a period of four days of the survey, almost every respondent has consumed at least one cake, 30 g of chocolate, 2-3 candies, a slice of cake, etc.

The conclusion is that everything is within the normal range, so there is no danger to health.

Note: For certain individuals we notice data about consumption of alcoholic drinks late at night.

WEEKEND VS. WEEKDAYS

(COMPARING EATING HABITS BETWEEN WEEKENDS AND WEEKDAYS)

You must think that the difference in diet between weekdays and weekends is substantial. During the week the respondents have school, so you would think that a good breakfast and lunch options are not available, but on weekends they would have time for a nice quality breakfast, lunch and dinner. In this case, it is not true. I notice that eating habits of weekdays continue during weekends: respondents don't have breakfast until around 11 am, and lunch is also at the same time as on weekdays, that is, around 4 pm.

It cannot be accurately and safely concluded whether such a schedule of eating is good or bad if we consider that the human metabolism adjusts and late breakfast becomes normal. What is not normal is how late the respondents have dinner: the average is around 9 pm, or 3 hours later than suggested.

FRUIT AND VEGETABLE INTAKE

In this area, we come to a split among the respondents.

Some respondents consume daily at least two fruits of different kinds, such as bananas, apples, pears, tangerines or oranges. However, others do not consume fruit at all.

Vegetable intake is not mentioned directly in the data available for analysis. I estimated data about the amount of vegetables consumed by looking at the type of food consumed: stew, cabbage or kale.

Because of the lack of data I can only roughly conclude that the entry of diverse vegetables needed to meet the daily amount of consumed vitamins (B12, C, A, E) and minerals (Mg, Ca, Fe) falls critically below the acceptable limit.

HOT MEALS

Most respondents have at least one hot meal a day. In most cases, it is lunch, while there are exceptions where dinner is the first hot meal of the day.

Thank you for your
participation

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