



# European Goodwill Cup

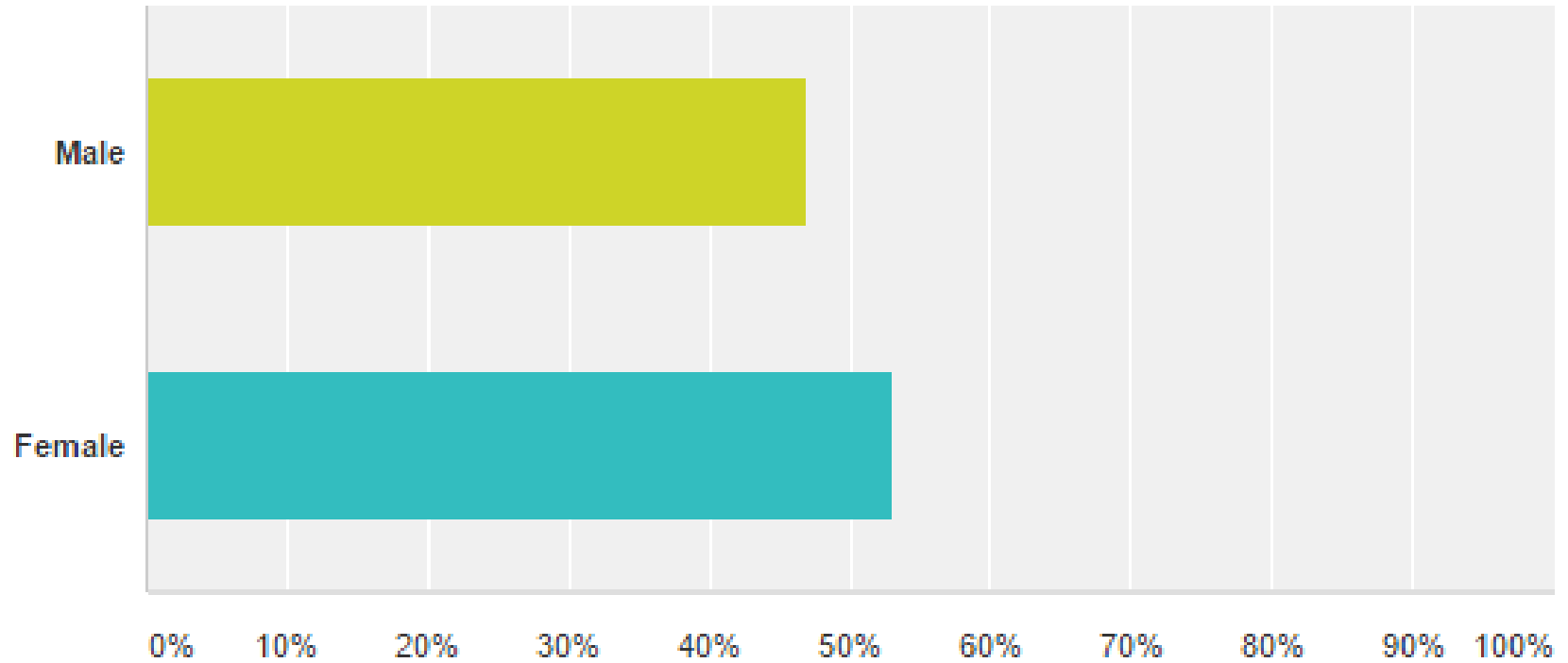


## Questionnaire Results “Healthy Lifestyle”

### Greece

# Please choose your gender:

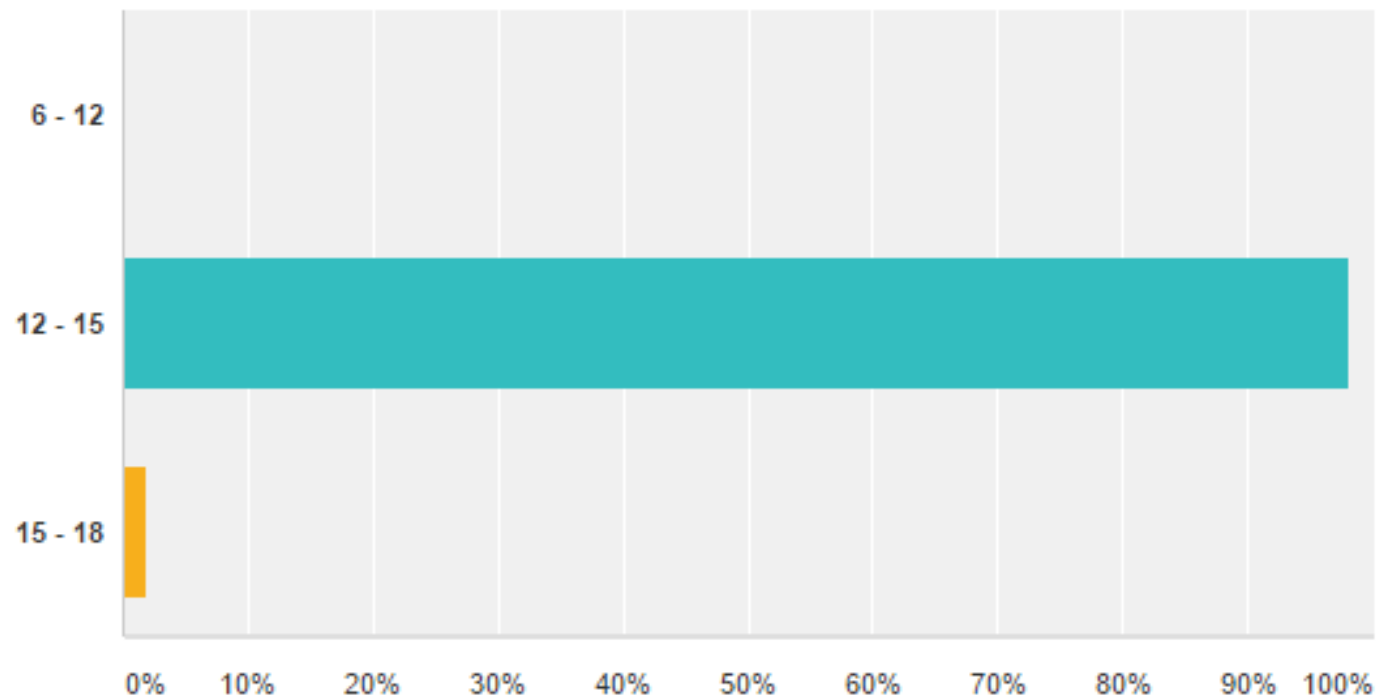
Answered: 51 Skipped: 0



Answer Choices	Responses	
Male	47.06%	24
Female	52.94%	27
Total		51

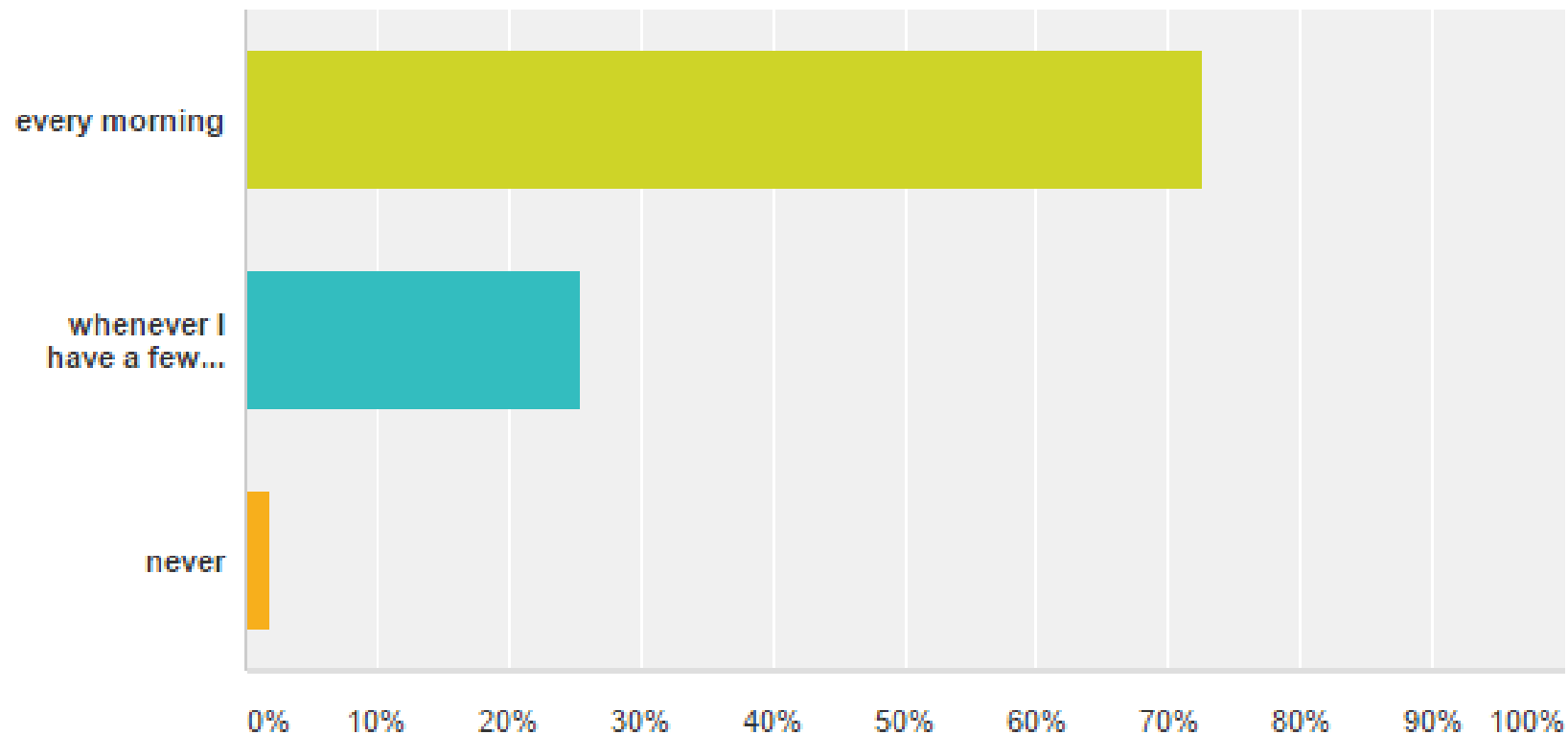
# Please choose your age group (in years old):

Answered: 51 Skipped: 0



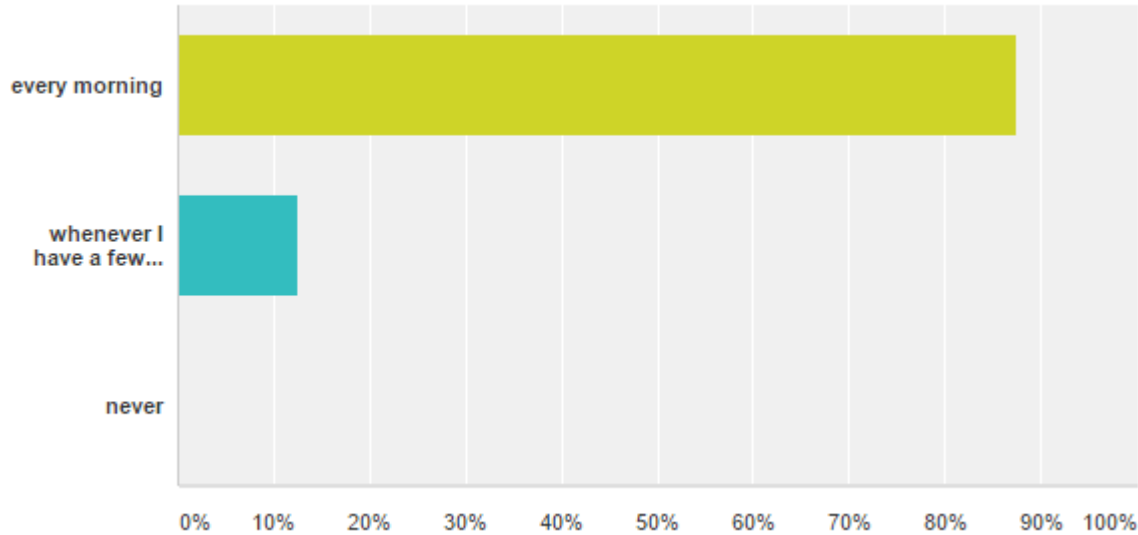
Answer Choices	Responses
6 - 12	0.00% 0
12 - 15	98.04% 50
15 - 18	1.96% 1
Total	51

# Q1: I eat breakfast...

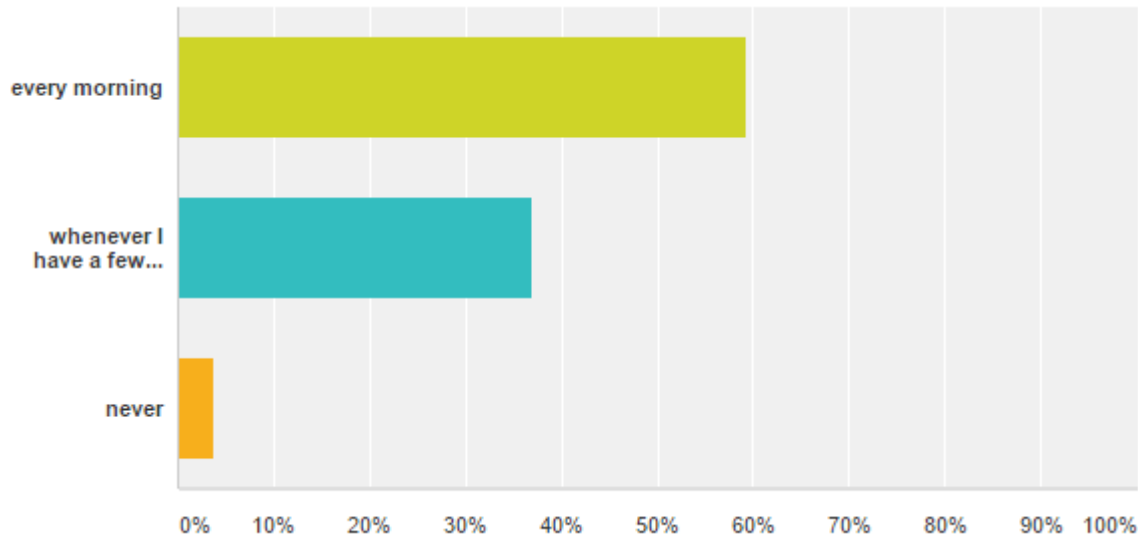


Answer Choices	Responses	
every morning	72.55%	37
whenever I have a few minutes left, before I go to school	25.49%	13
never	1.96%	1
Total		51

