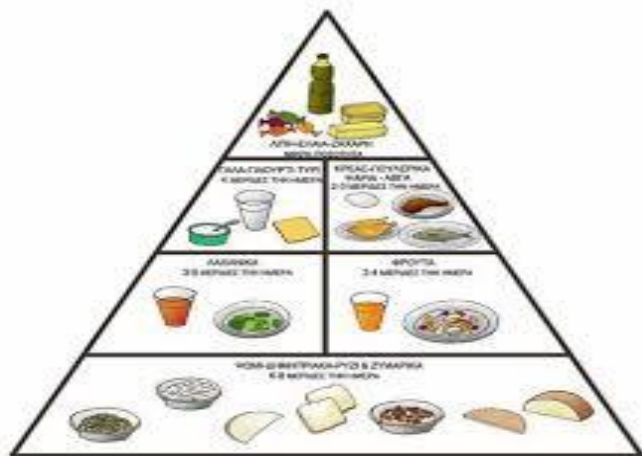


# 2<sup>nd</sup> Primary school of Nea Ionia

## 6<sup>th</sup> Grade

### QUESTIONNAIRE



Theme: **NUTRITION AND EXERCISE**



**Custody: George Gkonos**

**Statistical charts: Danae Karvouni**

**Translated by Eugenia Siati**

**Participants:**

**Alexandri Ariadne**

**Leptidi Nia**

**Varkas Nikolaos**

**Magita Efrosini**

**Volitakis Thomas**

**Balanikas Christos**

**Gonos Georgios**

**Papageorgopoulos George**

**Thano Orestis**

**Pritsis Dimitrios**

**Theocharopoulos Dimitrios**

**Prifti Charalambia**

**Kalfa Penelope**

**Salavouras Filippos**

**Karvouni Danai**

**Siati Eugenia**

**Katseli Konstantina**

**Sogiaty Melina**

**Katseli Stamatia**

**Soyaty Mariza**

**Kachramanolou Maria**

**Toutsidis Alexandros**

**Koutsopoulos Dionysios**

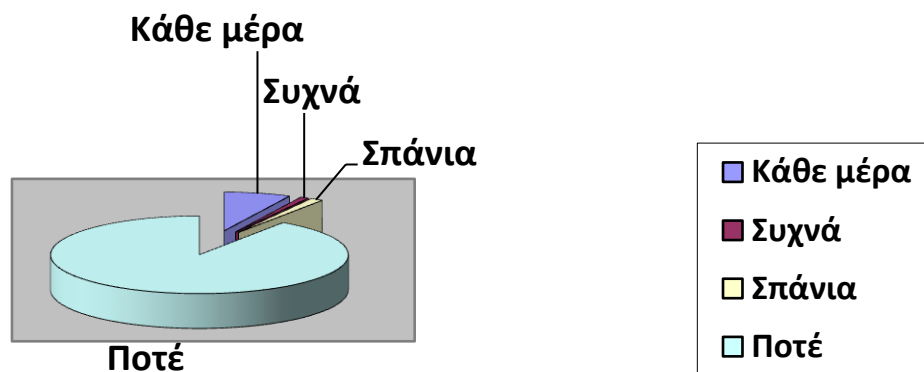
## 1. Do you eat breakfast in a daily bases?

