

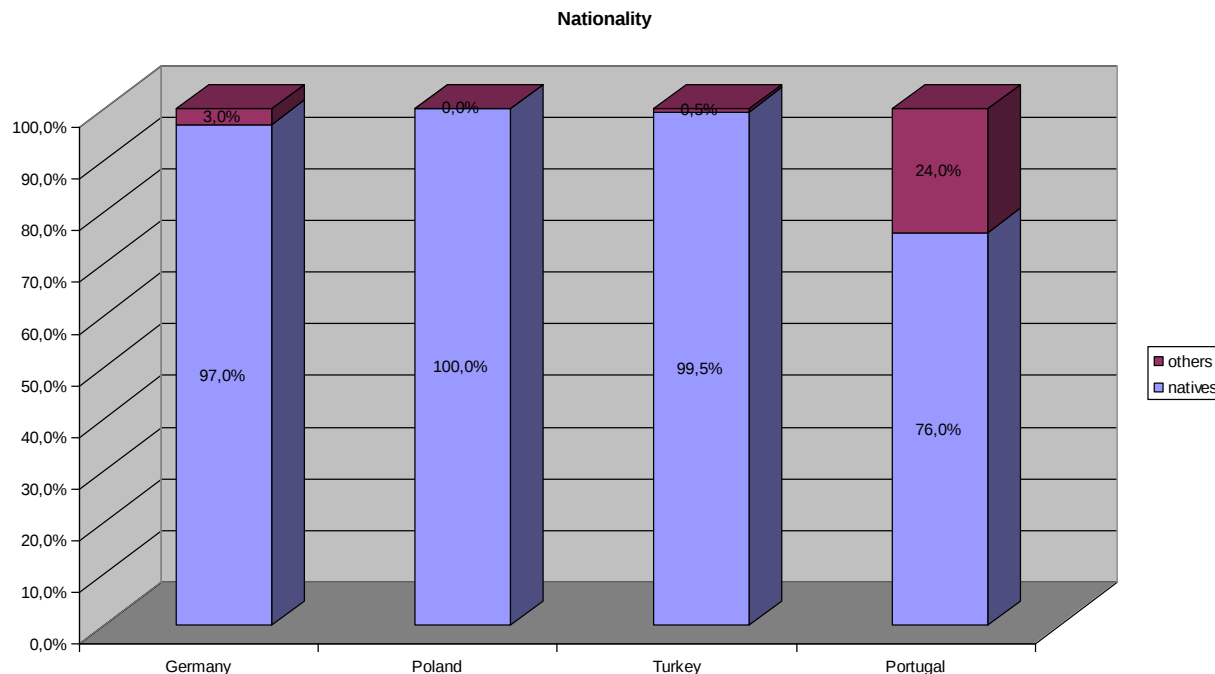
The survey analysis



Schlank und fit

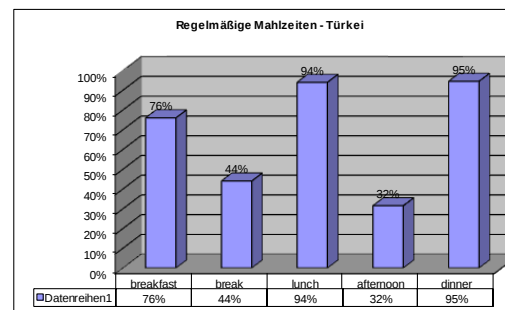
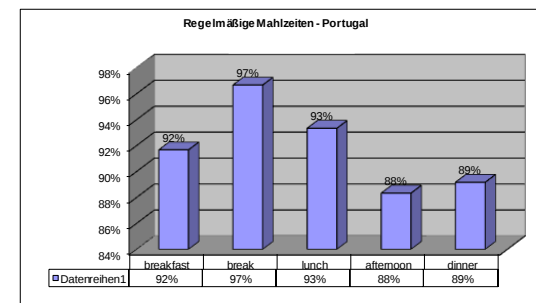
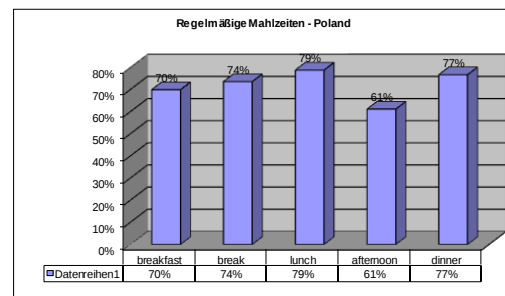
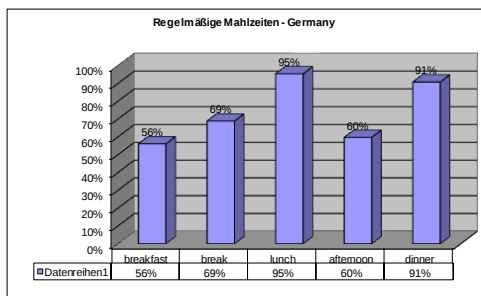
Number and age of the students questioned

