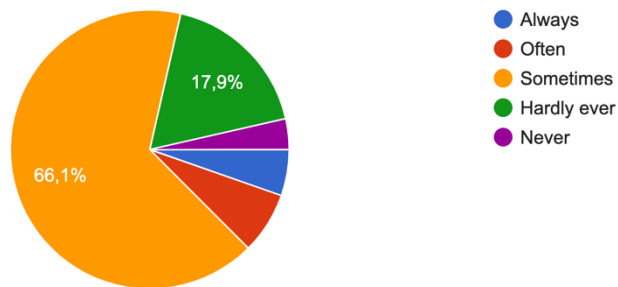


1. How often do you eat junk food?

56 respuestas



xi	fi	Fi
Always	3	3
Often	4	7
Sometimes	37	44
Hardly ever	10	54
Never	2	56

Median = 28 More than half of the respondents sometimes eat junk food.

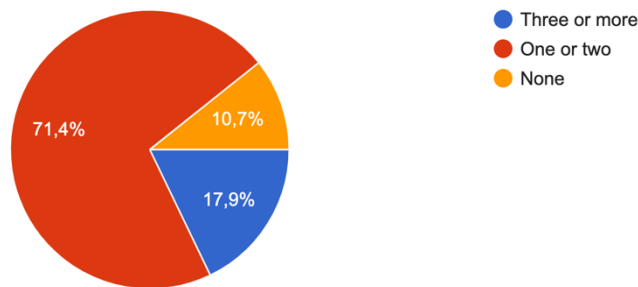
Mode: "sometimes" Among the respondents, the most common answer is that they sometimes eat junk food.

Conclusion: as we can see here, most of the students in our high school sometimes eat junk food and only three of them said that they always eat junk food.

We all know that eating junk food is not good for our health, basically because its regular consumption can lead to an increased risk of obesity and chronic diseases like cardiovascular disease and some cancers. However everything in this life is a balance, we don't have to learn not to eat junk food, we should learn to eat it, for example once a month or once every two weeks. In fact, most of the eating disorders are caused by the lack of knowledge that eating junk food is not bad at all. The problem comes when you eat it without control and turn junk food into one of the main foods of your diet.

2. How many pieces of fruit do you eat everyday?

56 respuestas



xi	fi	Fi
Three or more	10	10
One or two	40	50
None	6	56

Median = 28 More than half of the respondents eat one or two pieces of fruit everyday

Mode: "One or two". Among the respondents, the most common answer is that they eat one or two pieces of fruit everyday

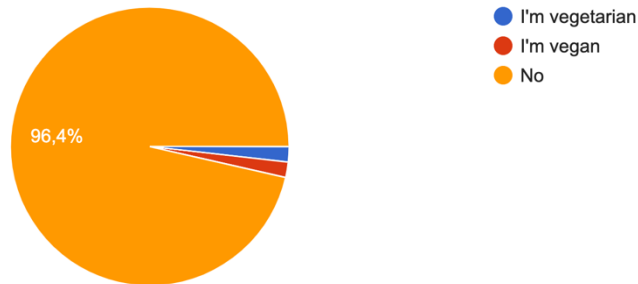
Conclusion: most of the students answered that they usually eat one or two pieces of fruit per day. There were others who said that they eat three or more and a little part of them said that they don't eat fruit every day. We supposed that obviously they eat fruit a bit, maybe they don't do it frequently. Do you know that the WHO recommends eating at least 5 portions of a variety of fruit and vegetables every day? So, if you eat at least two servings of fruit per day it is ok, taking into account that you are also eating vegetables.

But here comes the important question, why is it important to eat fruit every day?

Fruit is high in important nutrients like vitamins, minerals, fiber and antioxidants, due to this it is vital to eat many different types of fruit in order to get the most benefits. In addition, there are many studies indicating that fruit intake is associated with a lower risk of many serious diseases, including heart disease, stroke and type 2 diabetes.

3. Are you vegetarian or vegan?

56 respuestas



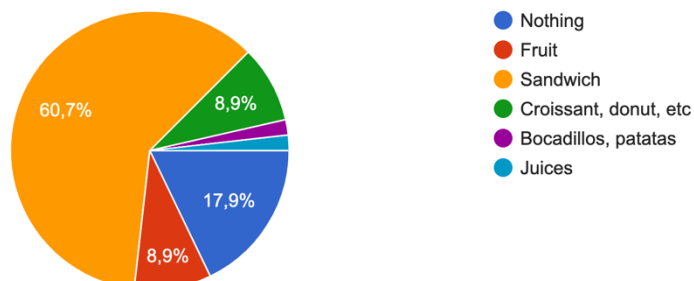
xi	fi	Fi
No	54	54
Vegetarian	1	55
Vegan	1	56

Median = 28 Almost all of the respondents aren't vegetarian or vegan

Mode: "No" Among the respondents, the most common answer is that they aren't vegetarian or vegan