A.(every day) was answered by 16 students with a percentage of 69,565%

B.(usually) was answered by 2 students with a percentage of 8,696%

C.(rarely) was answered by 3 students with a percentage of 13,043%

D.(never) was answered by 2 students with a percentage of 8,696%



## 2. What does your breakfast contain?

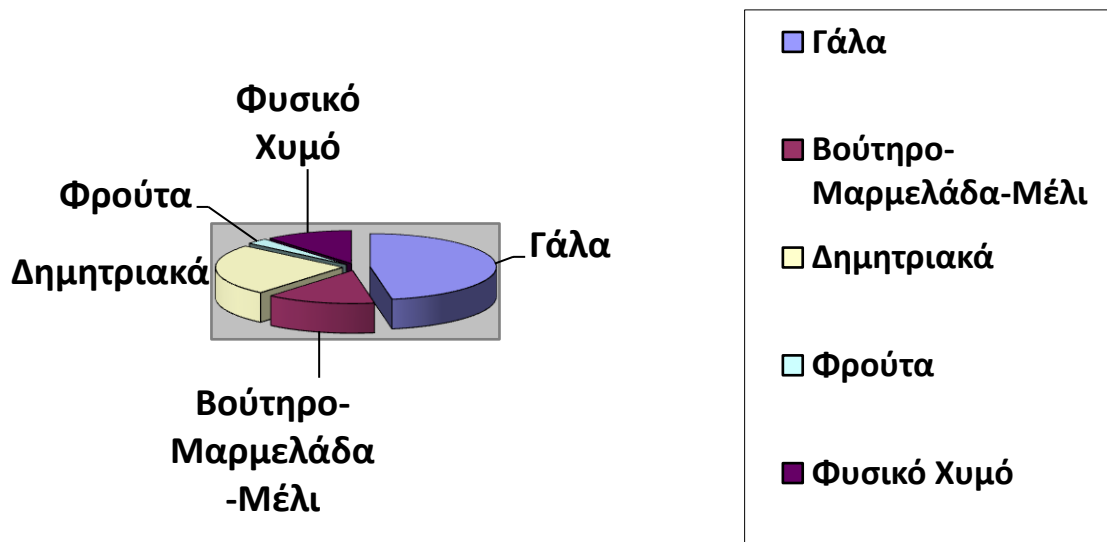
A. (milk) was answered by 17 students with a percentage of 73,9013%

B.(butter-marmelade-honey) was answered by 5 students with a percentage of 21,739%