Alltogether 709 students from Germany, Poland, Portugal and Turkey aged between 10 and 18 years took part in the first questionnaire of the Comenius project „Slim and fit“. The amount of students from foreign countries turned out to be highest in Portugal with a rate of 24%.



REGULAR MEALS

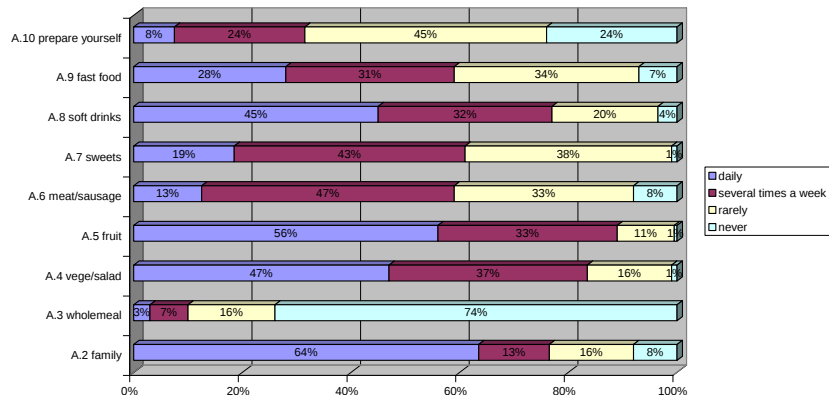
Nearly every second German student doesn't have breakfast on a school morning, whereas in the other three countries breakfast is had regularly, often eaten on their way to school. Main meals are taken in all four countries very regularly. Snacks in the morning or afternoon are no favourites with the Turkish students. The Polish very rarely have a common family meal, which might be due to the age of the students.



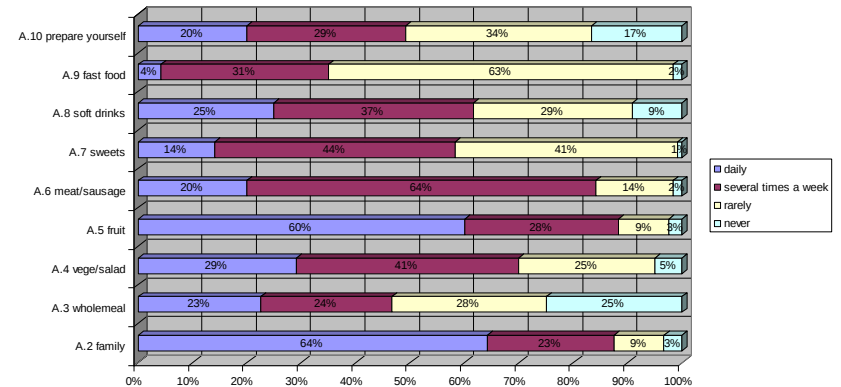
EATING HABITS IN GENERAL

Fruit is a favourite with the Portuguese and Turkish which surely results from climate conditions there. Lettuce and vegetables can be found very often on Turkish tables. But also in the remaining three countries students provide themselves sufficiently with vital vitamins.