4. What do you usually eat at school?

56 respuestas



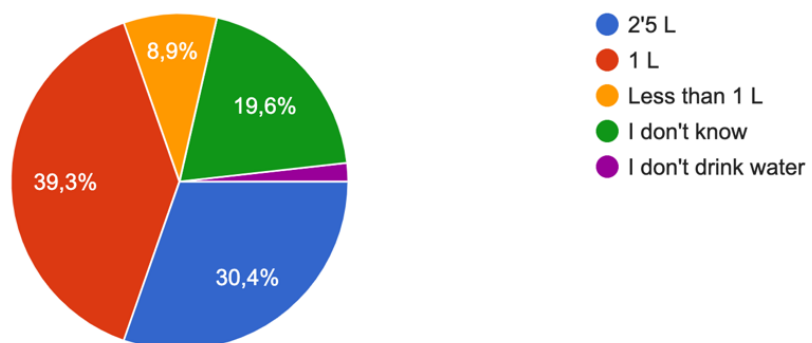
xi	fi	Fi
Sandwich	35	35
Nothing	10	45
Fruit	5	50
Croissant, donut, etc	5	55
Juices	1	56

Median = 28 More than half of the respondents eat a sandwich at school

Mode: "Sandwich" Among the respondents, the most common answer is that they eat a sandwich at school

5. How many litres of water do you drink per day?

56 respuestas



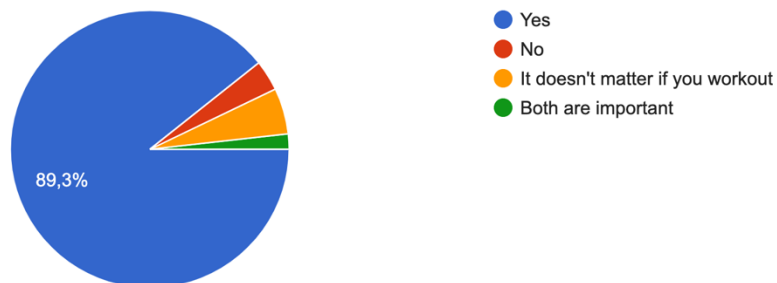
xi	fi	Fi
2,5 L	17	17
1 L	22	39
Less than 1 L	5	44
I don't know	11	55
I don't drink water	1	56

Median = 28 Less than half of the respondents drink 2'5 L of water per day

Mode: "1 L" Among the respondents, the most common answer is that they drink 1 L of water per day

Conclusion: do you know how much water we should drink per day? According to the WHO we should drink at least 2 liters every day. In our high school, a great part of the students only drink 1L per day. Based on these results, we think that we should make others aware of the importance of drinking water. Among all the benefits that drinking water has, the most important one is that it keeps every system in the body functioning properly. Because of that if you don't drink enough water each day, you risk becoming dehydrated.

6. Do you think it's important to have a more balanced diet in order to have a healthier lifestyle?
56 respuestas

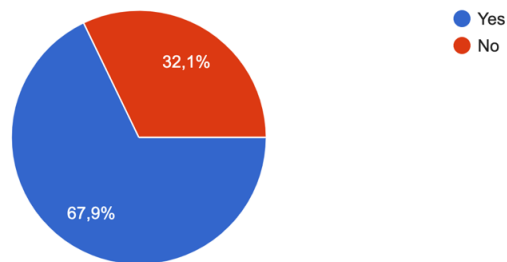


xi	fi	Fi
Yes	50	50
It doesn't matter if you workout	3	53
No	2	55
Both are important	1	56

Median = 28 Almost all of the respondents think it's important to have a balanced diet

Mode: "Yes" Among the respondents, the most common answer is that they think it's important to have a balanced diet

7. Do you care about the origin of the food that you eat?
56 respuestas

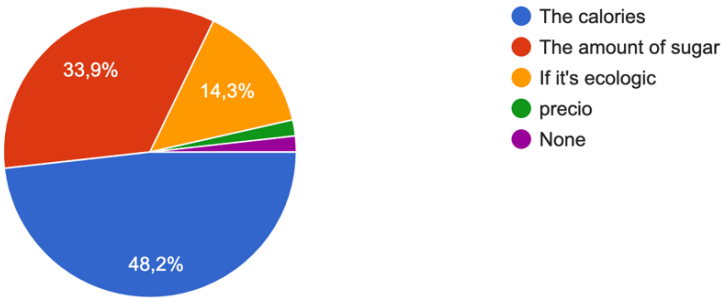


xi	fi	Fi
Yes	38	38
No	18	56

Median = 28 Half of the respondents care about the origin of the food

Mode: “Yes” Among the respondents, the most common answer is that they care about the origin of the food

8. In case you do, what do you look for when choosing between two products?
56 respuestas



xi	fi	Fi
The calories	27	27
The amount of sugar	19	46
If it's ecologic	8	54
None	1	55
The price	1	56