C. (cereal) was answered by 9 students with a percentage of 39,13%

D.(fruit) was answered by 1 student with a percentage of 4,34

E.(juice) was answered by 4 students with a percentage of 17,391%



### 3. HOW MANY GLASSES OF MILK DO YOU DRINK PER DAY?

A. (One) answered by 11 students with a percentage of 47,826%

B. (Two) answered by 5 students with a percentage of 21.739%

C. (More than 2) answered by 3 students with a percentage of 13,043%

D. (None) answered by 4 students with a percentage of 17.392%

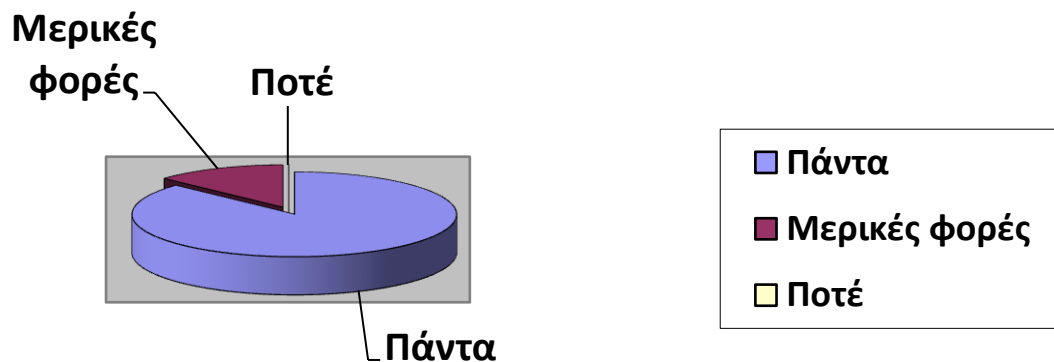


#### 4. DO YOU TAKE SOMETHING FROM HOME TO EAT IT AT SCHOOL?

A. (Always) answered by 20 students with a percentage of 86.957%

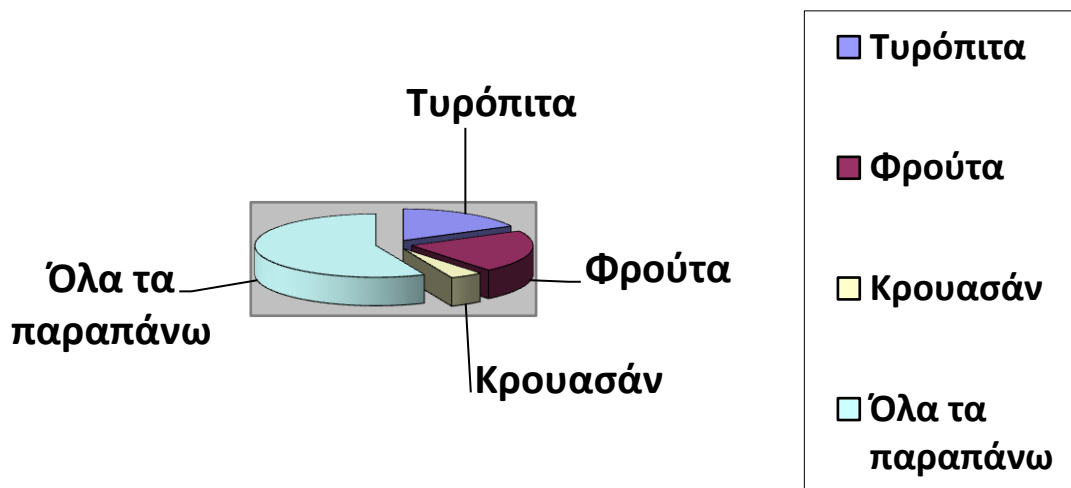
B. (Sometimes) answered by 3 students with a percentage of 13,043%

C. (Never) answered by no one 0%



**5. IF YOUR SCHOOL HAD A CIRCULAR WHAT WOULD YOU LIKE TO SELL?**

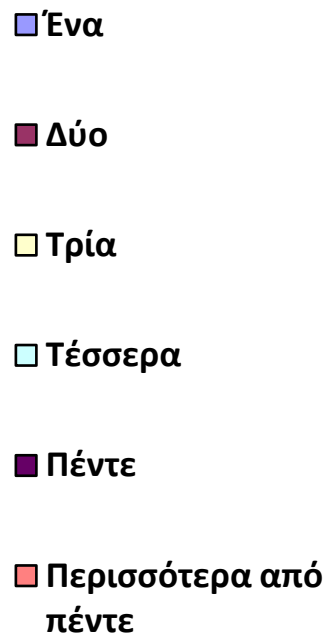
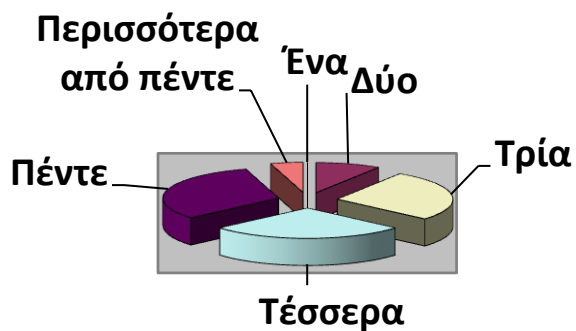
- A. (Cheese pie) answered by 4 students with a percentage of 17.391%**
- B. (Fruit) answered by 5 students with a percentage of 21.739%**
- C. (Croissant) answered by 1 student with a percentage of 4.348%**
- D. (All of the above) answered by 13 students with a percentage of 56,522%**



## 6.NOTE HOW MANY MEALS DO YOU EAT EVERY DAY?

- A. (one) answered by no one with a Percentage of 0%
- B. (Two) answered by 2 students with a percentage of 9,091%
- C. (Three) answered by 6 students with a percentage of 27.273%
- D. (Four) answered by 6 students with a percentage of 27.273 %
- E. (Five) answered by 7 studenst with a percentage of 31,818%
- F. (More than five) answered by 1 student with a percentage of 4,545%