Eating habits - Turkey



Eating habits - Portugal

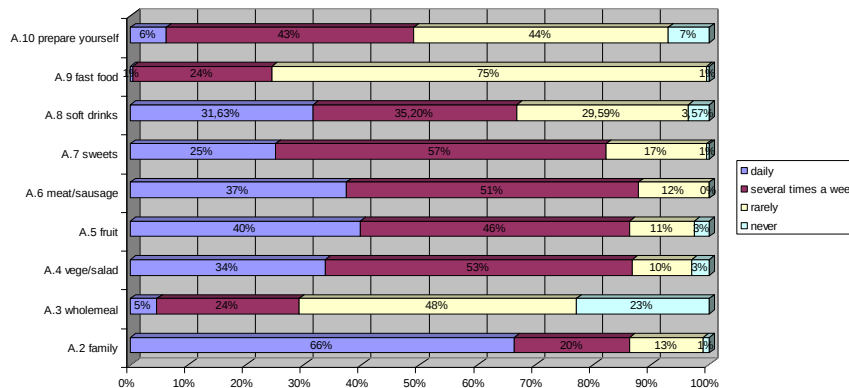


EATING HABITS IN GENERAL

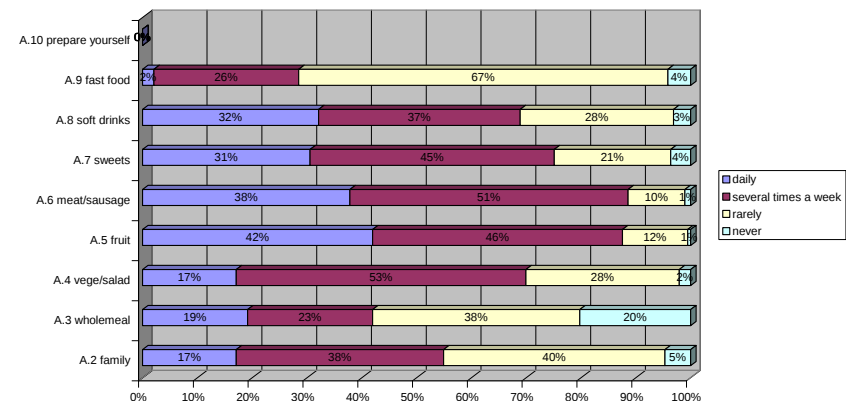
Three quarters of the students questioned have meat and cold meat several times a week except the Turkish ones. One reason for that might be that these products are very expensive in Turkey. Whereas Turkish students very often have fast food products, German students very rarely have.

Unfortunately sweets are being consumed regularly in all four countries.

