First project meeting in Lithuania 5.-10.10.2011

Estonia
Puka Secondary School
Health Resources

1. In your opinion healthy lifestyle:
   - very important: 100%
   - important/not very important: 80%
   - not essential: 20%

2. Reducing of physical exercise:
   - very important: 80%
   - important/not very important: 40%
   - not essential: 20%

3. Acquiring knowledge in the field of healthy lifestyle:
   - very important: 60%
   - important/not very important: 40%
   - not essential: 0%

4. Awareness of the risks connected to wrong nourishment and of physical exercising:
   - very important: 100%
   - important/not very important: 80%
   - not essential: 0%

5. Abandoning the habits of wrong nourishment:
   - very important: 90%
   - important/not very important: 10%
   - not essential: 0%

6. Giving up sweets:
   - very important: 70%
   - important/not very important: 30%
   - not essential: 0%

7. Consumption of fruits and vegetables:
   - very important: 90%
   - important/not very important: 10%
   - not essential: 0%

8. Having regular and proper meals:
   - very important: 90%
   - important/not very important: 10%
   - not essential: 0%

9. Serving up dishes and aesthetic side of eating:
   - very important: 80%
   - important/not very important: 20%
   - not essential: 0%

10. Proper diet suitable for age:
    - very important: 50%
    - important/not very important: 50%
    - not essential: 0%

11. Variety of dishes at meals:
    - very important: 70%
    - important/not very important: 30%
    - not essential: 0%

12. Attending Physical Education lessons by students:
    - very important: 90%
    - important/not very important: 10%
    - not essential: 0%

13. Practising sports:
    - very important: 100%
    - important/not very important: 0%
    - not essential: 0%
1. In which country do the inhabitants regularly go in for sports?
2. In which country different fruit and vegetable is consumed most?

- EE
- IT
- PL
- BG
- LT
- TR
- LV
- DE
- AT
3. In which country fish is consumed most?
4. In which country are there vegetarians most?

- IT
- AT
- DE
- PL
- TR
- LV
- EE
- LT
- BG
5. In which country mineral water is drunk most?
6. The national dish of which country is the healthier?
7. In which country do the inhabitants spend their spare time actively with pleasure?
8. In which country people have bigger risk to get overweight?
9. In which country people have their meals in fast food stalls?

- IT
- EE
- LT
- BG
- TR
- AT
- DE
- PL
- LV

Choose one option.
10. In which country people follow the healthy lifestyle the most
11. In which country the inhabitants handle their problems the best and are optimistic at the same time?
12. In which country inhabitants buy healthy foods?

- EE: 21
- DE: 16
- BG: 10
- AT: 9
- IT: 8
- PL: 7
- LT: 6
- LV: 5
Thank you!