

### A CLASS SURVEY

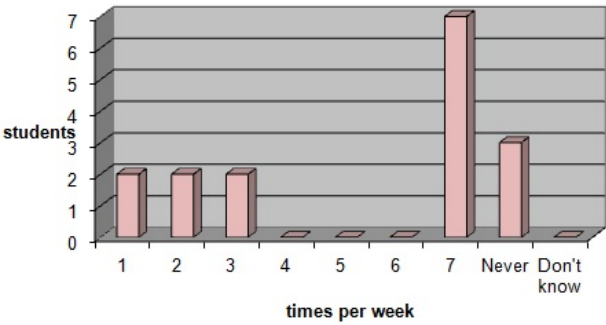
How healthy is your diet?

Number of participants: 16

Method: Diet diaries (for one week)

### RESULTS

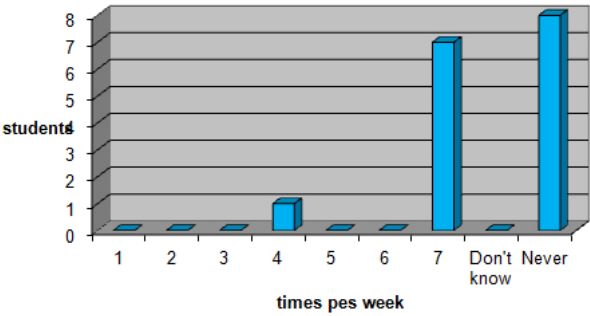
1)How many times did you eat green ☐ and other vegetables? ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



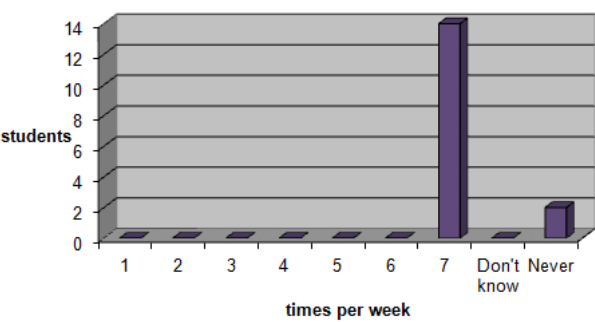
2)How many times did you eat fruit?

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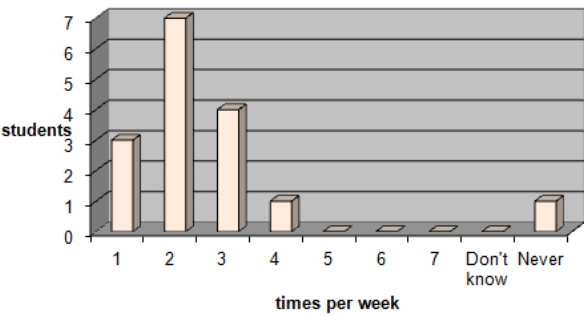
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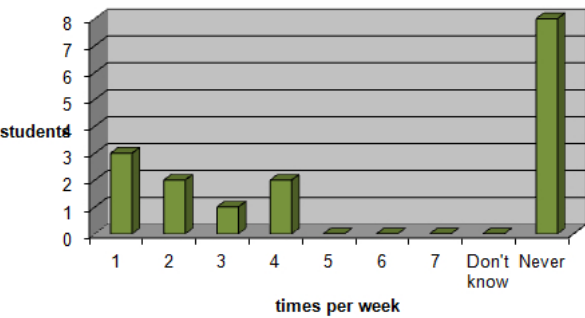
3) How many times did you drink milk and eat dairy products?



4) How many times did you eat meat?

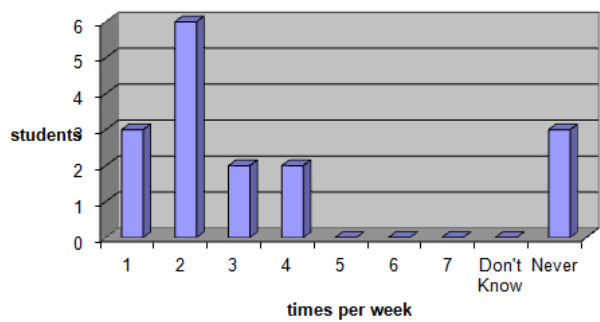


5) How many times did you eat poultry?



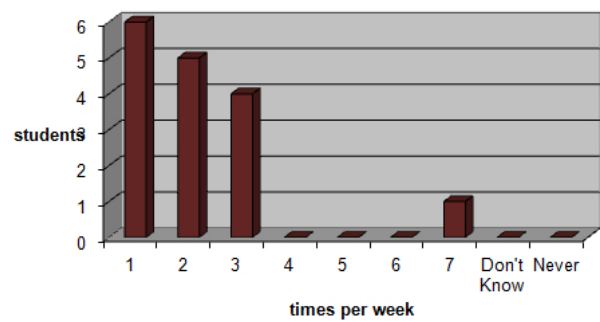
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6) How many times did you eat fish?



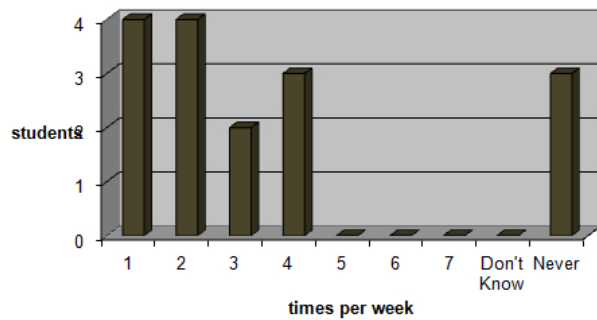
7) How many times did you eat bread and □ □ pasta? □ □

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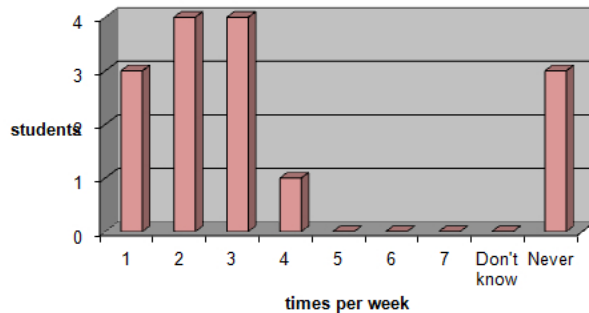


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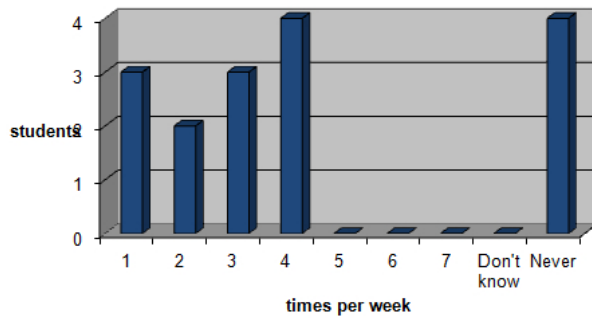
□ □ □ □ □ □ 8) How many times did you eat dried seeds □ and fruit?



9) How many times did you drink soft drinks? □ □ □



10) How many times did you eat sweets?



Conclusion: The results of this survey show that the diet of the students is not as healthy as it should be. They consume too many soft drinks and sweets, which is not good for their health. We should encourage them to eat more fruits and vegetables and drink more water. Thanks to Mrs. Zavounis for teaching us how to use the computer and for helping us with our research.