Eating habits - Germany

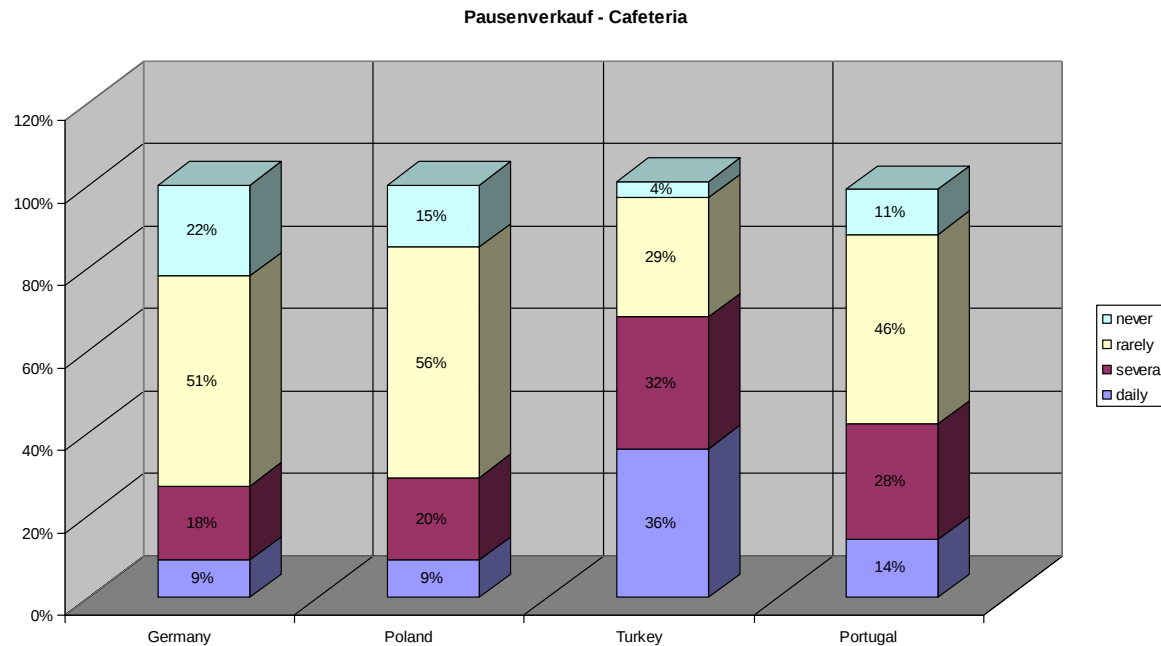


Eating habits - Poland



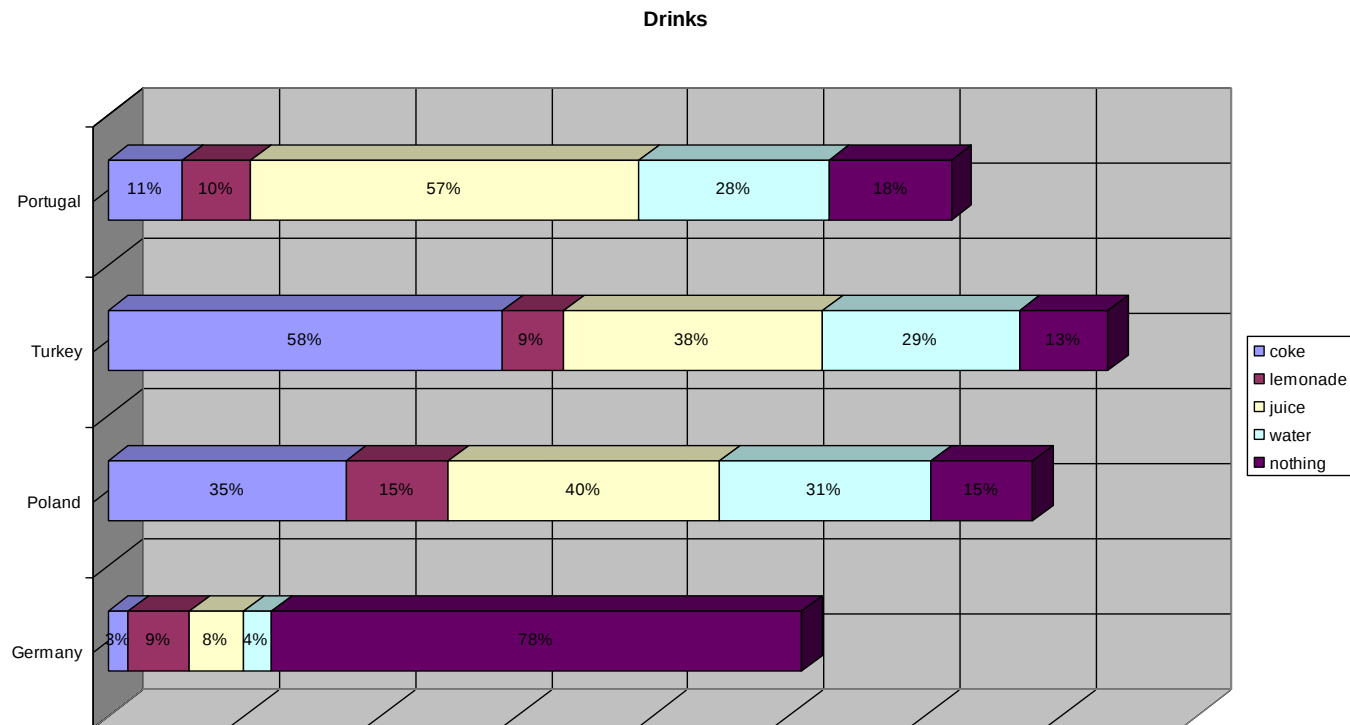
EATING HABITS AT SCHOOL

The Turkish and Portuguese students very often buy snacks at the school agents', Polish and German students less than a third.



EATING HABITS AT SCHOOL

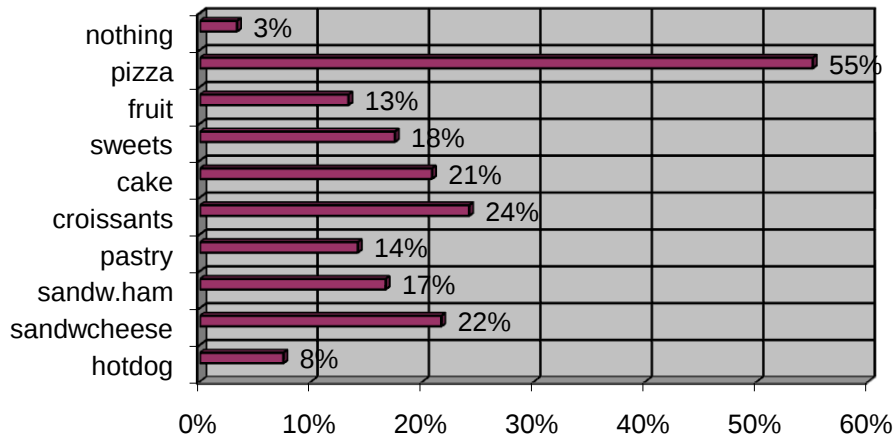
Turkish students are the far most to consume softdrinks (58%), with the Portugese it's fruit juice (57%).



