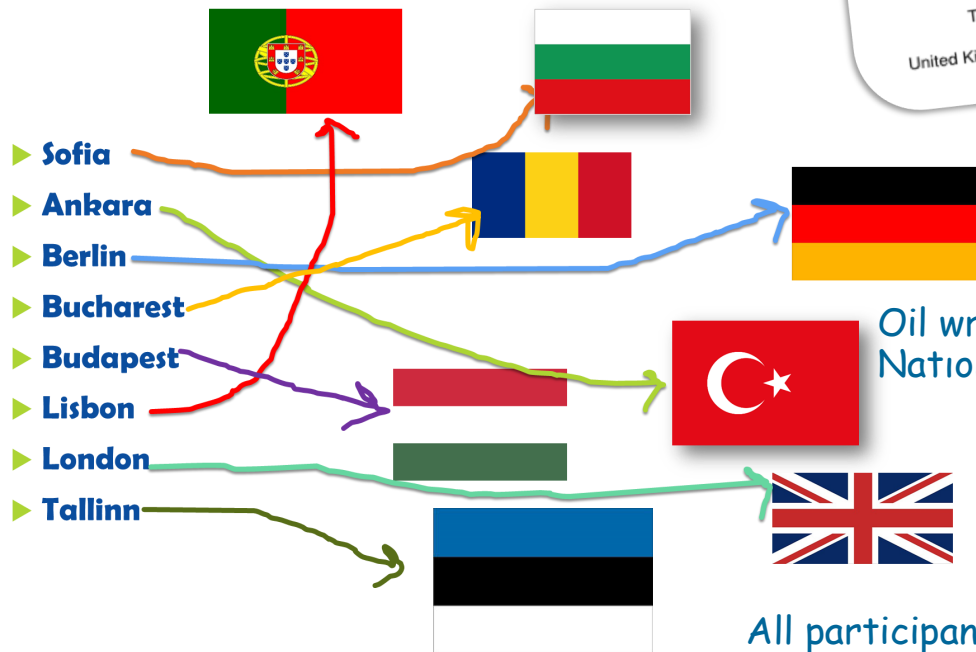
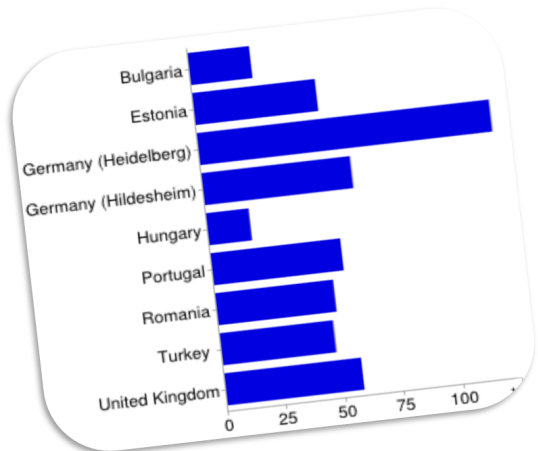


Questionnaires — Results

Questionnaire 1

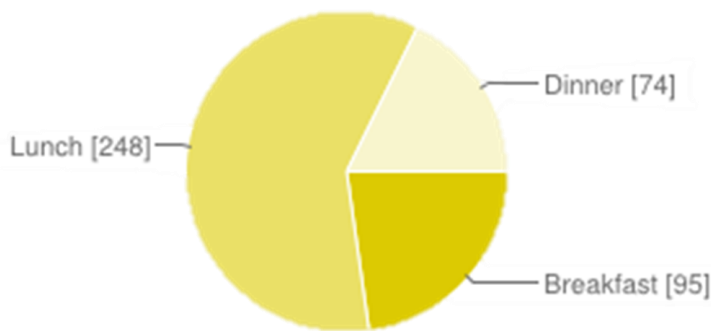
The total number of respondents was **448**, of which **227** were male and **221** were female. Most active in the responses were the partners from Heidelberg, Germany.



Oil wrestling is the National sport of Turkey.

All participants know the capitals of the partner countries well.

Lunch is the main meal in Germany.



Nadia Comăneci is the most famous gymnast of Romania.



The national dish of Hungary is Gulyàs.



Bacalhau is a Portuguese fish dish.



Bulgaria uses Cyrillic letters.