Median = 28 Half of the respondents look for the calories when buying

Mode: “The calories” Among the respondents, the most common answer is that they look for the calories when buying

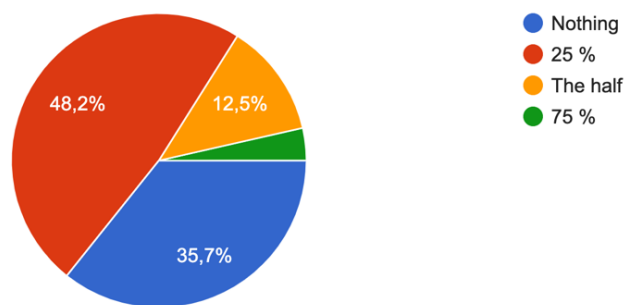
Conclusion: from our point of view, we have a bad concept about calories. Having less calories doesn’t mean that the product is healthier. When you buy a product you have to

look at the nutrition facts label, doing it you can decide correctly if a product is healthy or not.

In our high school most of the students look for the calories of the products, others look for the amount of sugar and that's something all of us should take into account when choosing a product because today the food industry provides us with food full of sugar. That is one of the reasons for the huge number of people with diseases like cholesterol, diabetes, obesity...

9. How much food do you think is thrown away in your house?

56 respuestas



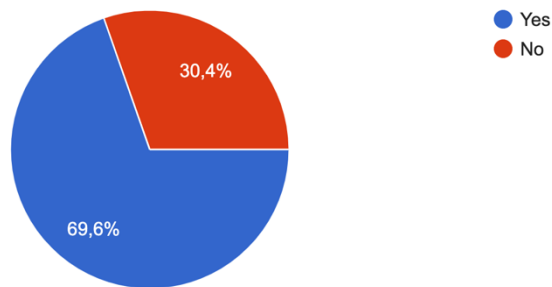
xi	fi	Fi
25 %	27	27
Nothing	20	47
The half	7	54
75 %	2	56

Median = 28 Almost half of the respondents think that in their houses 25% of the food is thrown away.

Mode: "25 %" Among the respondents, the most common answer is that they throw away a 25 % of the food

10. Do you recycle your food scraps?

56 respuestas



xi	fi	Fi
Yes	39	39
No	17	56

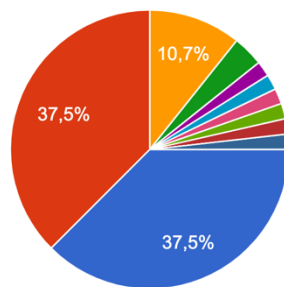
Median = 28 Half of the respondents recycle their food scraps

Mode: "Yes" Among the respondents, the most common answer is that they recycle their food scraps

Conclusion: more than half of the students in our high school said that they recycle their food scraps and that is something good, because doing it you can save money and lower your carbon footprint so besides helping the planet you reduce your outlay. And why is it important to recycle our food scraps? The answer is simply, you just have to think about the energy required to transport, retail and then dispose of food waste. Of course, you know that the production of this energy requires the burning of fossil fuels which are non-renewable sources. So, imagine how much we can reduce if each one of us reuses food scraps instead of throwing them away.

11. In case you do, how do you use them?

56 respuestas



- To make more food
- To give them to my pets
- To make compost
- No lo hago
- Se las doy a las gallinas de mi abuela
- No
- Pienso
- Nothing

▲ 1/2 ▼

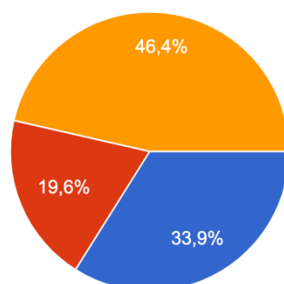
xi	fi	Fi
To give them to my pets	21	21
To make more food	21	42
To make compost	6	48

Median = 28 Less than half of the respondents make more food with the scraps or they give them to their pets

Mode: "To make more food" and "To give them to my pets" Among the respondents, the most common answer is that they make more food or they give them to their pets

12. Do you usually shop with a grocery list?

56 respuestas



- Yes
- No
- Sometimes

xi	fi	Fi
Yes	26	26
No	19	45
Sometimes	11	56

Median = 28 Almost half of the respondents sometimes shop with a grocery list.

Mode: “sometimes” Among the respondents, the most common answer is that they shop with a grocery list

Conclusion: in our high school almost half of the students sometimes shop with a grocery list. From our point of view they should do it more often in order to reduce their food waste.

Just think about it if you shop without a shopping list: how many times have you gone to the shop uncertain if you already have enough milk, rice and potatoes? We think that even once in our life we have done it. Did you know that every year we throw away tons of food and drinks that could have been eaten? This isn't just a waste of food, it also has serious impacts on the environment and our pockets.