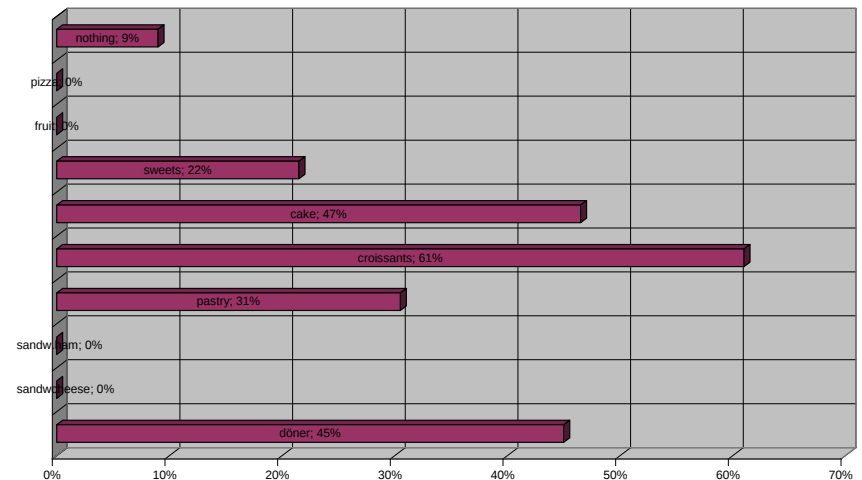
EATING HABITS AT SCHOOL

During breaks students of all four nations buy fattening snacks like pizza (Germany 39%, Portugal 58%) Doner (Turkey: 45%), cakes (Turkey and Poland 47% each). More healthy offers like fruit are seldom preferred.