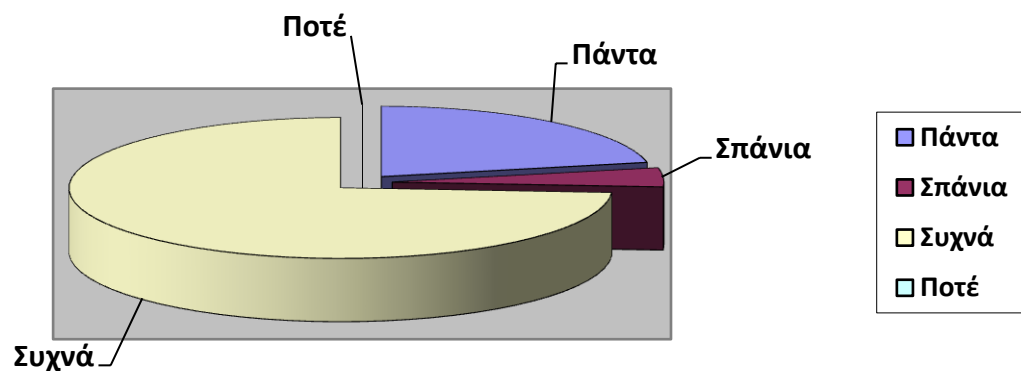
~1 person did not answer





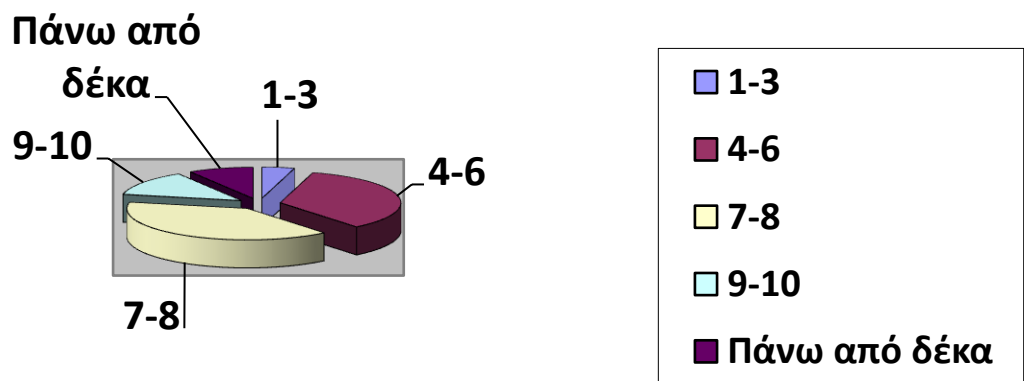
## 7. DO YOU ACCOMPANY THE FOOD WITH SALAD?

- A. (Always) answered by 5 students with a percentage of 21.273%
- B. (Rarely) answered by 1 student with a percentage of 4.348%
- C. (Often) answered by 17 students with a percentage of 73.913%
- D. (Never) answered by no one with a percentage of 0%



**8. HOW MANY GLASSES OF WATER DO YOU DRINK PER DAY?**

- A. (1-3) answered by 1 student with a percentage of 4.348%
- B. (4-6) answered by 8 students with a percentage of 34.783%
- C. (7-8) answered by 9 students with a percentage of 39.13%
- D. (9-10) answered by 3 students with a percentage of 13,043%
- E. (More than 10) answered by 2 students with a percentage of 8.696%