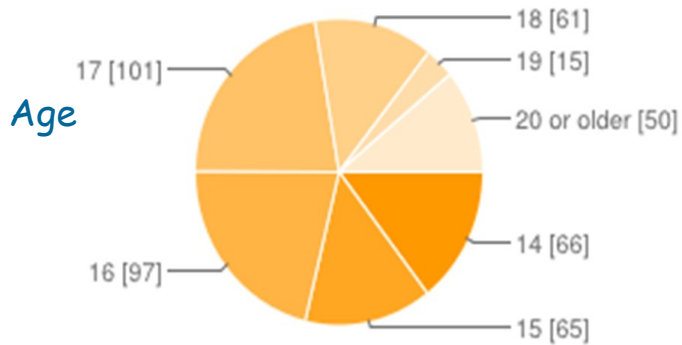
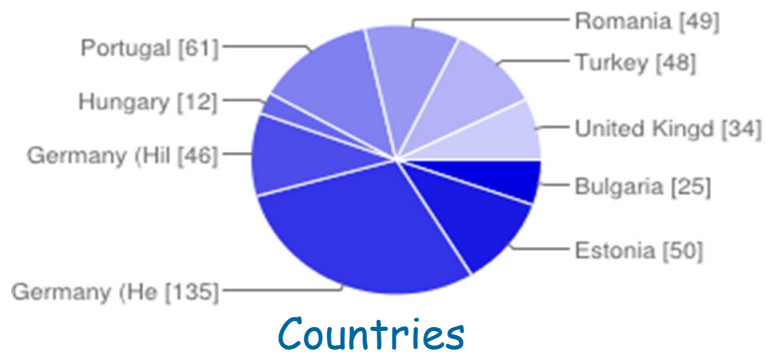
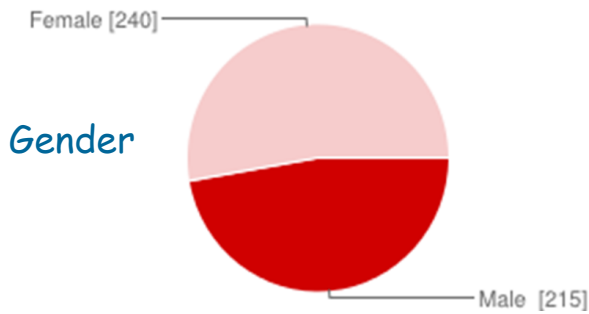
In the questionnaire most of the students answered that a Yorkshire pudding is a dessert, when in fact it is a part of a main meal.



Skype was invented in Estonia.



Results Questionnaire 2



I do sports...

- A. Every day B. 3-5 times a week
 C. Once a week D. Never

I eat breakfast...

- A. Every day B. 3-5 times a week
 C. Once a week D. never



Which of the following beverages do you drink most during the week?

- A. Water
- B. Coke or soft drinks in general
- C. Juice
- D. Tea
- E. Coffee
- F. Milk

Students answered 'I usually eat fruit or vegetables 2-3 times a day'.



The recommended minimum of exercise is 1 hour every day.



The healthy diet is ... specific to individual needs.

What is the best time of the day to eat a meal rich in carbohydrates?

- A. Morning
- B. Afternoon
- C. Evening



The average resting heart beat rate (adult male) per minute is 72.



How many hours of sleep are recommended as healthy?

- A. 6
- B. 8
- C. 10
- D. 12



How many meals a day are recommended? - 9



How can you become healthier?

- 1) To grow strong and healthy, try to follow these dietary guidelines:
- 2) Eat a varied food. Spend enough time for a meal in a pleasant and relaxed environment.
- 3) Do not miss breakfast, eat regularly.
- 4) Consume cereals as an important source of energy.
- 5) Consume more fruits and vegetables (if possible at every meal)
- 6) Take in milk and other dairy products
- 7) Choose lean meat, and eat other proteins such as fish, beans and lentils.



- 1) Don't eat lots of fat, especially animal and saturated, and try to avoid eating fried foods.
- 2) Take in enough fluids per day to keep yourself fully hydrated.
- 3) Maintain a healthy weight and be physically active every day.
- 4) Comply with hygiene rules for food storage, cooking and consumption.



Conclusion

Respondents are very well aware of a healthy lifestyle with necessary food and the role of sport for health. Healthy eating is the key to good health and success in school, if these meals are diverse, balanced and eaten regularly.