Food eaten during breaks - Portugal

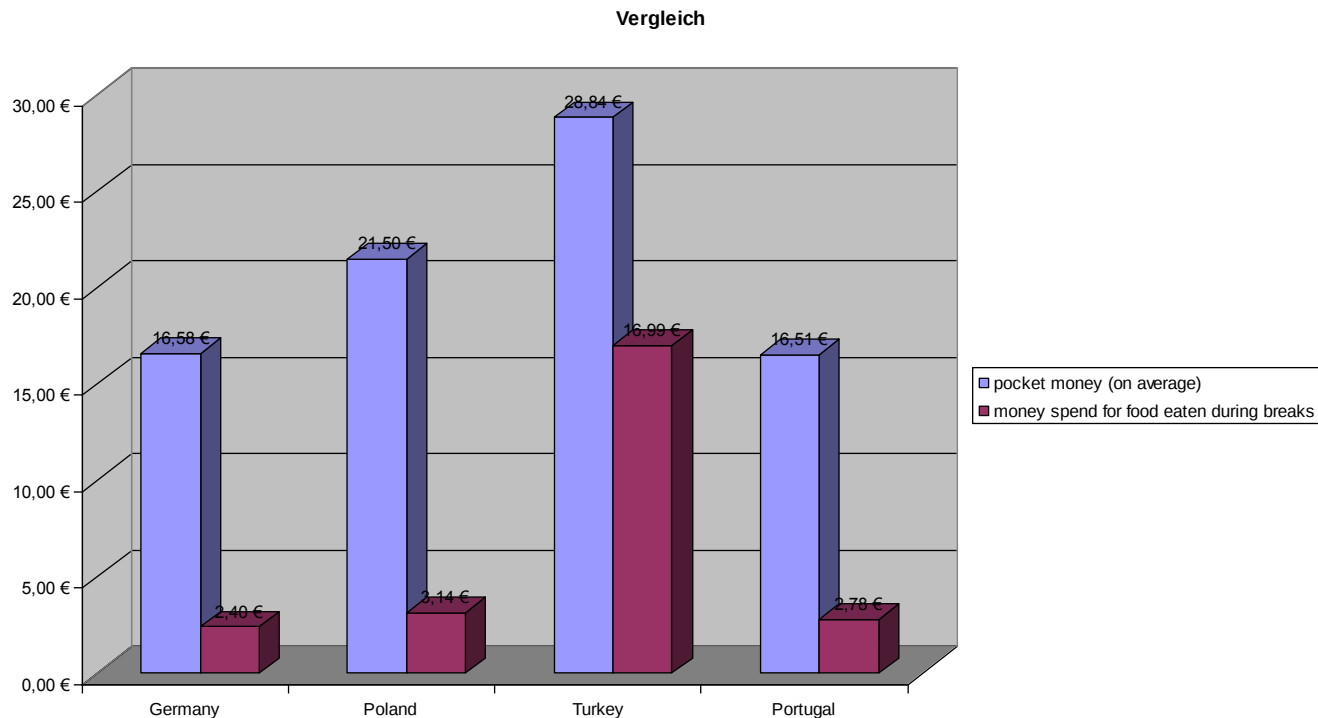


Food eaten during breaks - Turkey



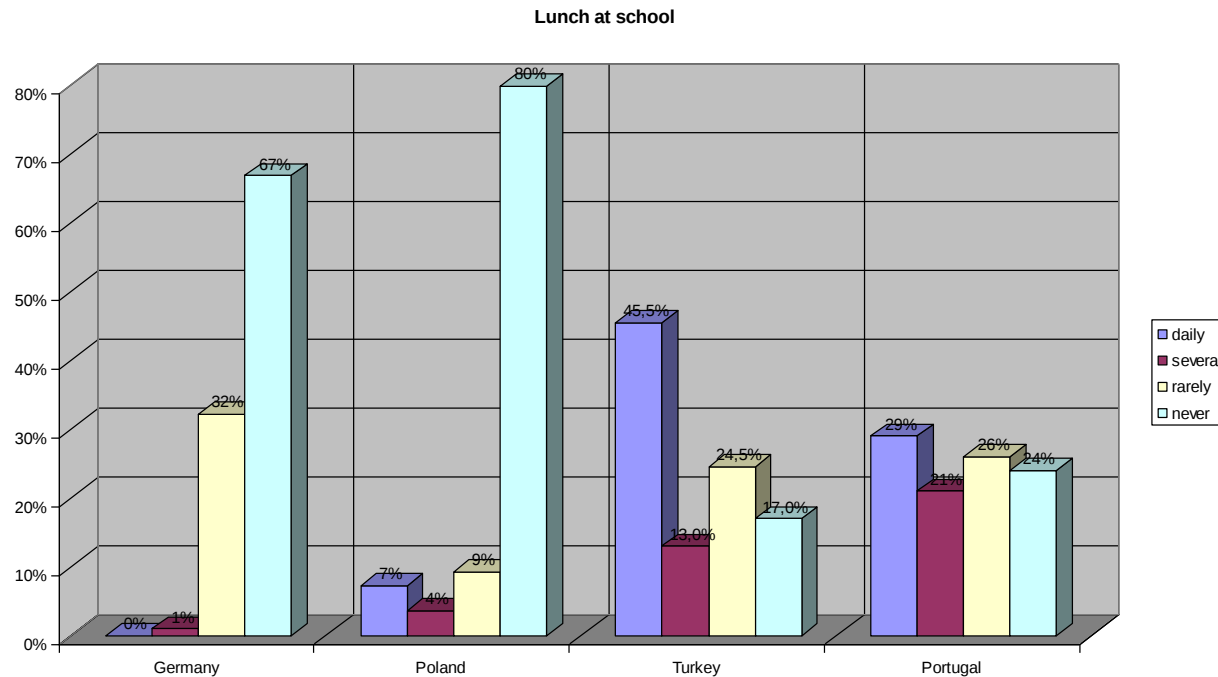
POCKET MONEY

About 28,84 € of pocket money is at the Turkish students disposal (which is more than the others') and also spend most of it at the school agents'. Also the Polish students who are older than the others have relatively much pocket money at their disposal (20 Euro). A reason for this could be that they also earn their own money with weekend jobs.