# Q1: I eat breakfast...

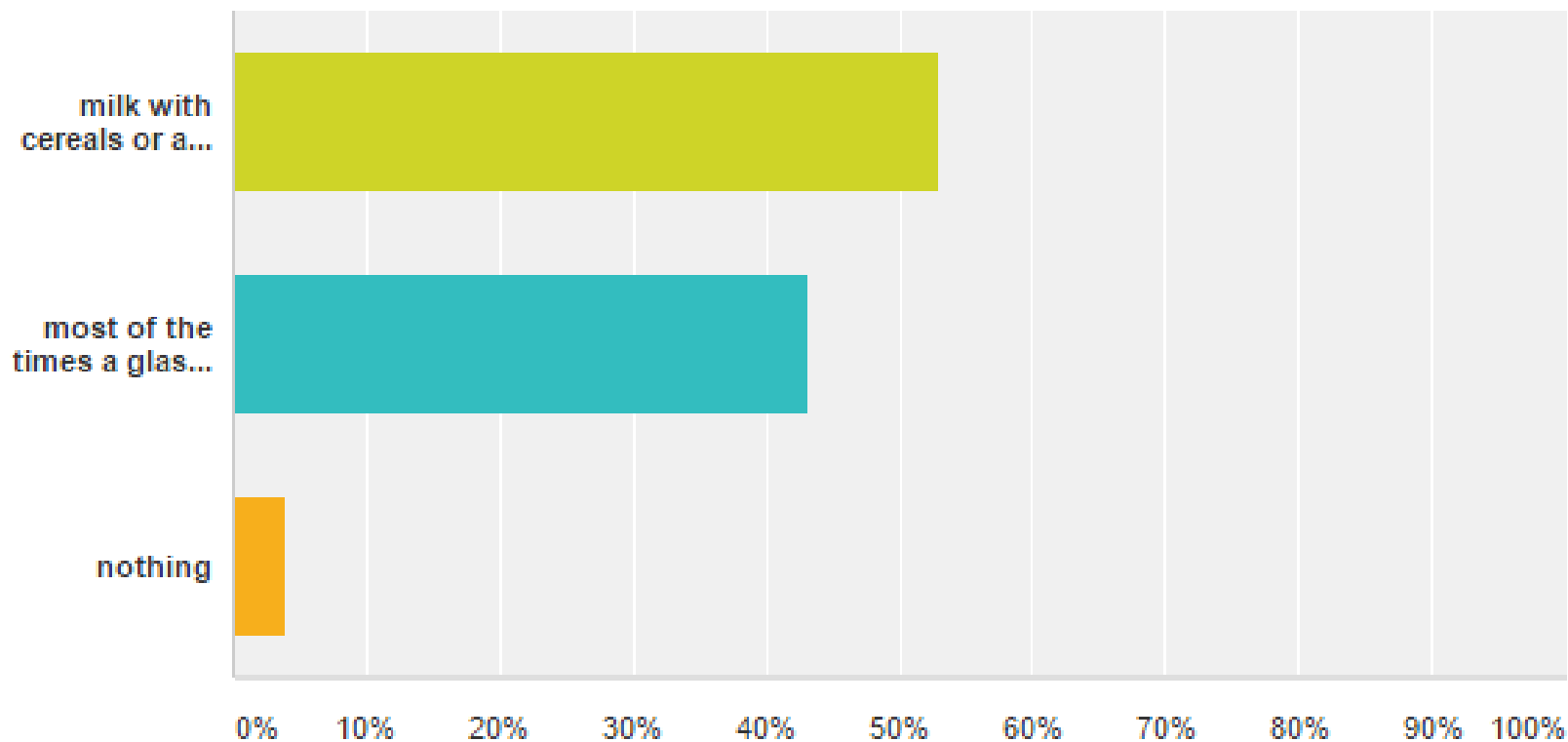


**Boys**



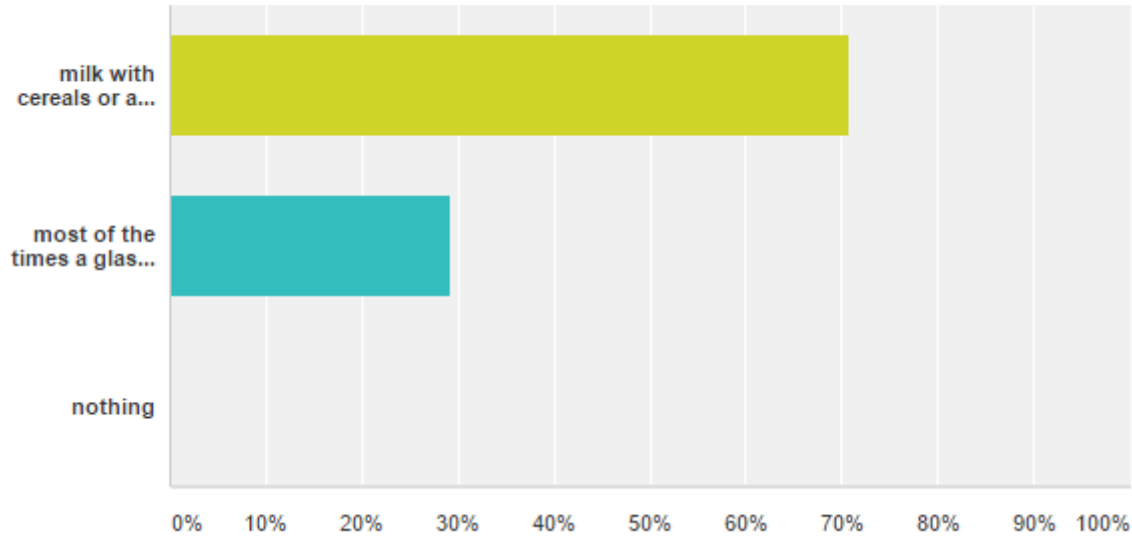
**Girls**

## Q2: For breakfast I usually eat...

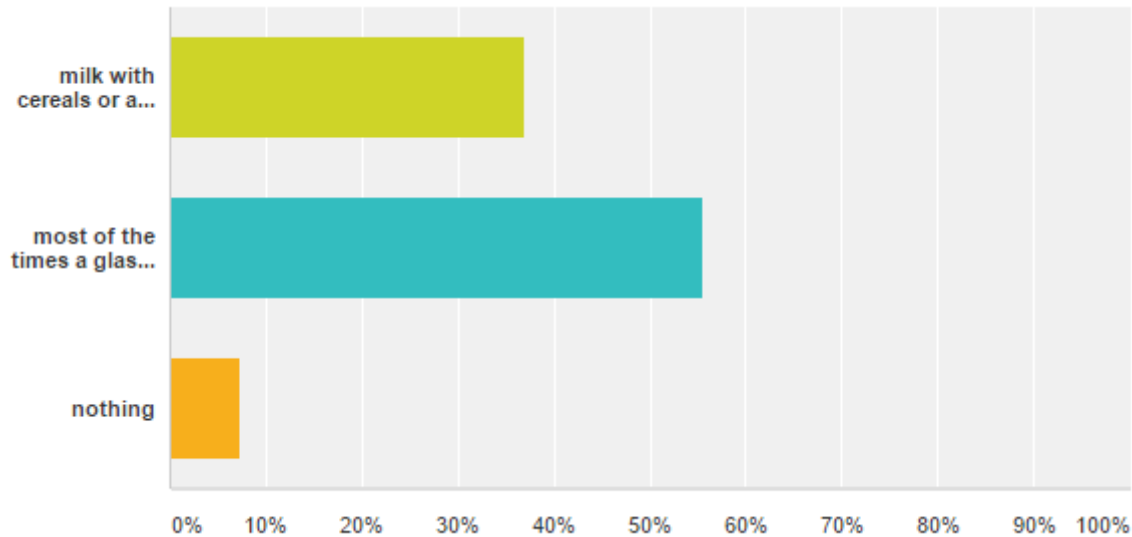


Answer Choices	Responses	
milk with cereals or a sandwich with fruits juice	52.94%	27
most of the times a glass of milk	43.14%	22
nothing	3.92%	2
Total		51

## Q2: For breakfast I usually eat...

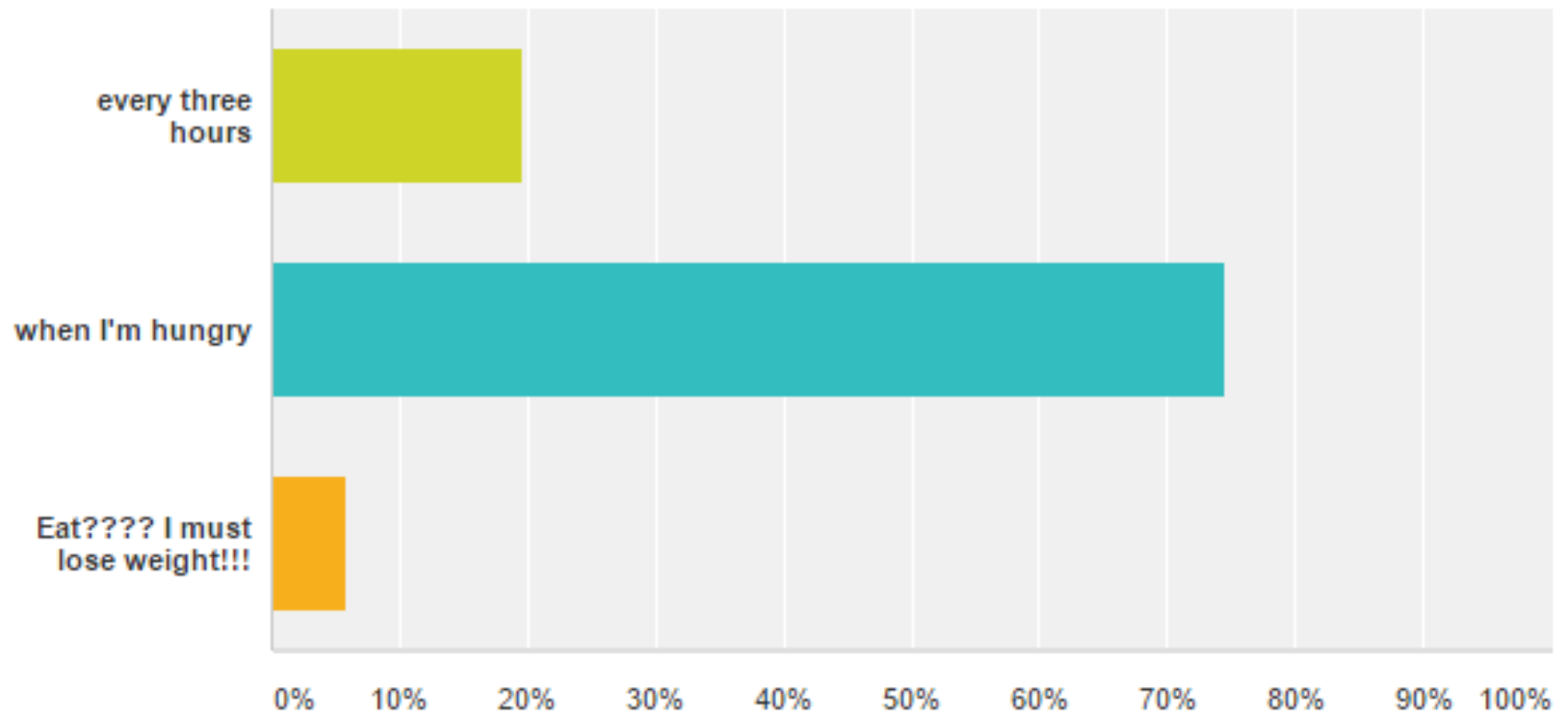


**Boys**



**Girls**

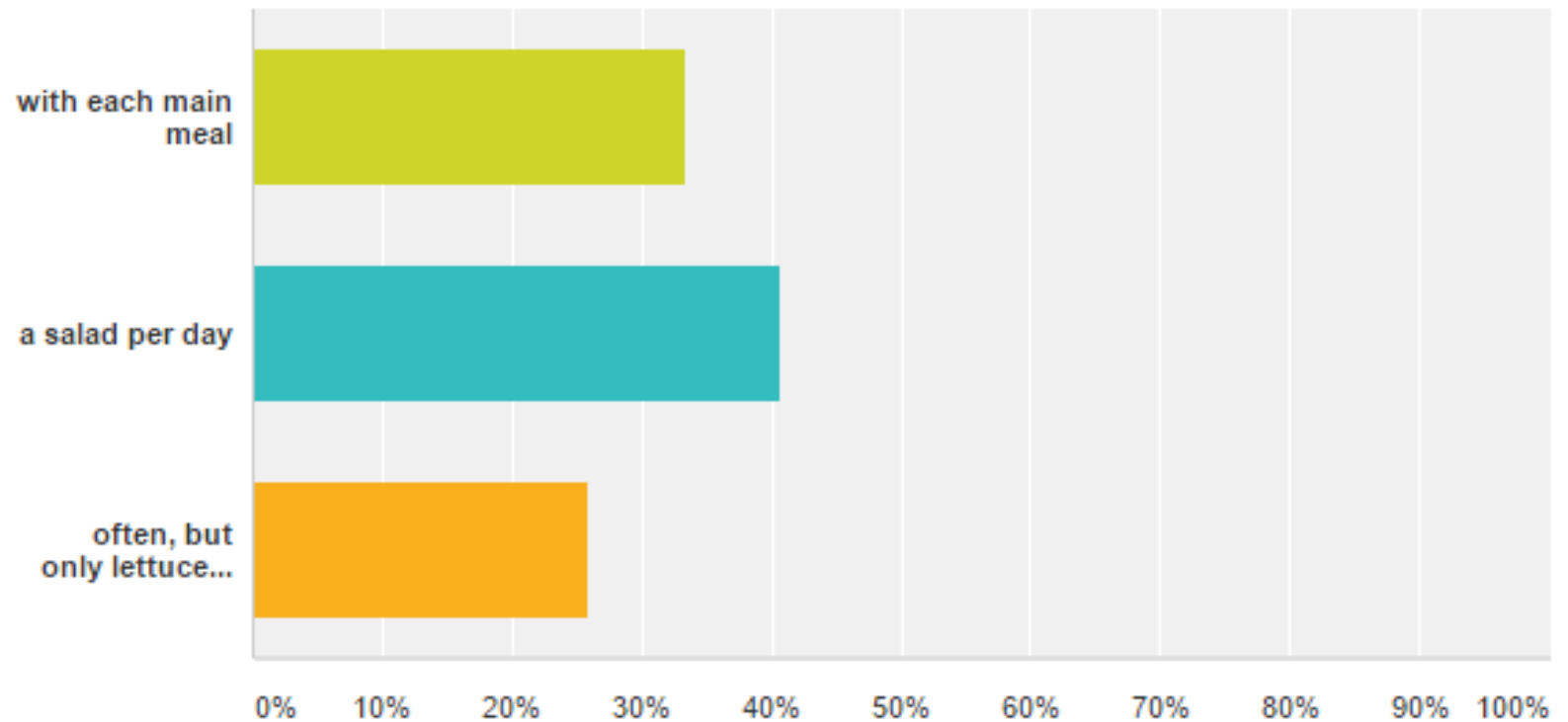
### Q3: I eat...



Answer Choices	Responses
every three hours	19.61% 10
when I'm hungry	74.51% 38
Eat???? I must lose weight!!!	5.88% 3
Total	51

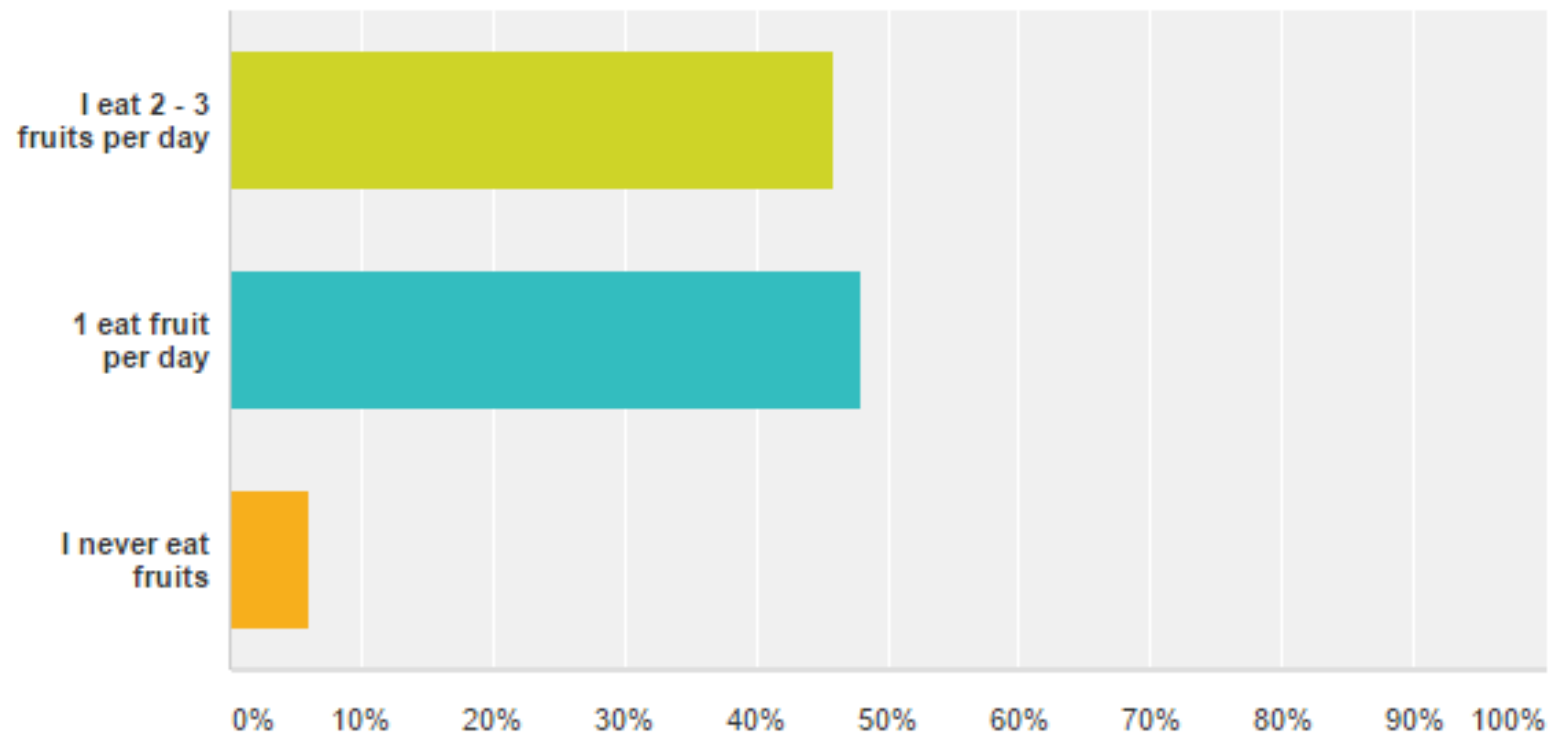


## Q4: I eat salad:



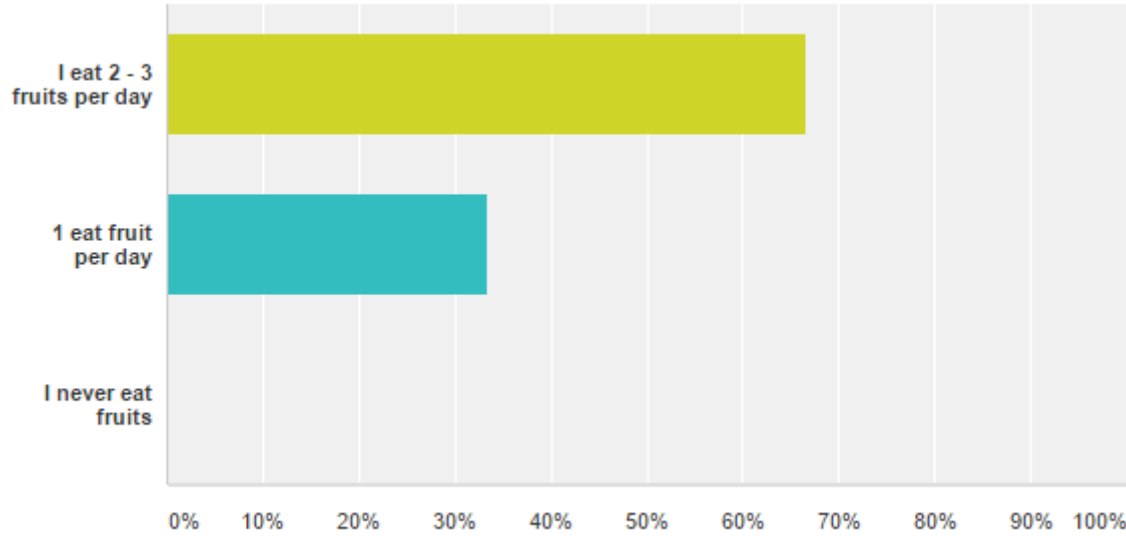
Answer Choices	Responses
with each main meal	33.33% 9
a salad per day	40.74% 11
often, but only lettuce or cucumber	25.93% 7
Total	27