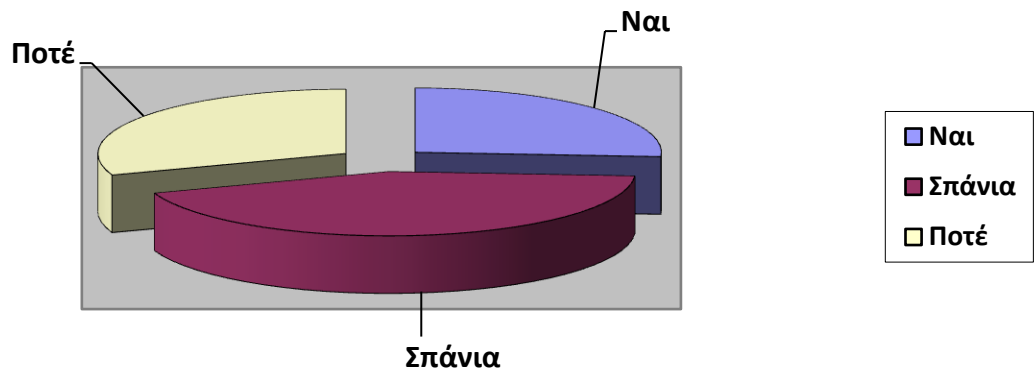


**9. DO YOU CHOOSE A SWEET TO EAT WITH YOUR MEAL?**

**A. (Yes) 6 students answered with a percentage of 26,087%**

**B. (Rarely) 10 students answered with a percentage of 43.478%**

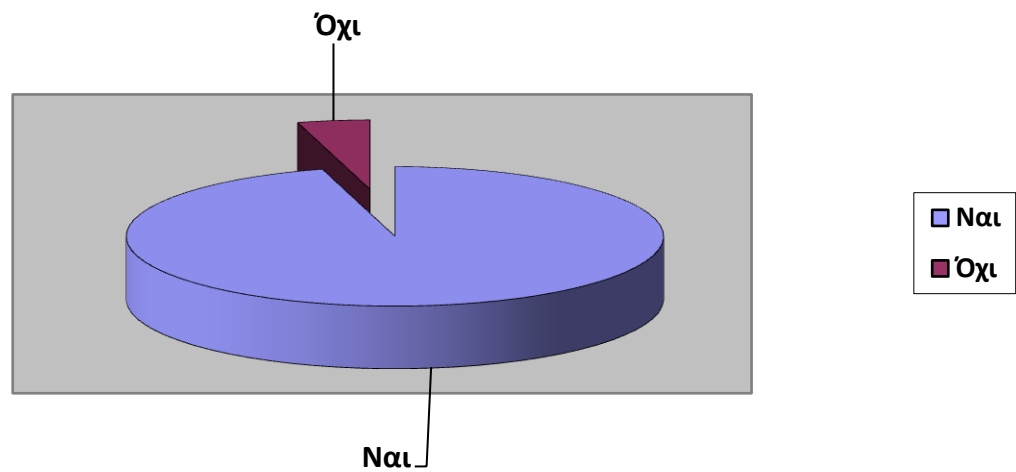
**C. (Never) answered 7 students with a percentage of 30,435%**



**10. ARE YOU DOING SPORTS?**

**A. (Yes) 22 students answered with a percentage of 95.652%**

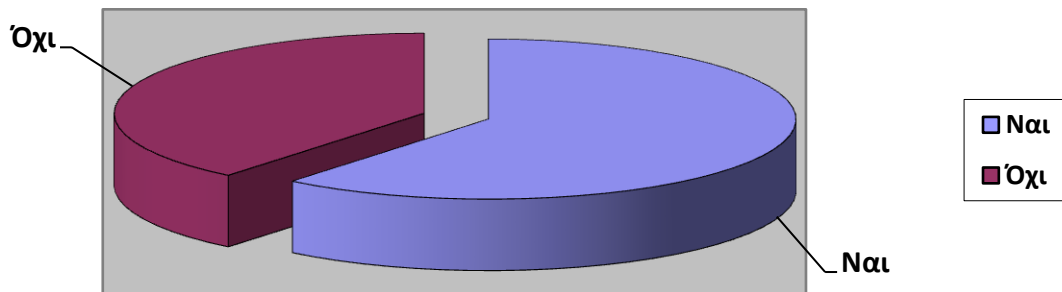
**B. (No) answered by 1 student with a percentage of 4.348%**



**11. SINCE YOU HAVE BEEN INVOLVED IN SPORTS, HAVE YOU CHANGED ANY THINGS IN YOUR NUTRITION?**

**A. (Yes) answered by 14 students with a percentage of 60.87%**

**B. (No) 9 students answered with a percentage of 39.13%**



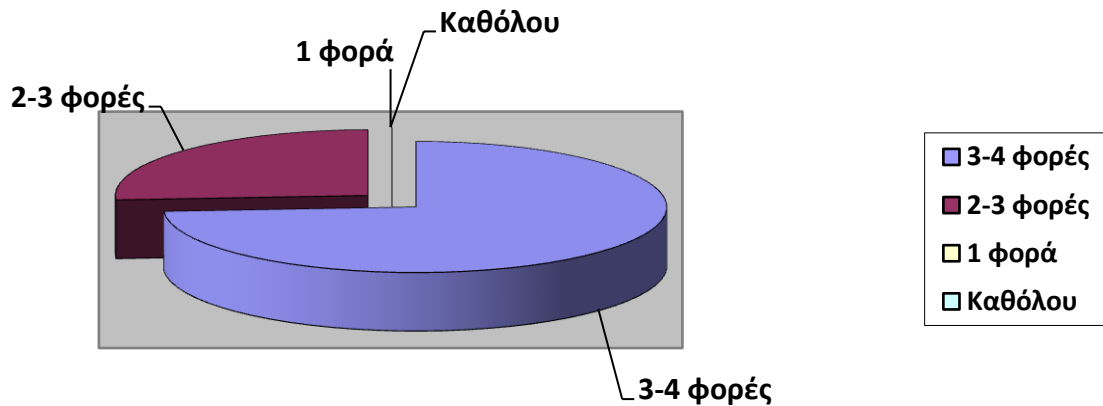
## 12. HOW MANY TIMES DO YOU EXERCISE PER WEEK?