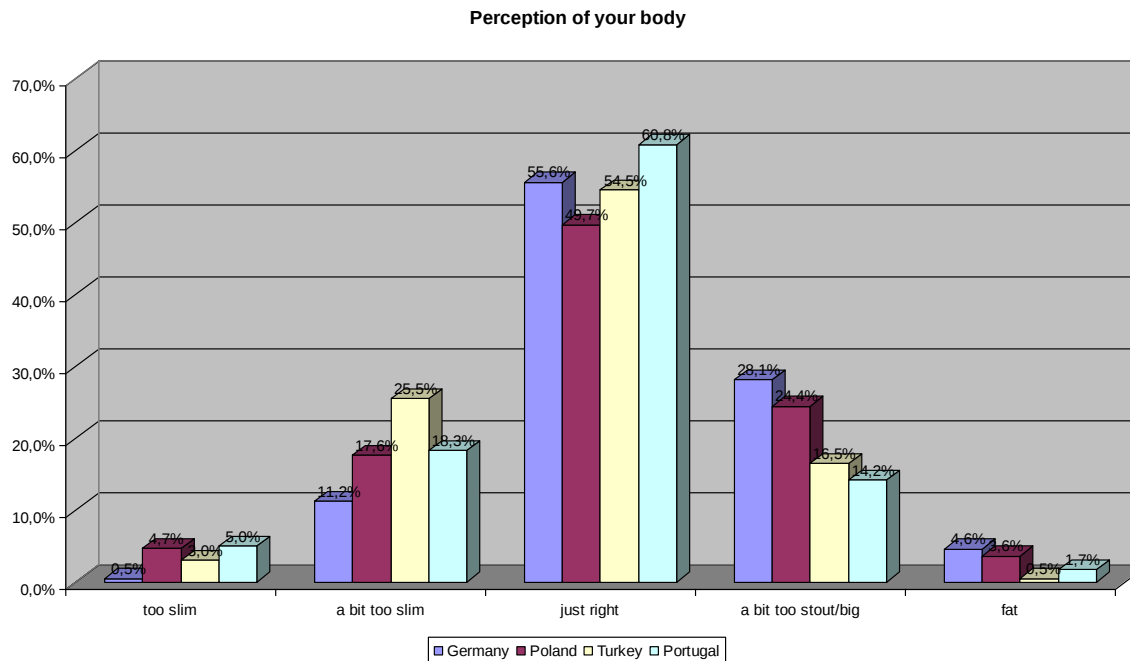
SCHOOL CAFETERIA

Lunch offered at the school cafeteria is freely accepted by most of the Turkish students. Germany students usually don't have afternoon lessons and therefore leave for home after school at lunch time. Lunch at school at Poland is quite expensive, that's why the students prefer to eat at home.