## Q5: About fruits:

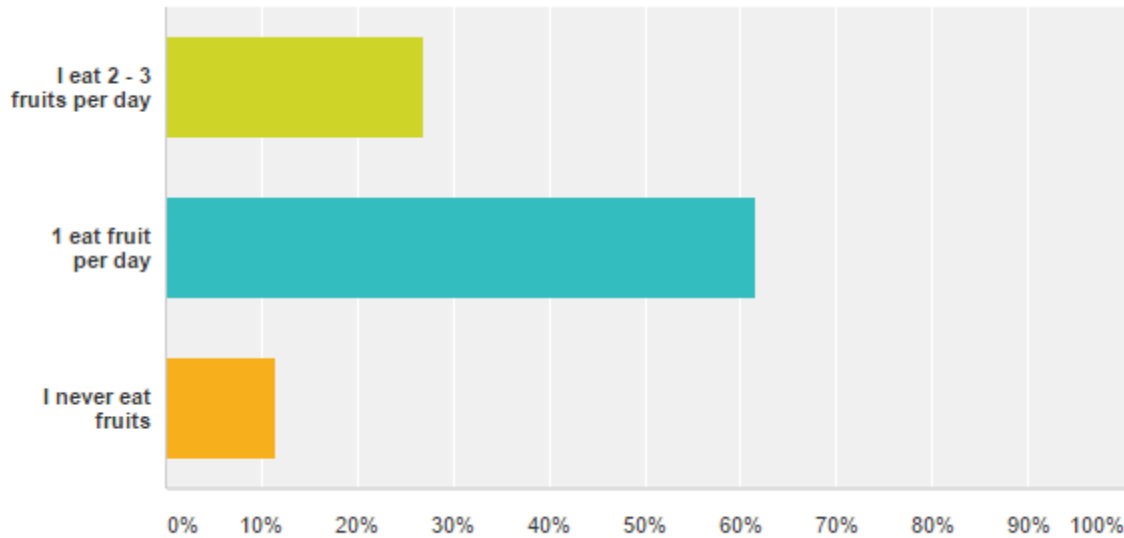


Answer Choices	Responses
I eat 2 - 3 fruits per day	46.00% 23
1 eat fruit per day	48.00% 24
I never eat fruits	6.00% 3
Total	50

# Q5: About fruits:

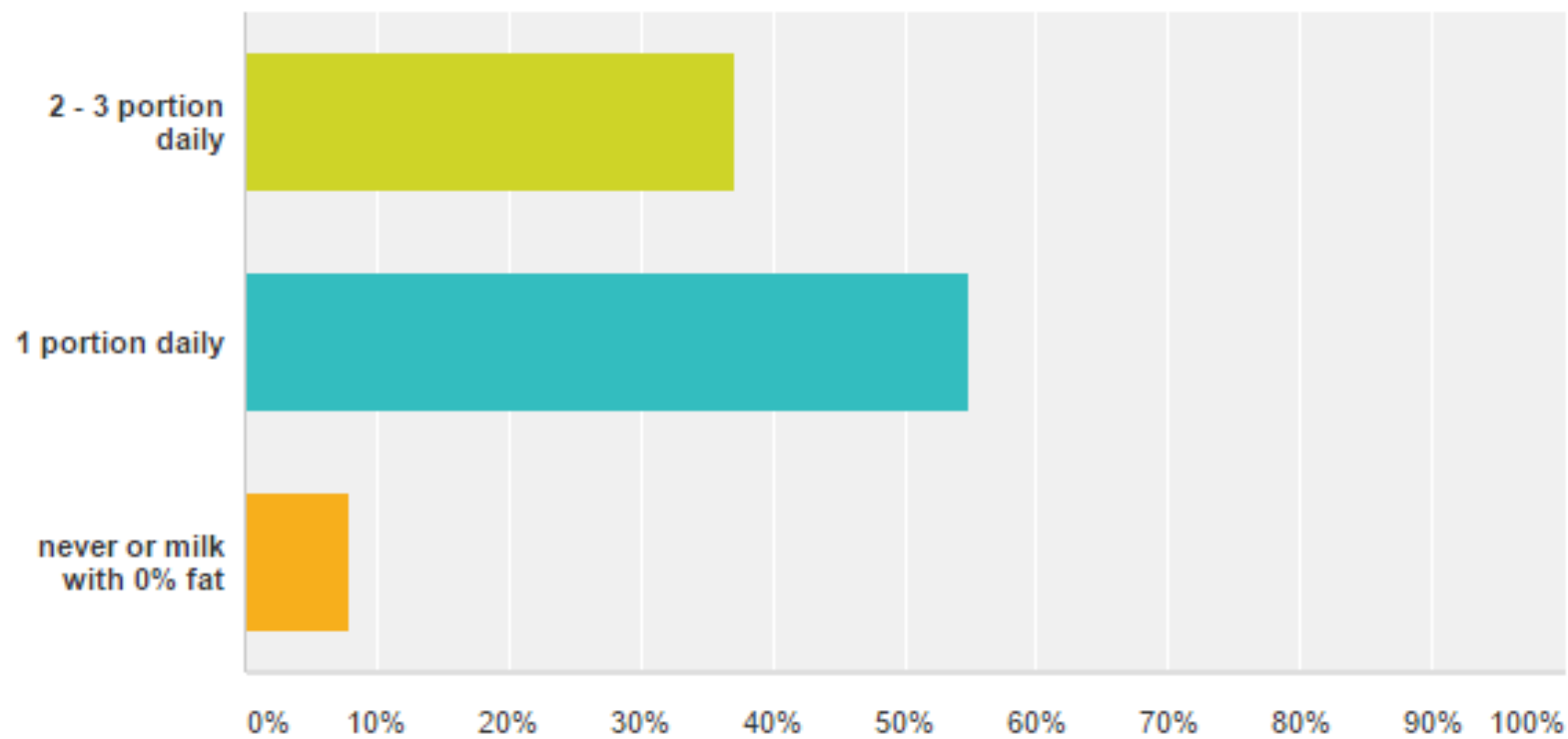


**Boys**



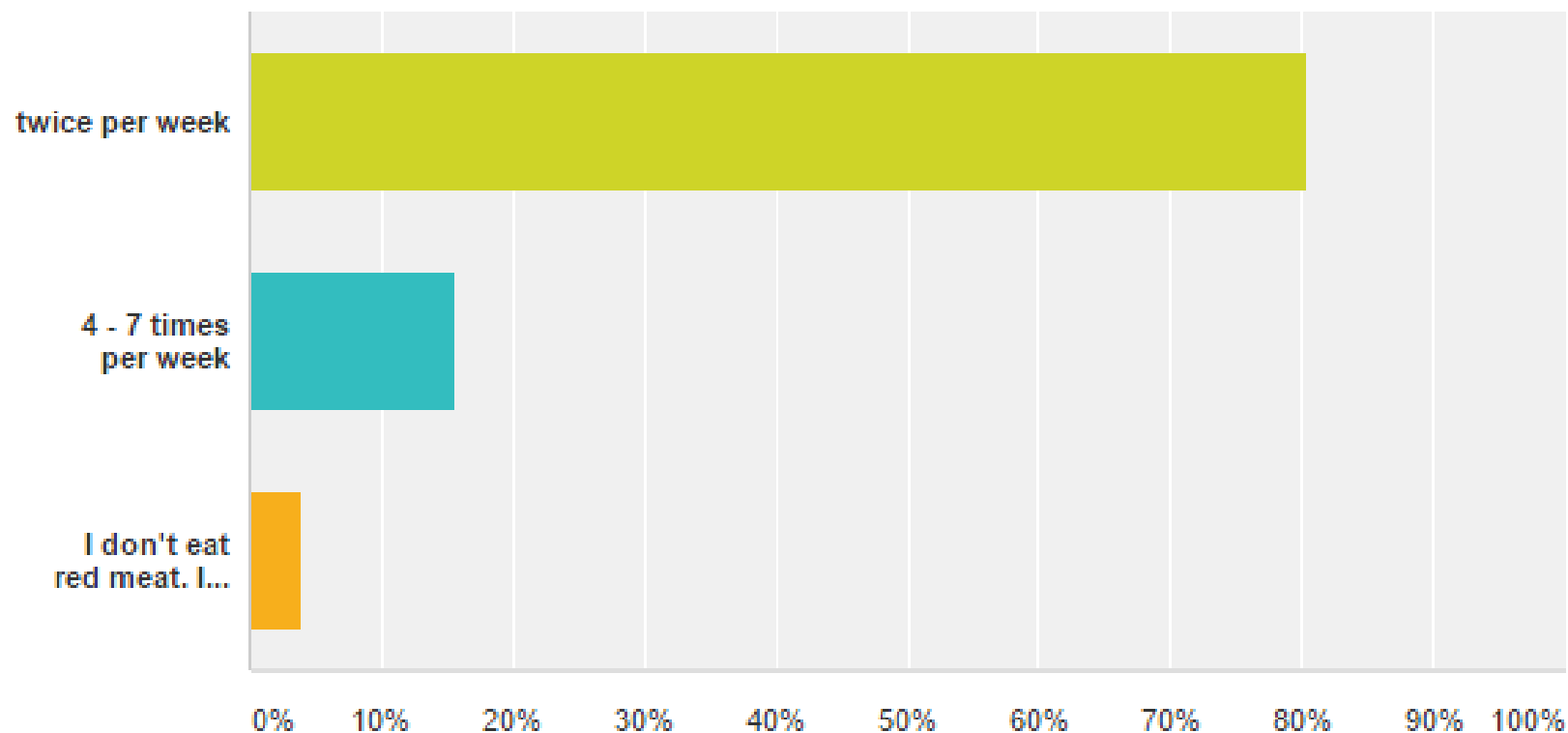
**Girls**

## Q6: I consume milk and yoghurt



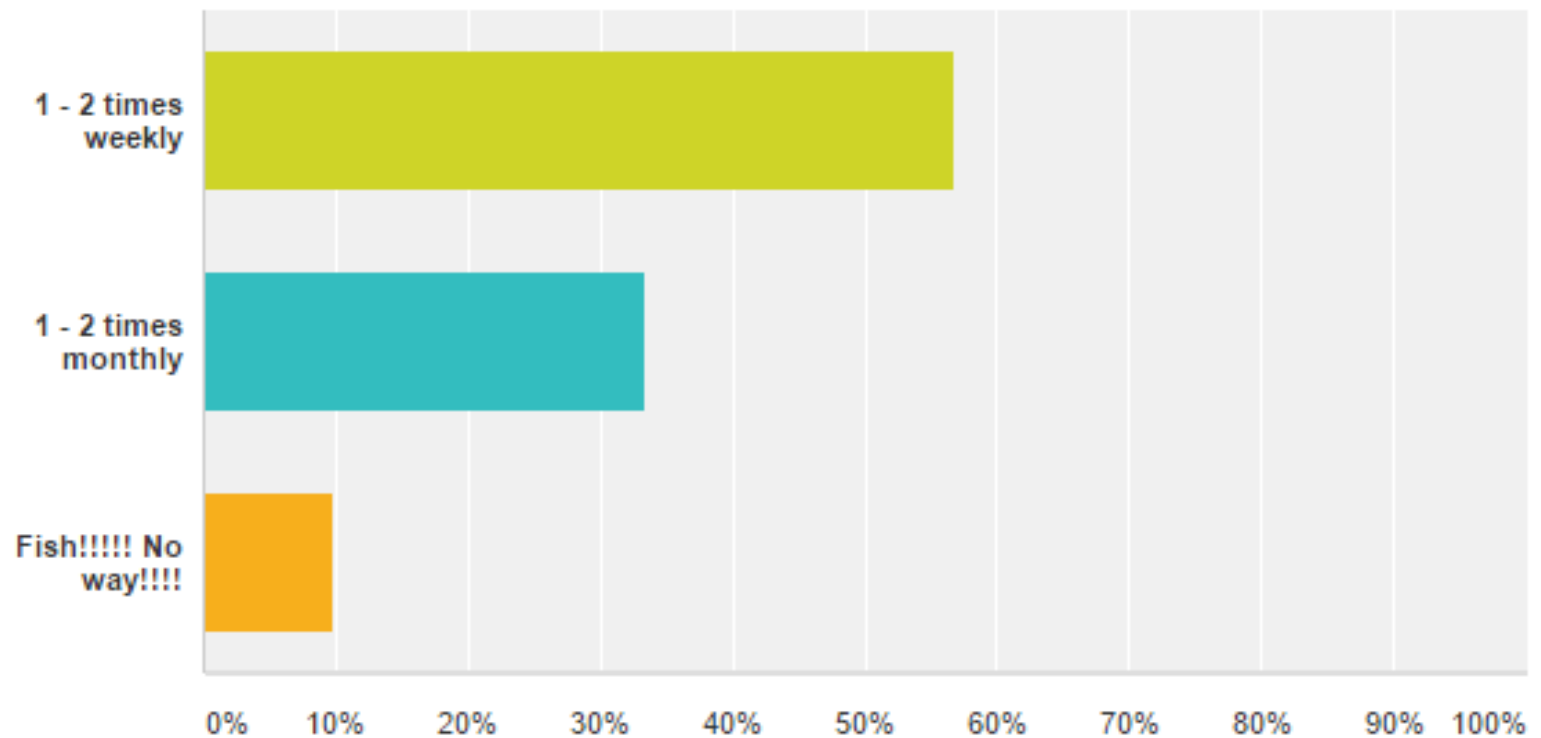
Answer Choices	Responses
2 - 3 portion daily	37.25% 19
1 portion daily	54.90% 28
never or milk with 0% fat	7.84% 4
Total	51