A. (3-4 times) answered by 17 students with a percentage of 73.913%

B. (2-3 times) answered by 6 students with a percentage of 26.087%

C. (1 time) answered by no one with a percentage of 0.00%

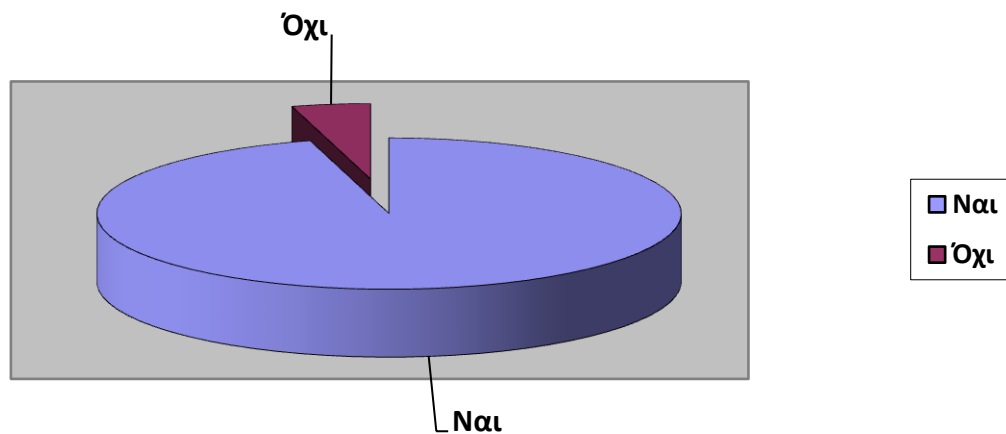
D. (None) answered by no one with a percentage of 0.00%



**13. DO YOU BELIEVE THAT A HEALTHY DIET HELPS YOU HAVE A BETTER PERFORMANCE IN SPORTS?**

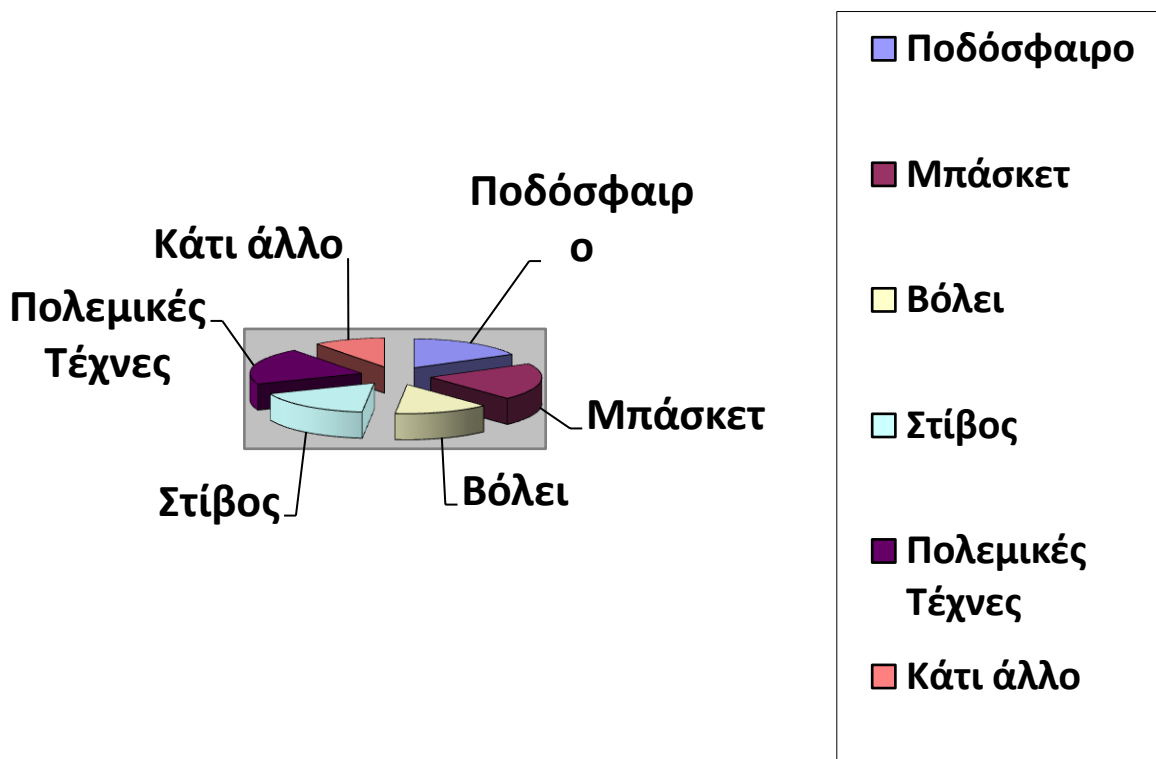
**A. (Yes) 22 students answered with a percentage of 95.652%**