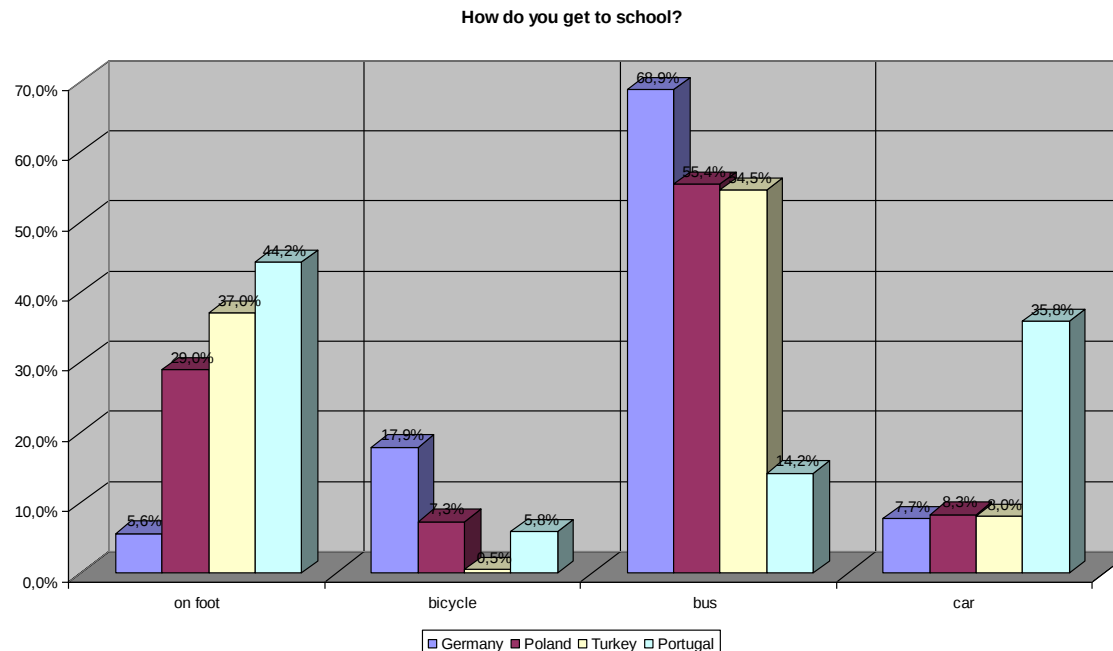
PERCEPTION OF ONE'S BODY

Most students of all four schools like their bodies. Despite a relatively high consumption of fast food products and softdrinks a quarter of the Turkish students even regard themselves as “a bit too slim”. Compared to the other three countries most of the students like their bodies. German students (more than 30%) less like their bodies.



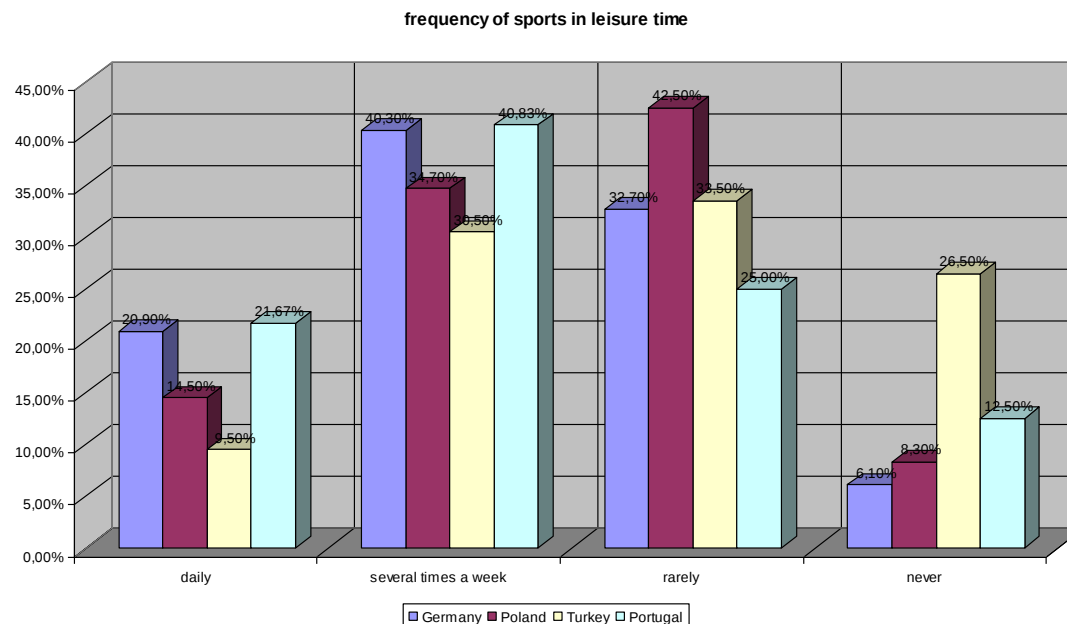
HOW DO YOU GET TO SCHOOL

Polish students cover a one way distance of 37 minutes on average to school, which is longest. Most of them go by bus. At least about 18% of the German students go to school by bike. In Portugal this is too dangerous because of lacking bikers' lanes and in Turkey it's not the usual thing to do.



SPORTIVE ACTIVITIES

Physical education is a very popular subject except in Poland (only 58% like it). German and Portuguese students regularly do sports in their sparetime. More than 60% said they'd be doing private sports several times a week on afternoons or weekends. Regarding the amount of time spent for sports activities the German students are leading with 3,7 hours on average followed by the Polish with 3,4 hours a week. The Turkish and Portuguese students only spent 2,1 hours of private physical training per week.



SPORTIVE ACTIVITIES

There is a similar result when doing sports in a club. Here again the German and Portuguese students are the most active ones doing sports several times a week. Again the Germans and Polish students spend most time on sports per week. It must be mentioned here that Turkish students don't have the same possibilities as students from other countries (there are no gyms at schools and no sport centres in towns).