## Q7: I eat red meat (beef, pork, lamb)...



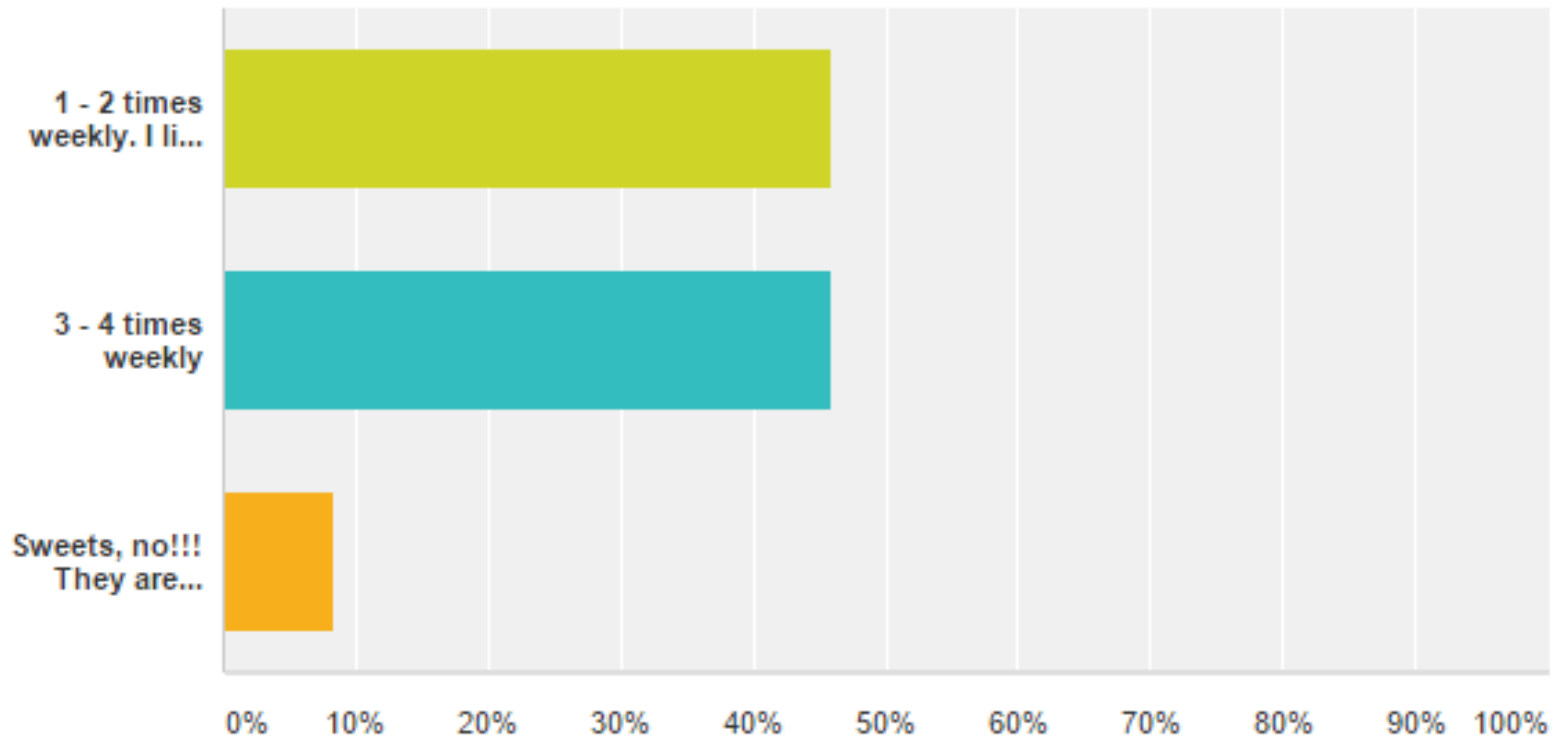
Answer Choices	Responses	
twice per week	80.39%	41
4 - 7 times per week	15.69%	8
I don't eat red meat. I prefer meat without fat, like turkey.	3.92%	2
Total		51

## Q8: I consume fish...



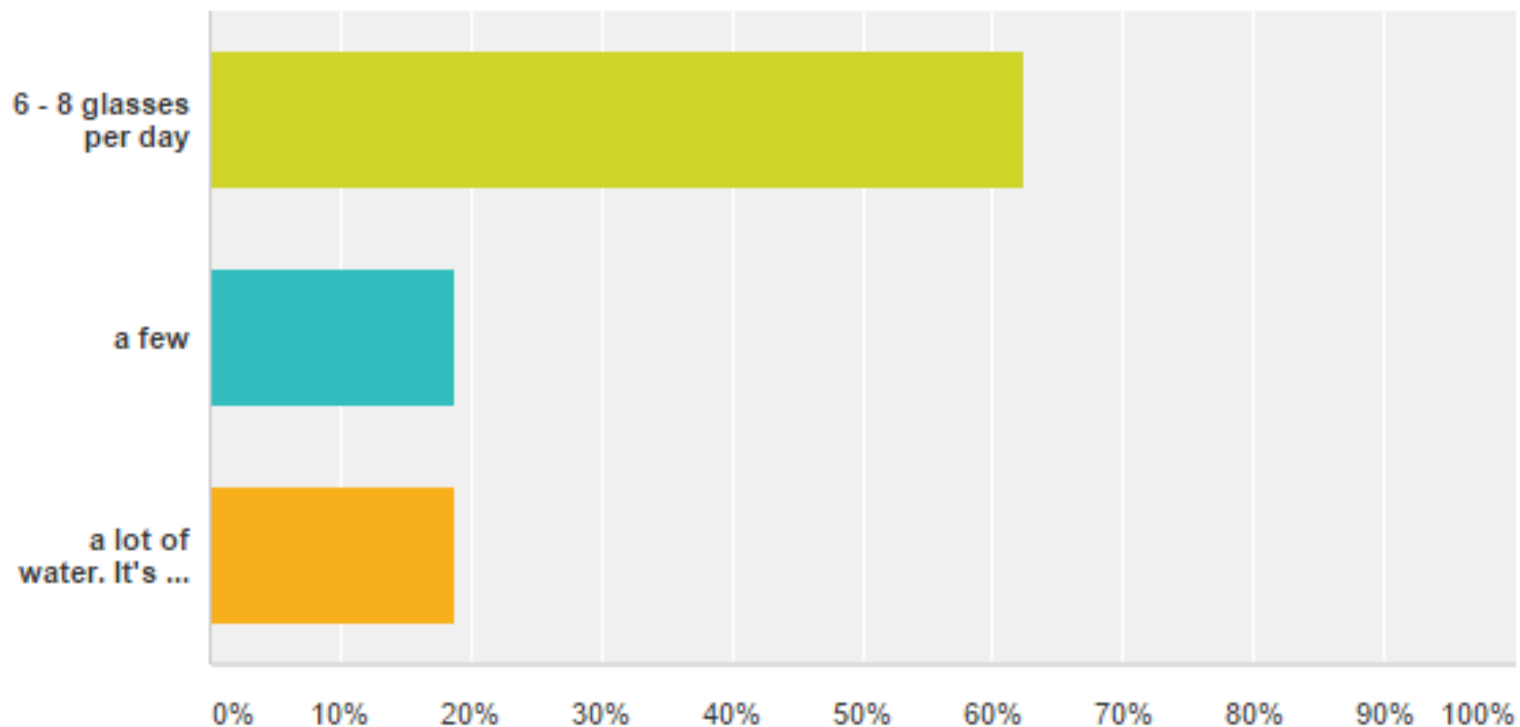
Answer Choices	Responses
1 - 2 times weekly	56.86% 29
1 - 2 times monthly	33.33% 17
Fish!!!!!! No way!!!!	9.80% 5
Total	51

## Q9: I eat sweets...



Answer Choices	Responses
1 - 2 times weekly. I like sweets, but I know I must avoid them.	45.83% 22
3 - 4 times weekly	45.83% 22
Sweets, no!!! They are fattening!!!	8.33% 4
Total	48

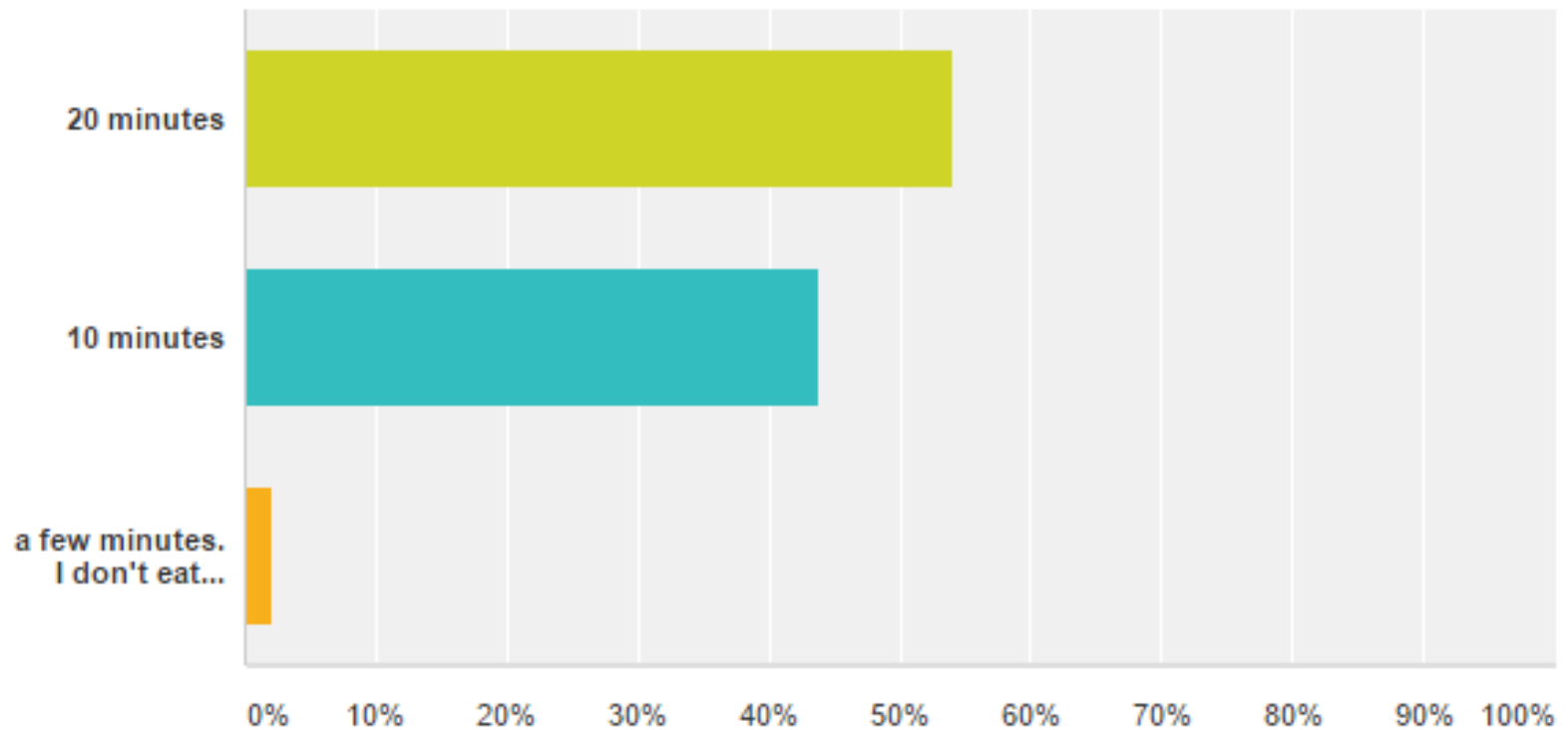
## Q10: I drink water:



Answer Choices	Responses
6 - 8 glasses per day	62.50% 30
a few	18.75% 9
a lot of water. It's not fattening after all!	18.75% 9
Total	48

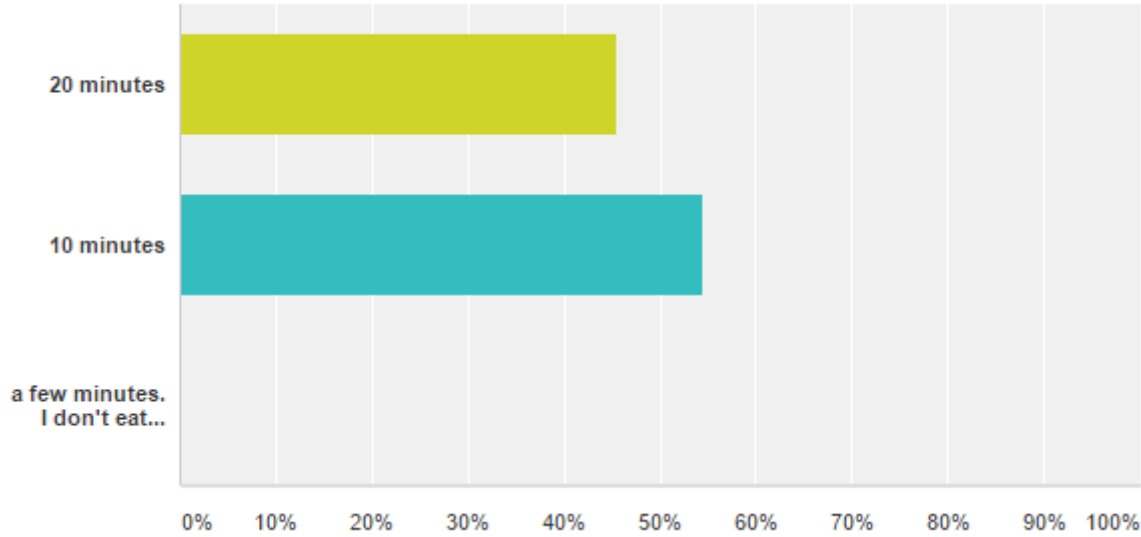


# Q11: My lunch lasts...

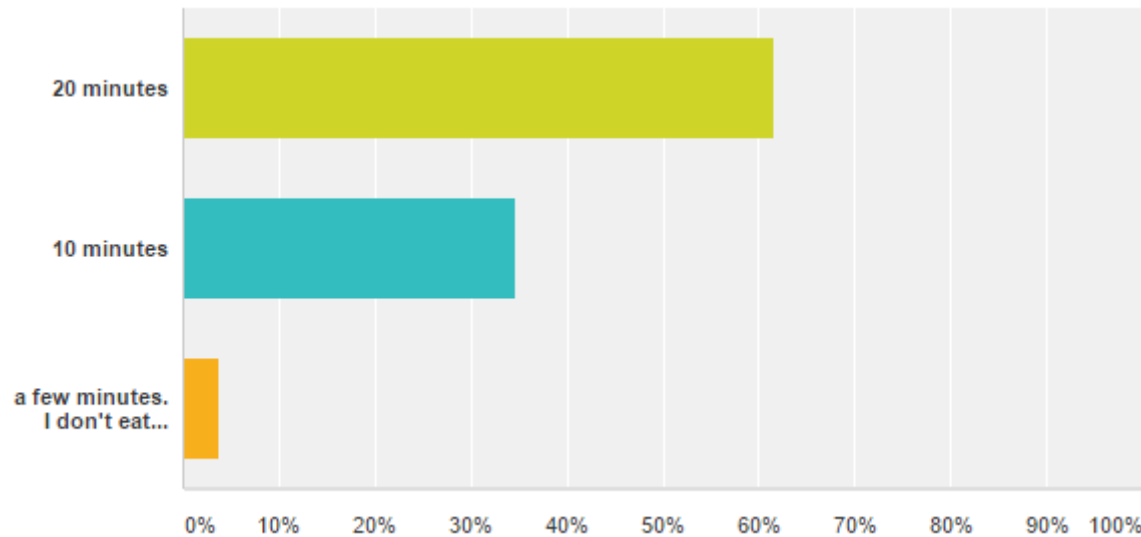


Answer Choices	Responses	
20 minutes	54.17%	26
10 minutes	43.75%	21
a few minutes. I don't eat very much!	2.08%	1
Total		48