**B. (No) answered 1 student with a percentage of 4.348%**



#### 14. WHAT IS YOUR FAVORITE SPORT?

- A. (Football) answered by 5 students with a percentage of 21.739%
- B. (Basketball) answered by 6 students with a percentage of 26.086%
- C. (Volley) answered by 4 students with a percentage of 17.391%
- D. (Athletics) answered by 5 students with a percentage of 21.739%
- E. (Martial arts) answered by 6 students with a percentage of 26,086%
- F. (Something else) answered by 3 students with a percentage of 13,043%



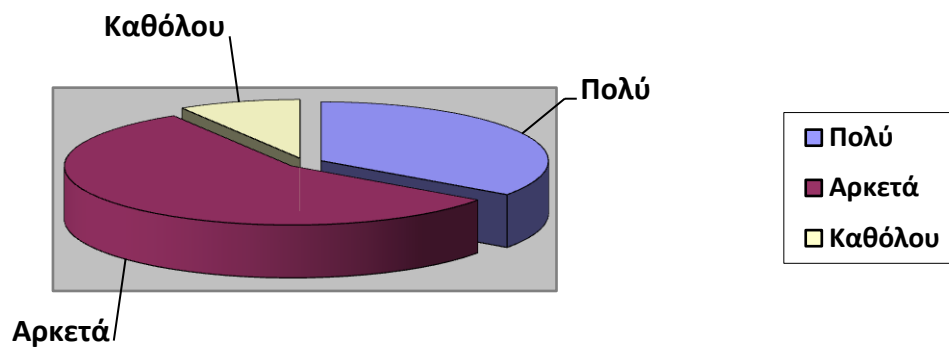


**15. HOW SATISFIED ARE YOU FROM YOUR ATHLETIC PERFORMANCE?**

**A. (Very) answered by 8 students with a percentage of 34.782%**

**B. (Enough) answered by 13 students with a percentage of 56.521%**

**C. (Not at all) answered by 2 students with a percentage of 8.695%**



# QUESTIONNAIRE CONCLUSION

Looking at the answers of the children, in the above questionnaire, we find that there is a balance between diet and exercise in the majority of students. We find that most students eat breakfast basically choosing milk in combination with cereals or a drink with honey and jam. Also important is the fact that the majorities of students take snacks from home and end up choosing a healthier diet. It is noteworthy that if they took from the canteen, a large percentage would choose fruit. Percentage of student's diet includes necessary meals of the day, but without choosing the salad as an accompaniment. In terms of hydrating our body, most students are quite covered drinking 7-8 glasses of water a day. Children do not choose dessert as a side dish. Pleasant is the fact that the largest percentage of students does sports at least 3 times a week, believing that a healthy and balanced diet helps in a better performance in sports.