# Q11: My lunch lasts...

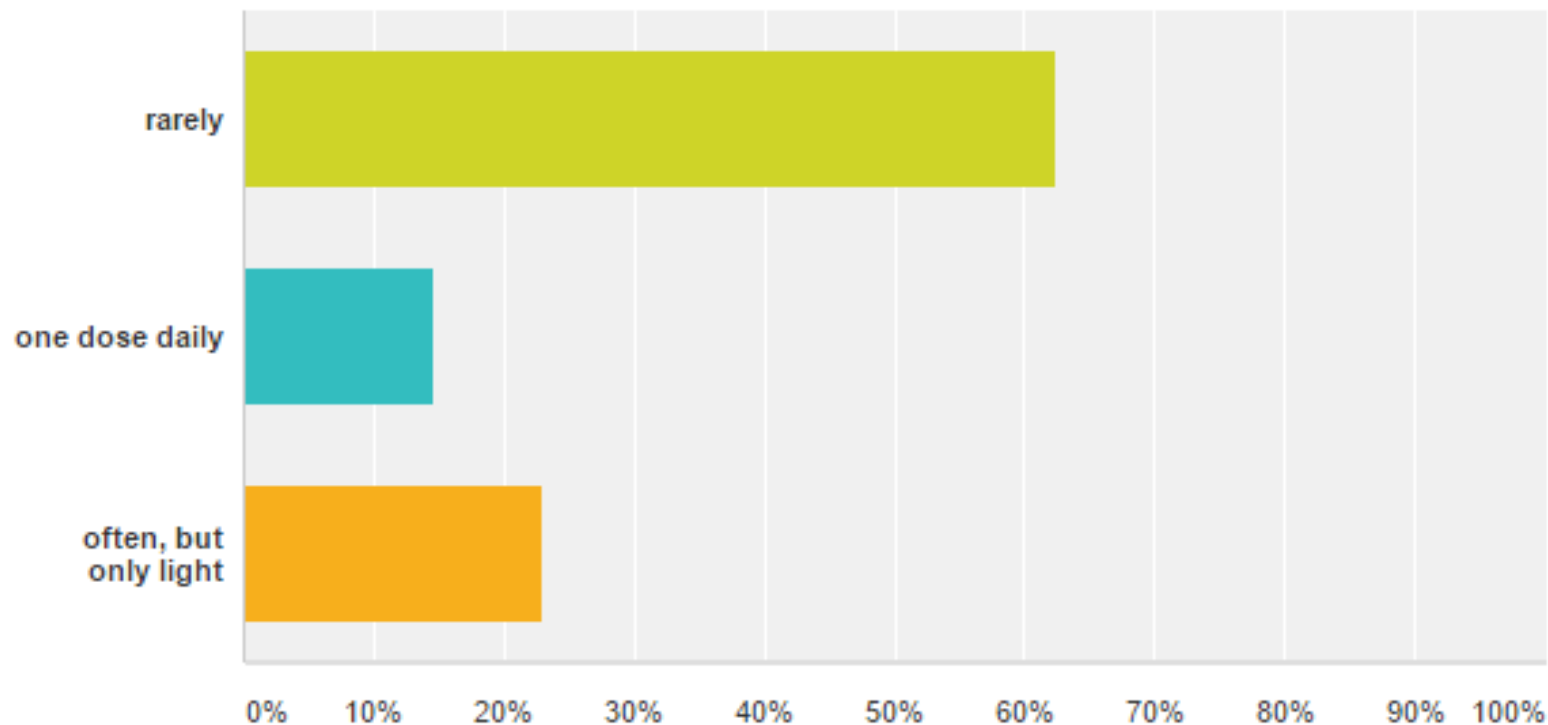


**Boys**



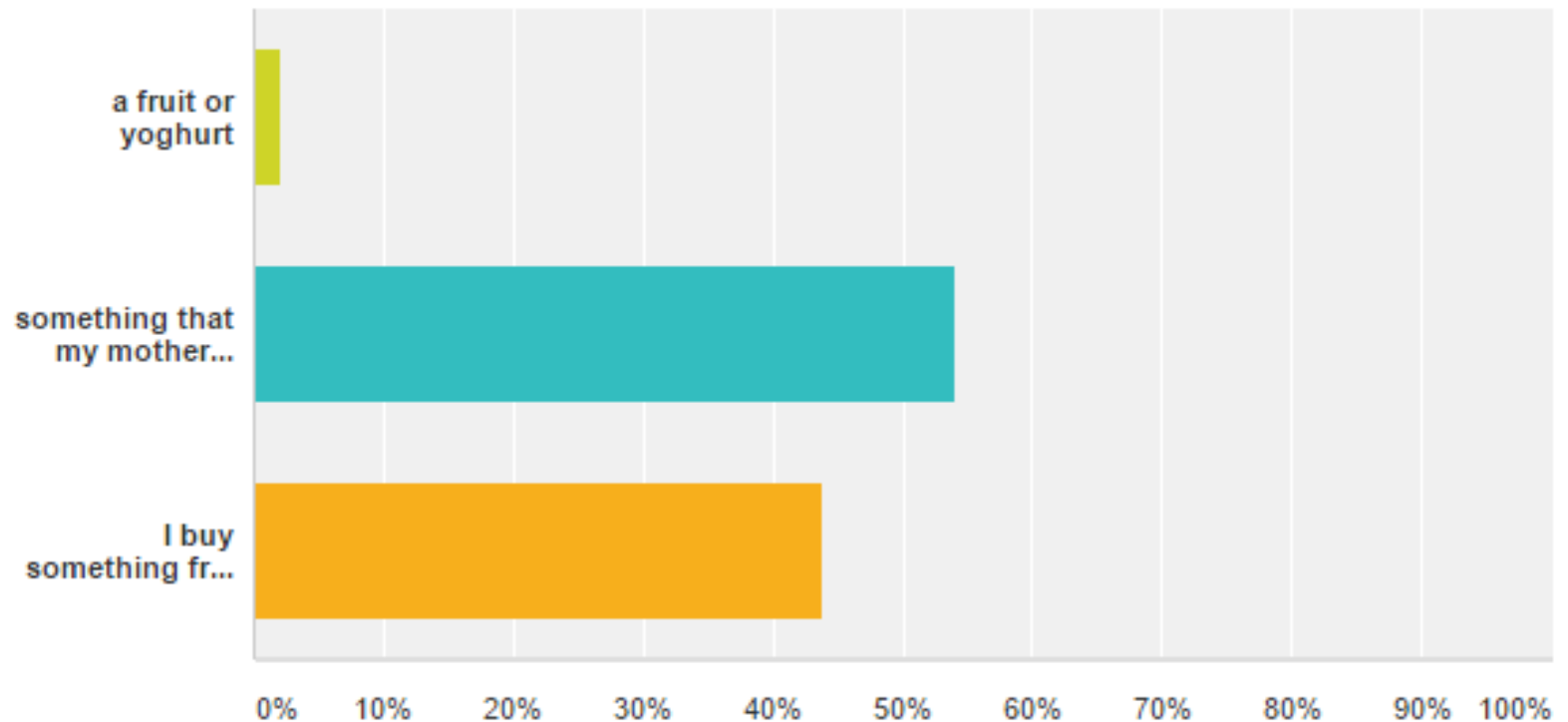
**Girls**

## Q12: I drink soft drinks...



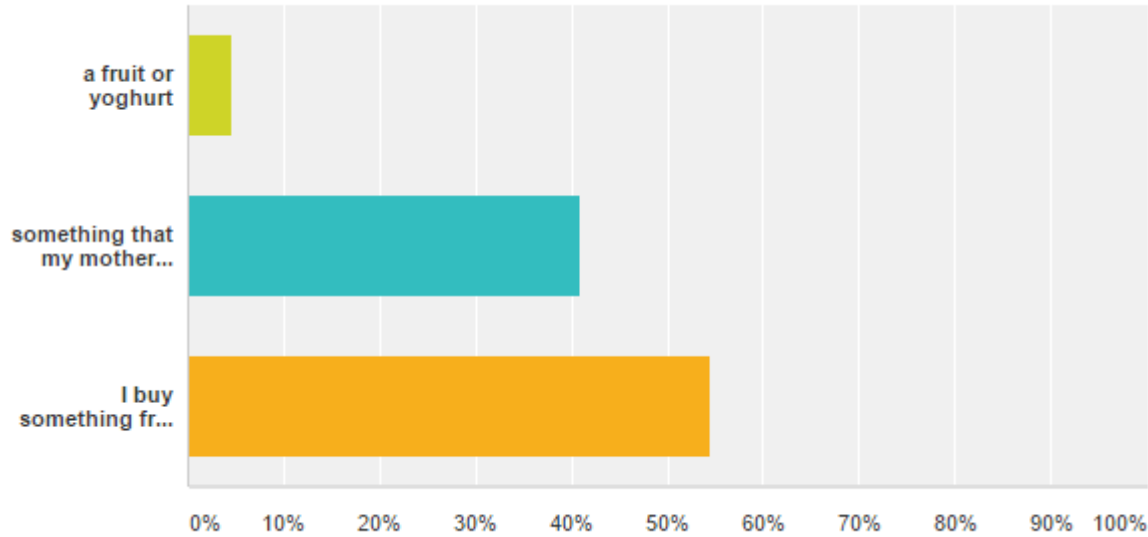
Answer Choices	Responses
rarely	62.50% 30
one dose daily	14.58% 7
often, but only light	22.92% 11
Total	48

## Q13: At school I eat ...

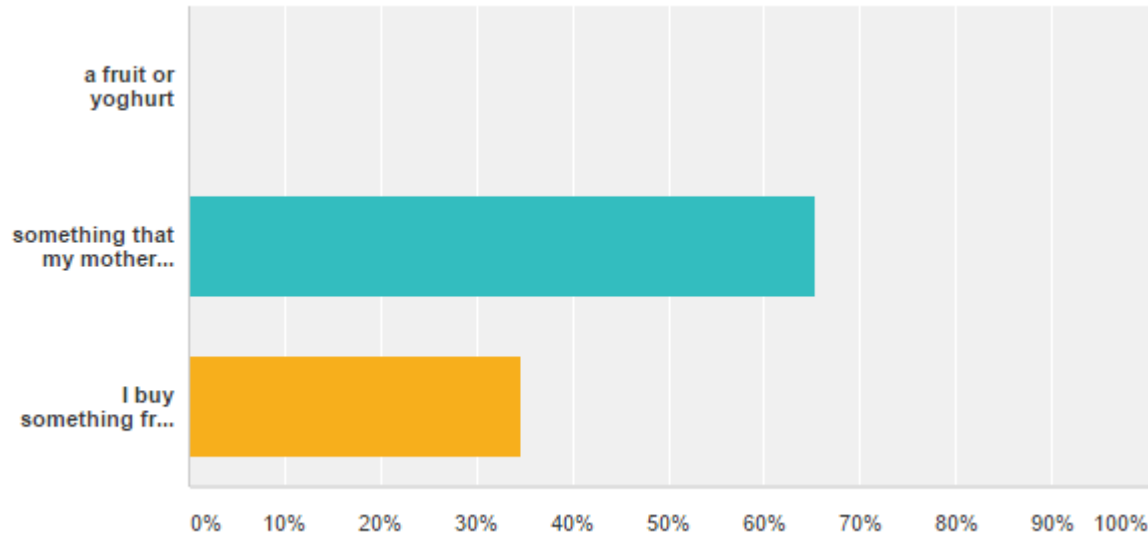


Answer Choices	Responses	
a fruit or yoghurt	2.08%	1
something that my mother prepares	54.17%	26
I buy something from the school canteen	43.75%	21
Total		48

# Q13: At school I eat ...

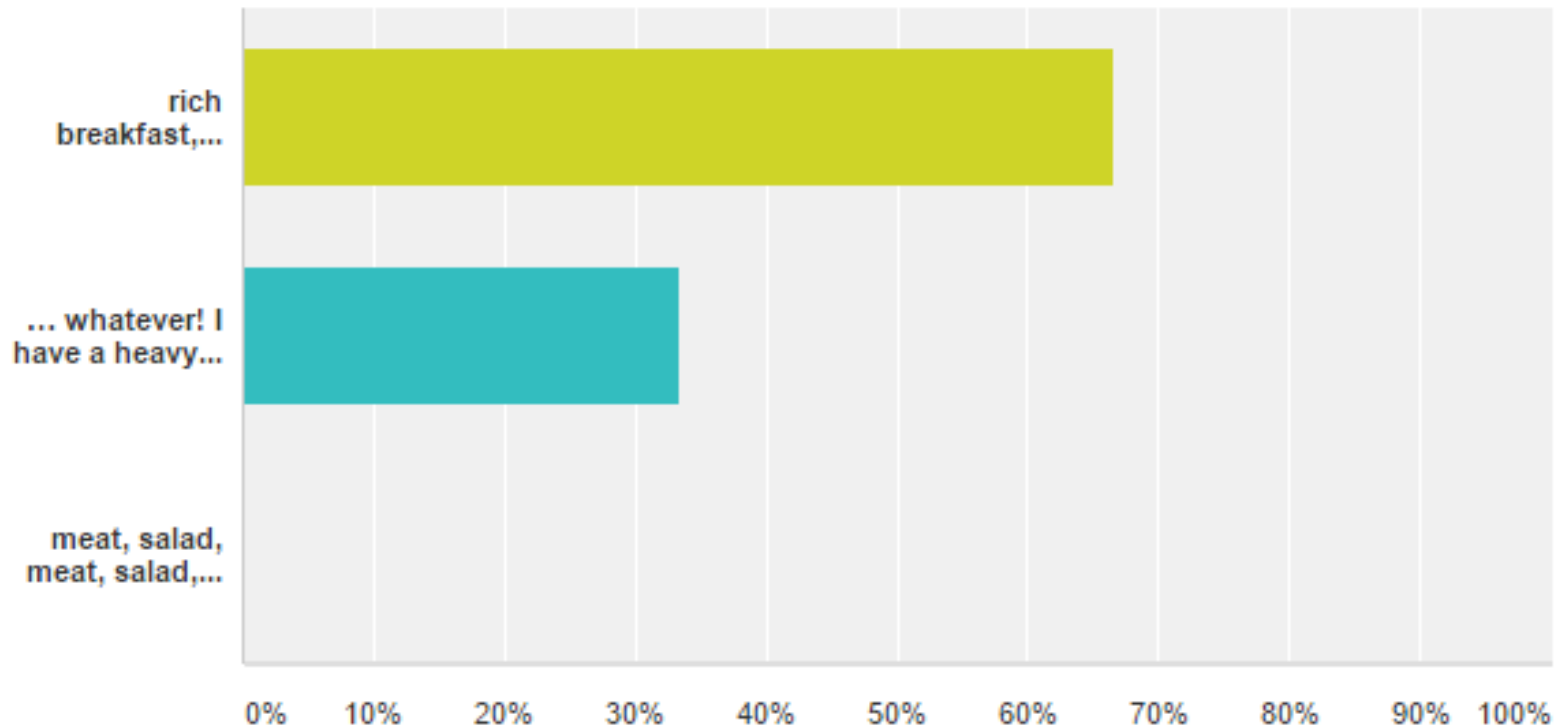


**Boys**



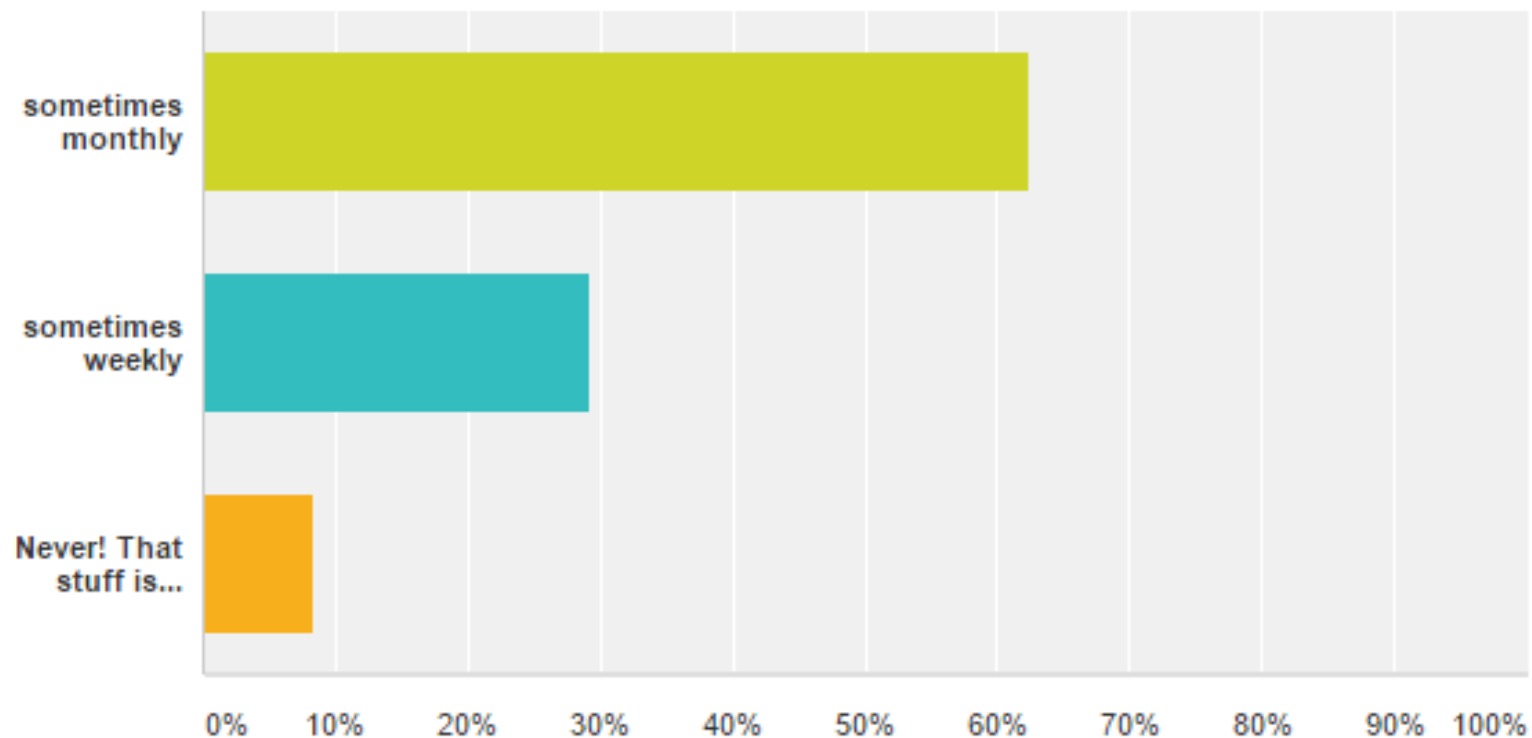
**Girls**

## Q14: My main meals consist of...



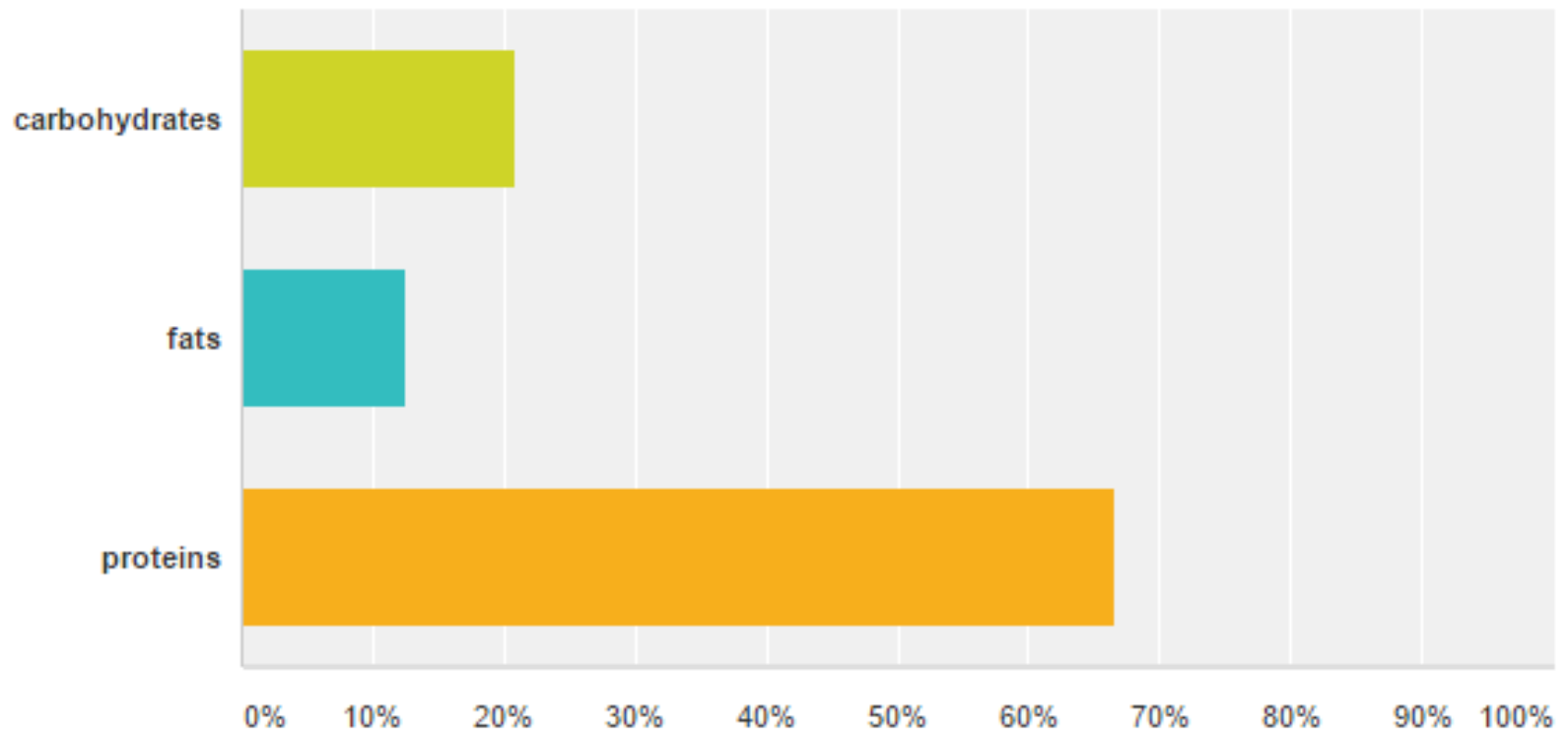
Answer Choices	Responses	
rich breakfast, lunch and a light dinner	66.67%	32
... whatever! I have a heavy schedule, so I don't have time for balanced meals	33.33%	16
meat, salad, meat, salad, meat, salad	0.00%	0
Total		48

## Q15: I order or I eat fast food or pizza...



Answer Choices	Responses	
sometimes monthly	62.50%	30
sometimes weekly	29.17%	14
Never! That stuff is forbidden	8.33%	4
Total		48

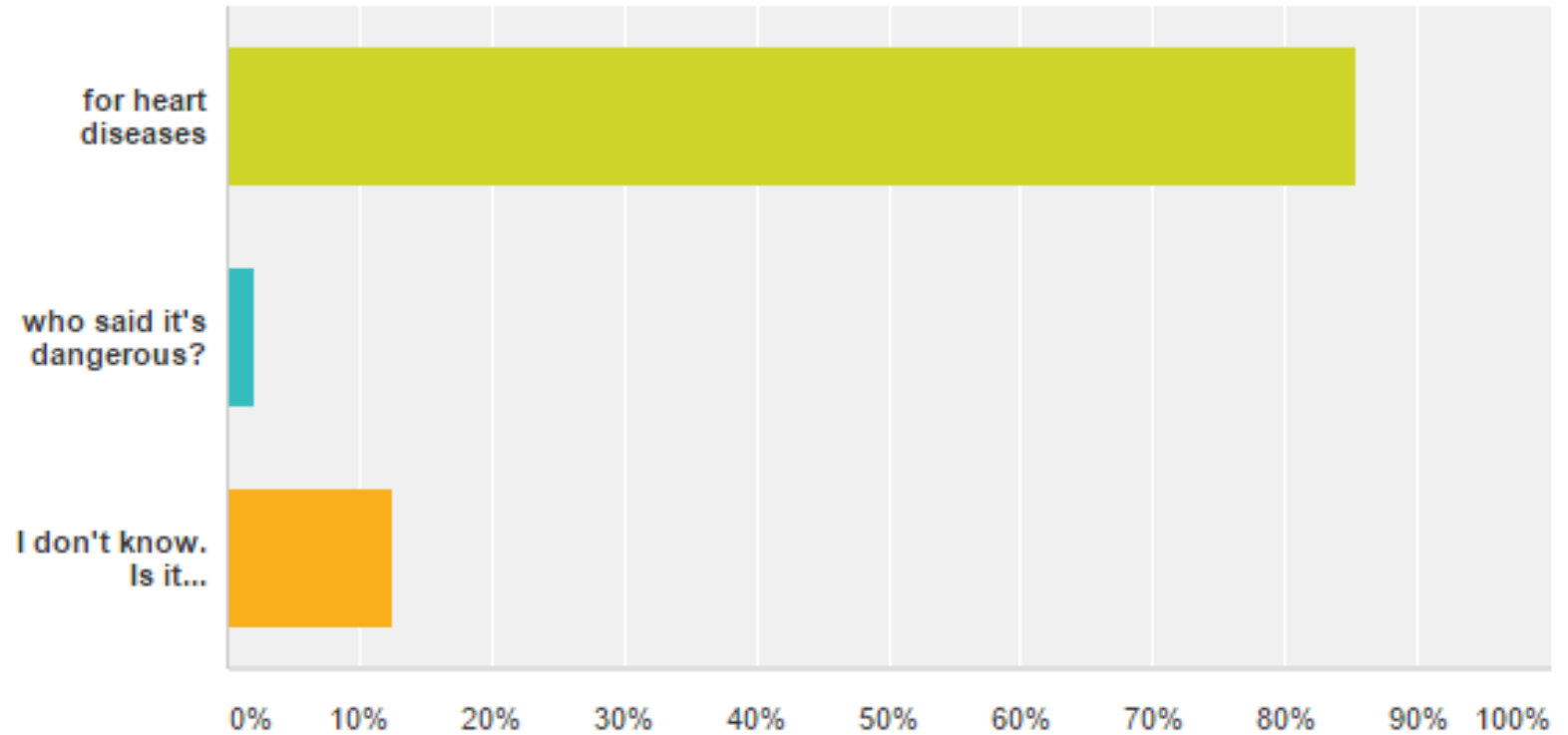
## Q16: The main sources of energy for human are...



Answer Choices	Responses
carbohydrates	20.83% 10
fats	12.50% 6
proteins	66.67% 32
Total	48

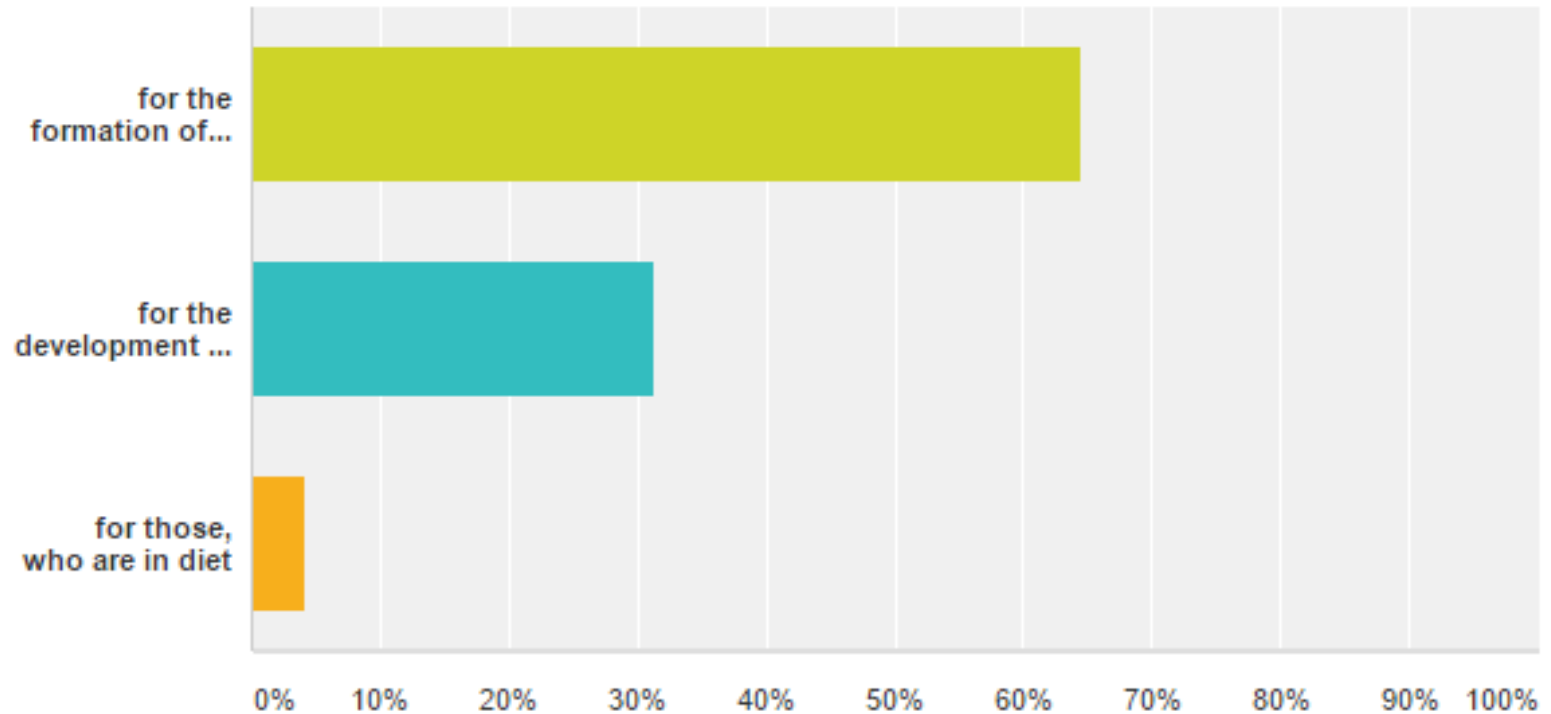


# Q17: Cholesterol is dangerous...



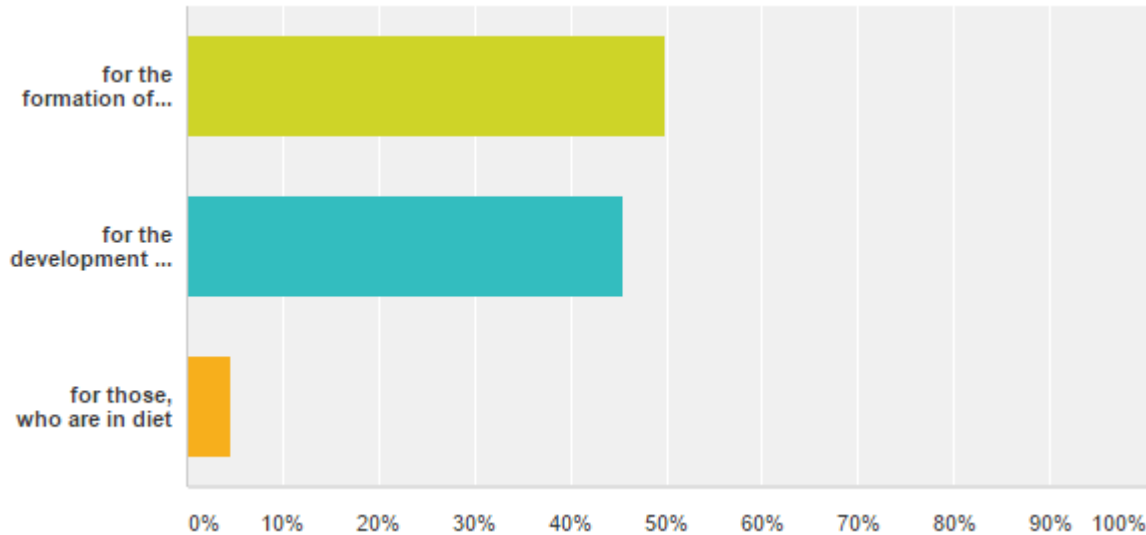
Answer Choices	Responses
for heart diseases	85.42% 41
who said it's dangerous?	2.08% 1
I don't know. Is it fattening?	12.50% 6
Total	48

## Q18: Iron is necessary:

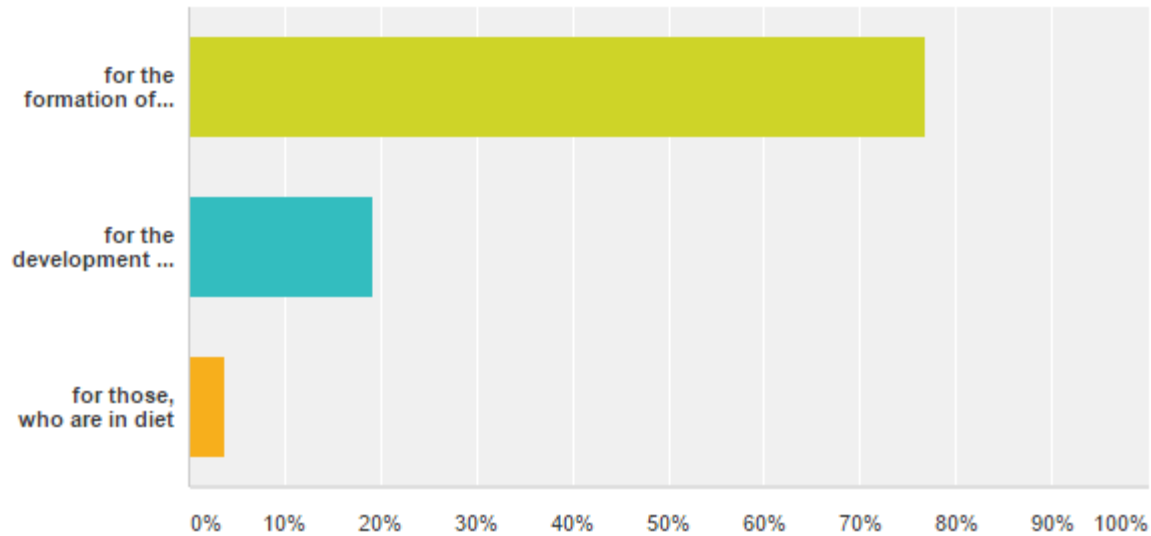


Answer Choices	Responses	
for the formation of blood cells	64.58%	31
for the development of the skeleton	31.25%	15
for those, who are in diet	4.17%	2
Total		48

# Q18: Iron is necessary:

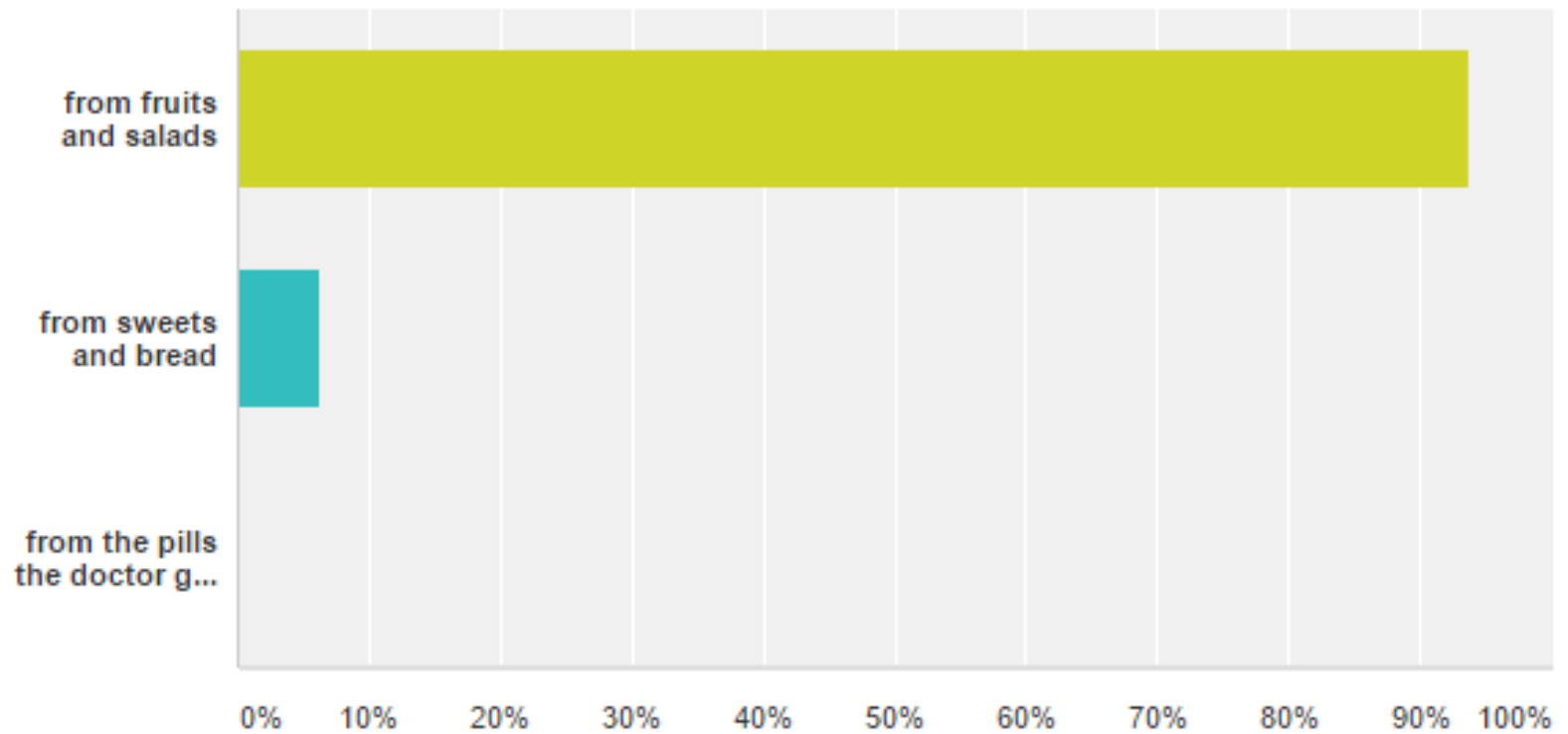


**Boys**



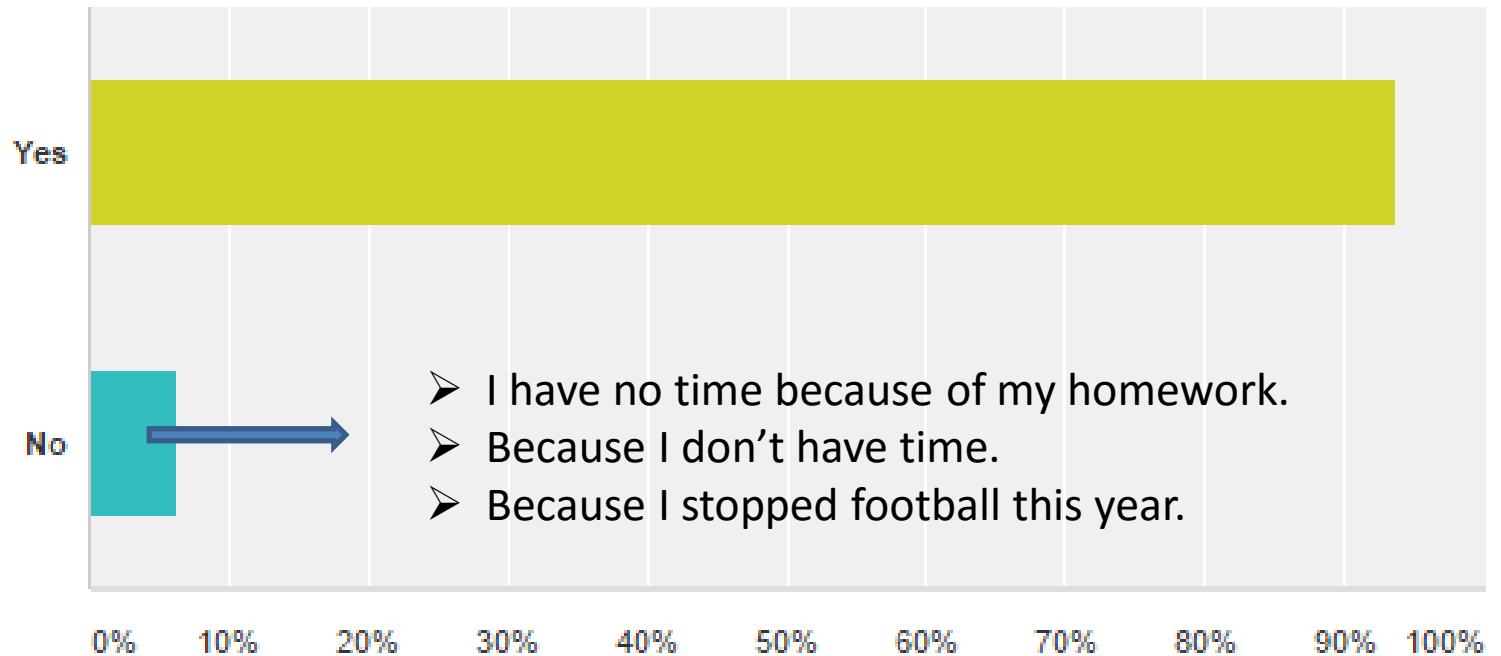
**Girls**

## Q19: I take vitamins:



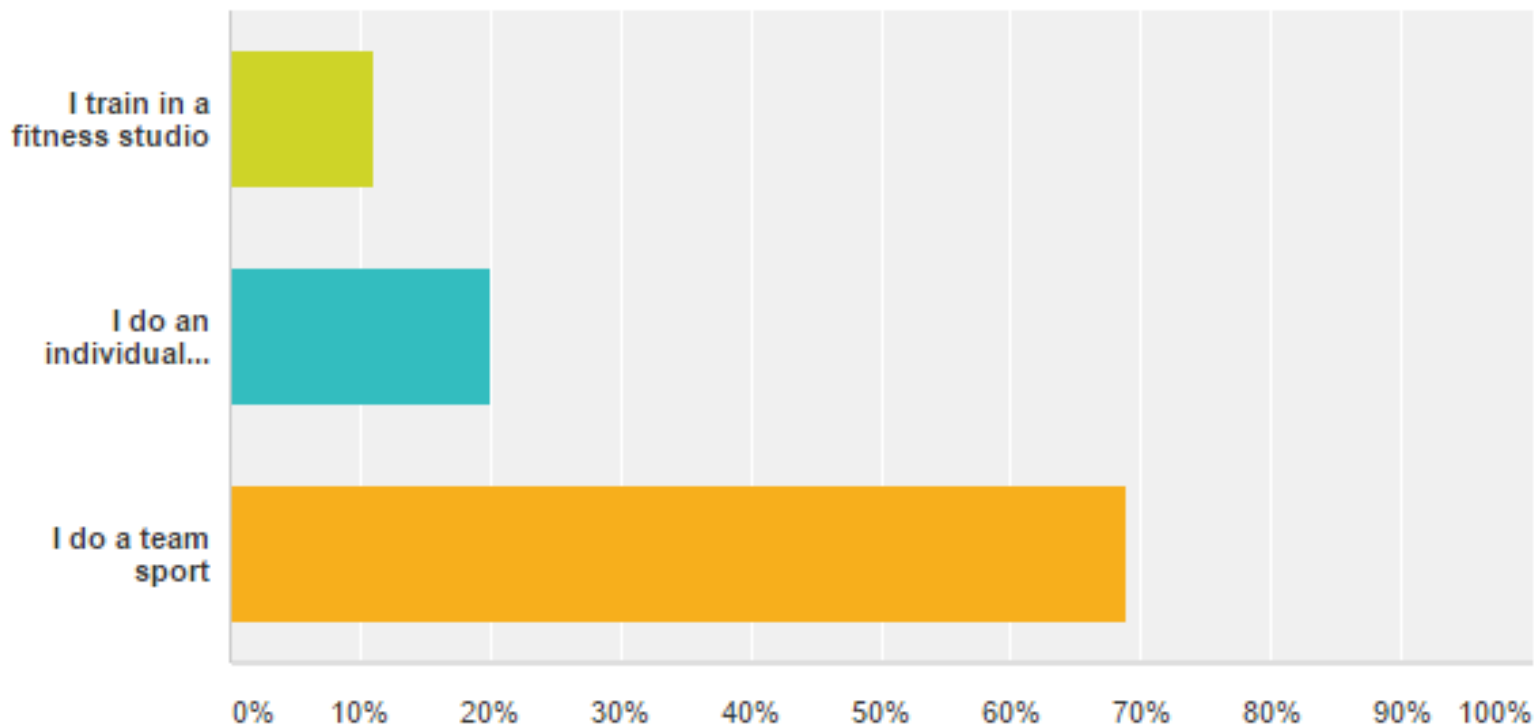
Answer Choices	Responses	
from fruits and salads	93.75%	45
from sweets and bread	6.25%	3
from the pills the doctor gave me	0.00%	0
Total		48

## Q20: Do you train?



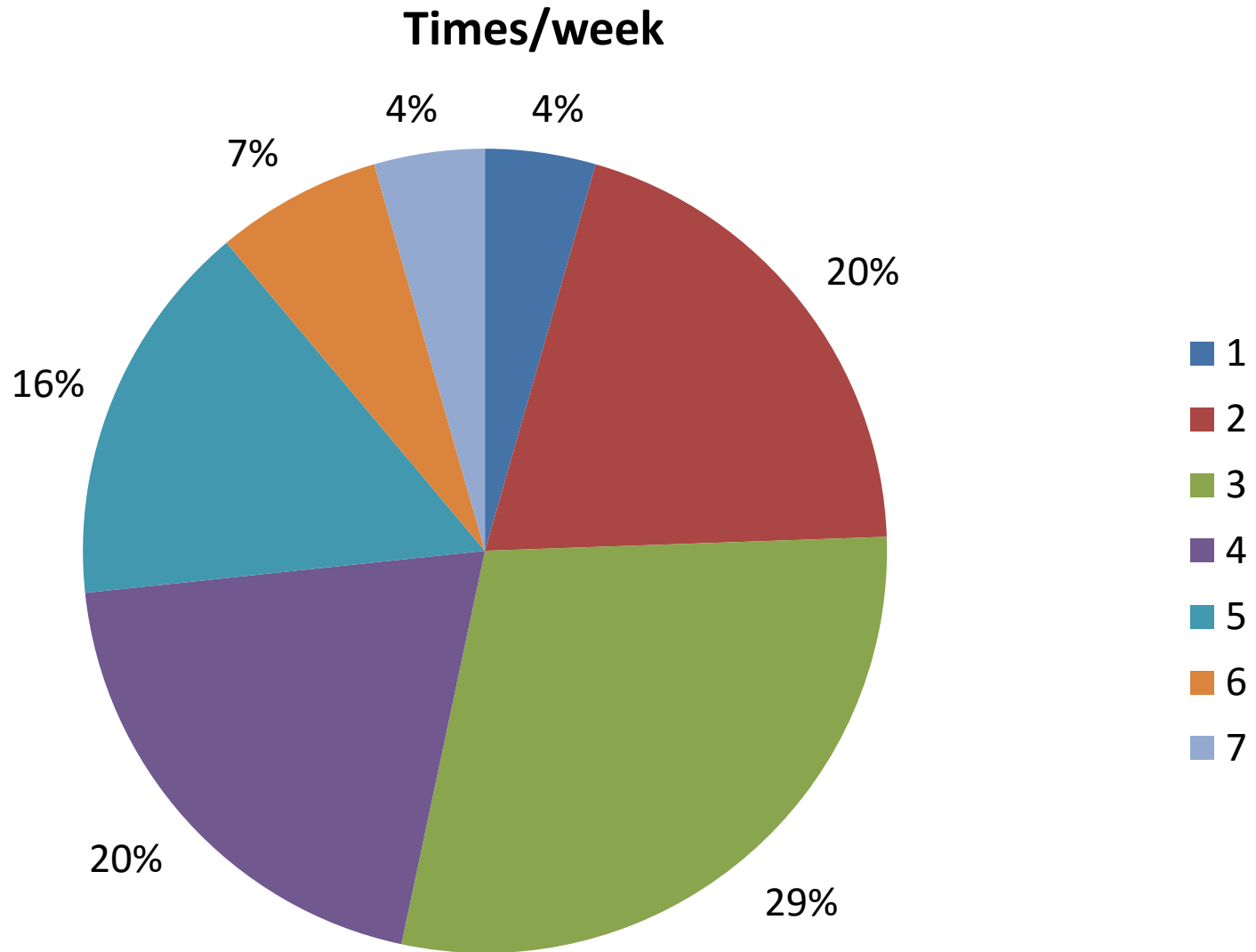
Answer Choices	Responses	
Yes	93.75%	45
No	6.25%	3
Total		48

## Q22: If you do train, then how do you train?

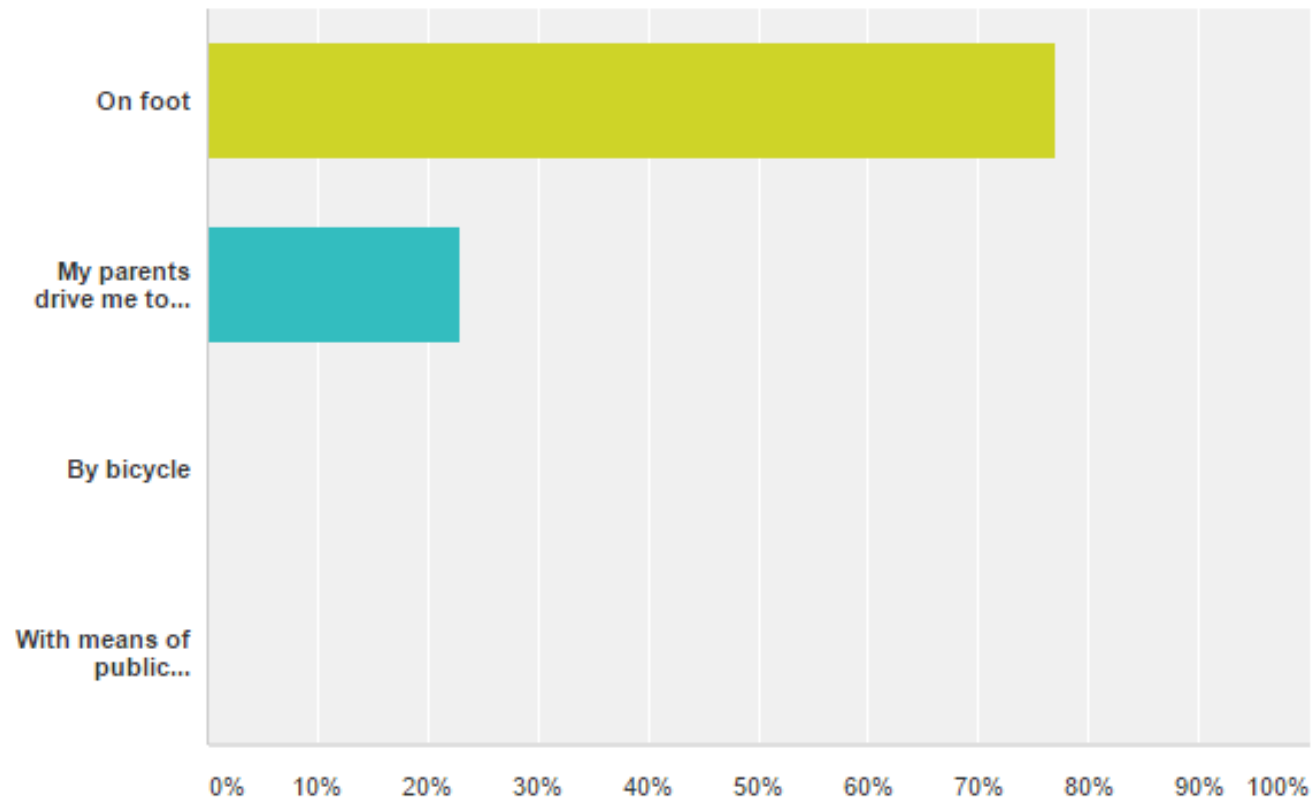


Answer Choices	Responses
I train in a fitness studio	11.11% 5
I do an individual sport	20.00% 9
I do a team sport	68.89% 31
Total	45

# Q23: How many times weekly do you train?



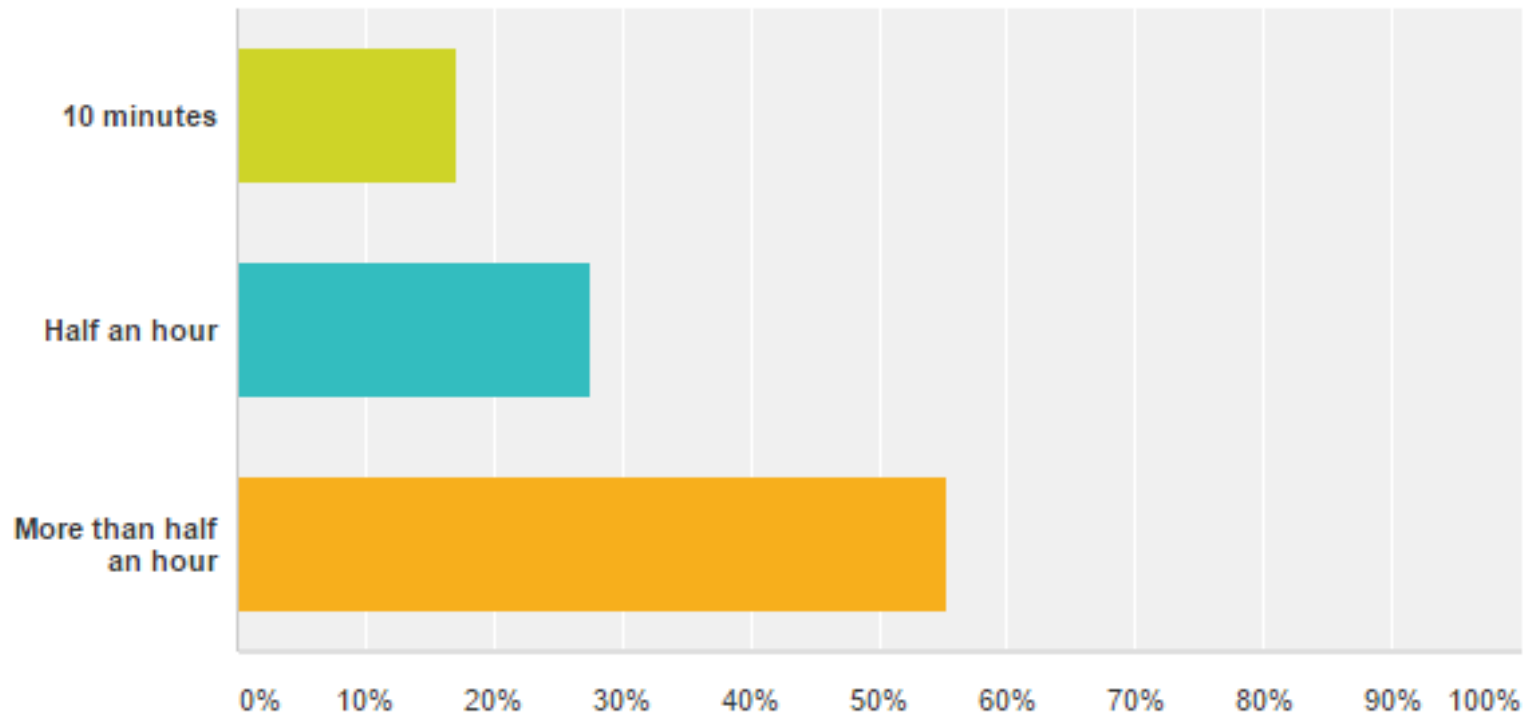
## Q24: How do you go to school?



Answer Choices	Responses
On foot	77.08% 37
My parents drive me to school	22.92% 11
By bicycle	0.00% 0
With means of public transportation	0.00% 0
Total	48

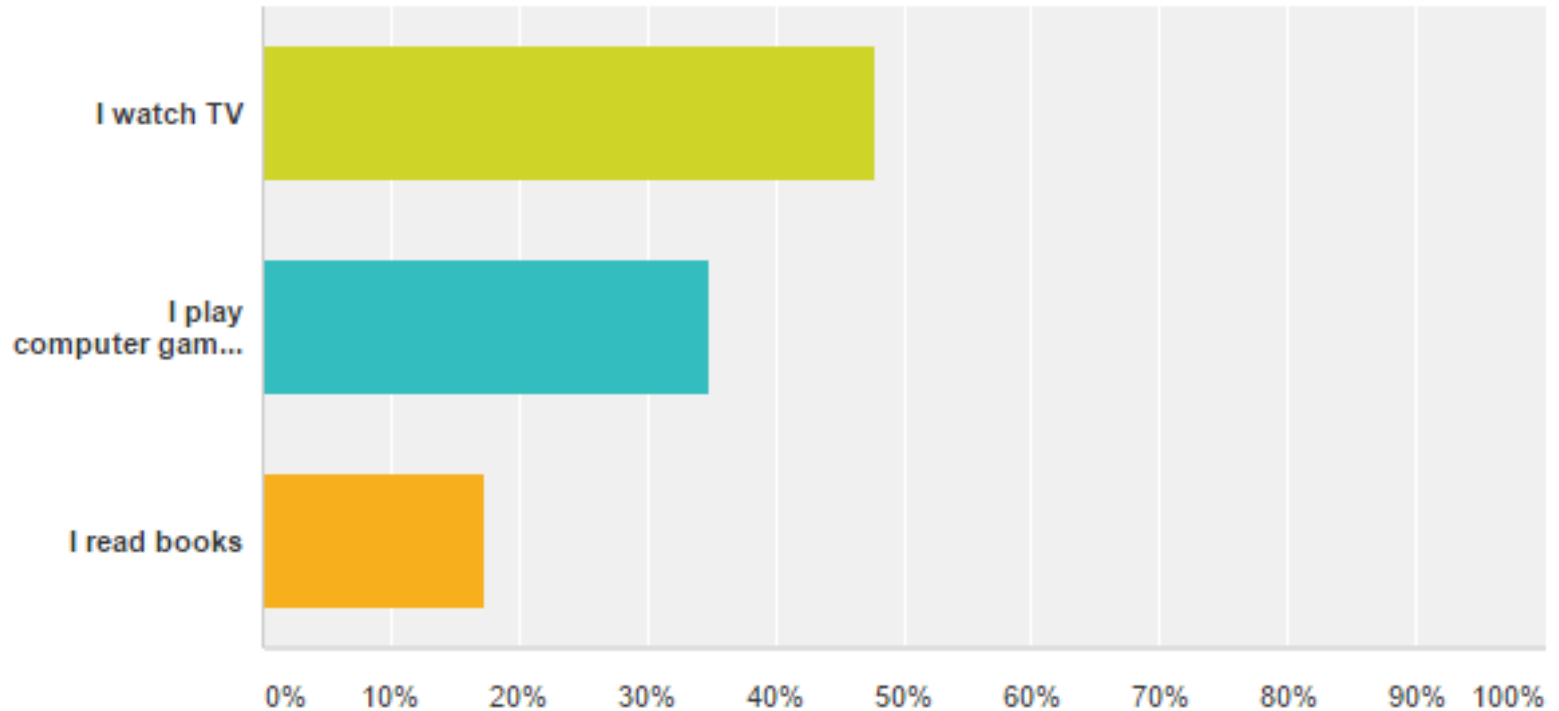


## Q25:How long do you walk daily?



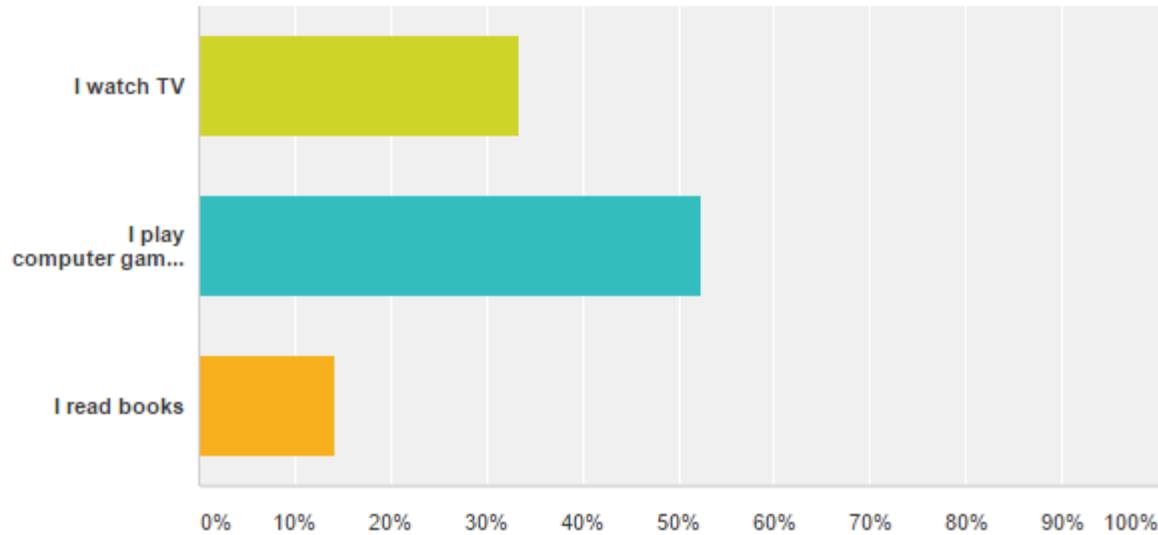
Answer Choices	Responses
10 minutes	17.02% 8
Half an hour	27.66% 13
More than half an hour	55.32% 26
Total	47

## Q26: What do you do in your free time?

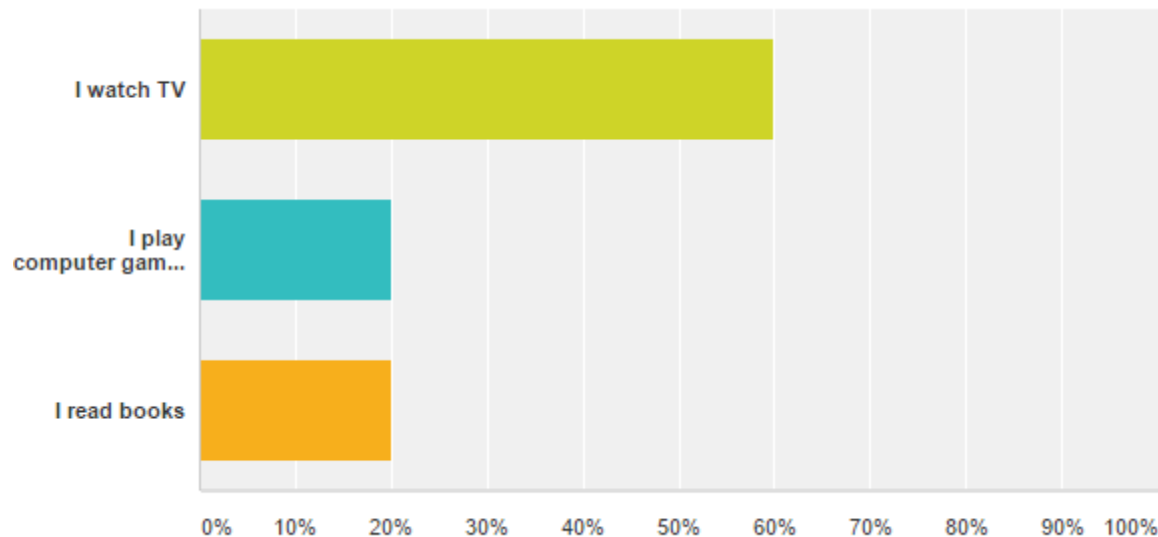


Answer Choices	Responses	
I watch TV	47.83%	22
I play computer games or meet friends on facebook	34.78%	16
I read books	17.39%	8
Total		46

# Q26: What do you do in your free time?

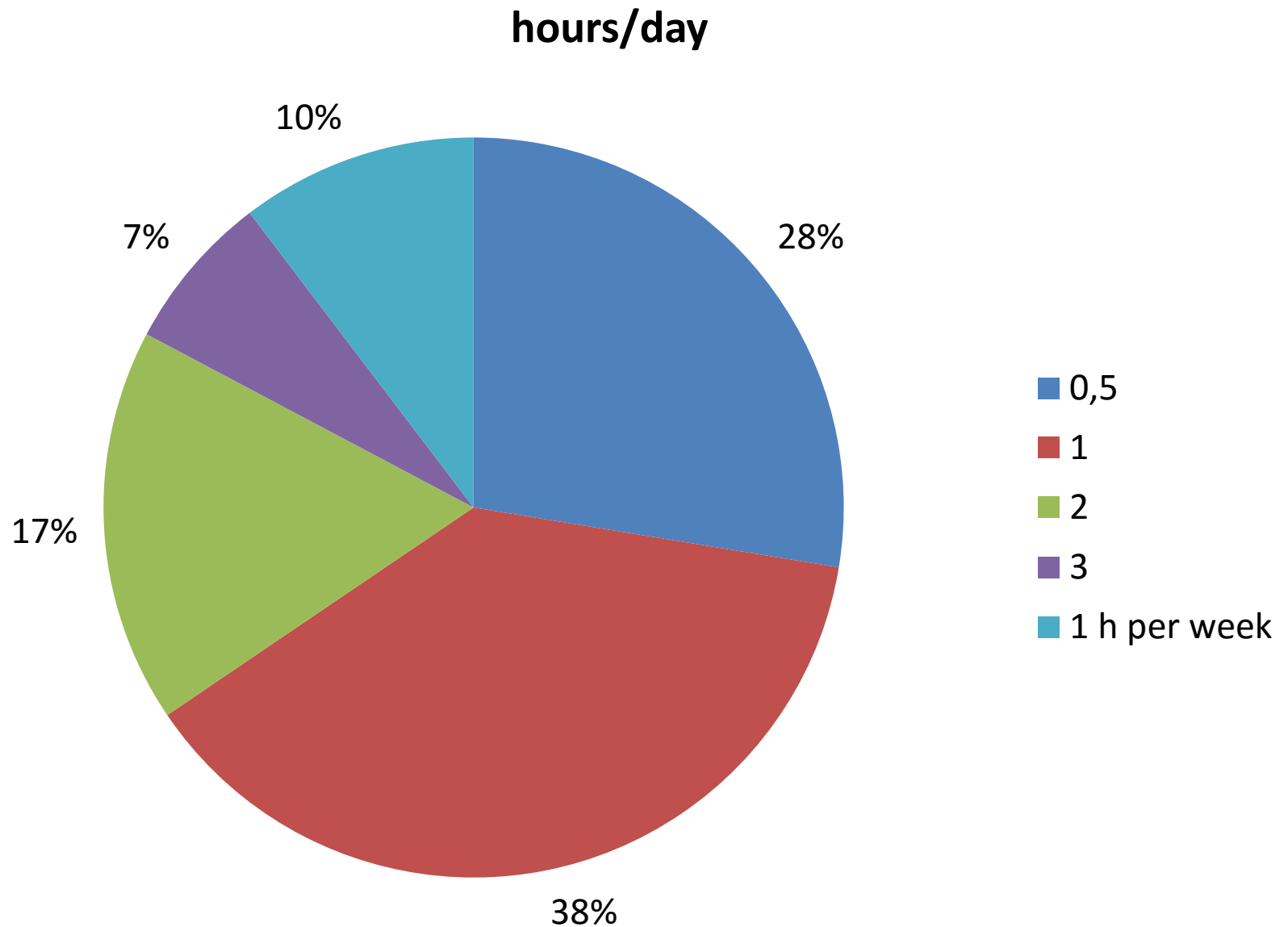


**Boys**



**Girls**

# Q27: If you watch TV, how long do you watch daily?



# Q28: If you are on computer, how long do you play?

