



COMENIUS Multilateral school partnerships



“Healthy and Active Teenagers- the Future of Europe”

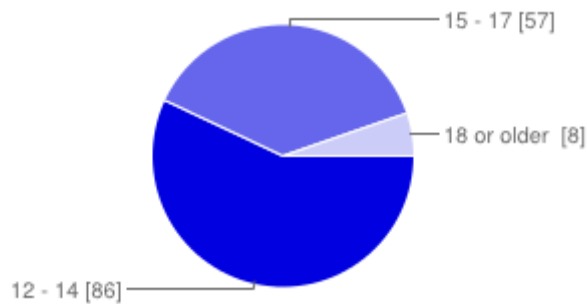
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# Healthy Eating Habits

## Portuguese Teenagers

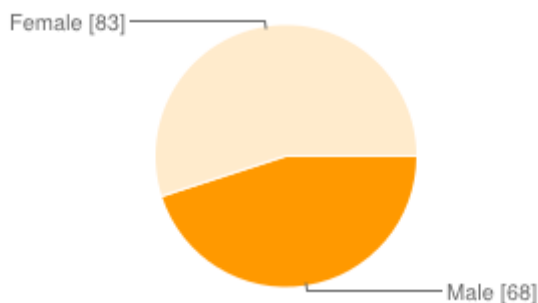
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### Age



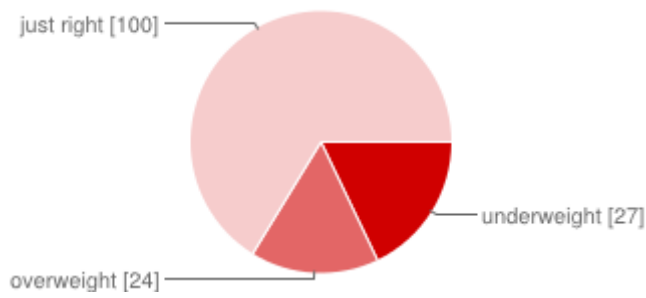
12 - 14	<b>86</b>	57%
15 - 17	<b>57</b>	38%
18 or older	<b>8</b>	5%

### Gender



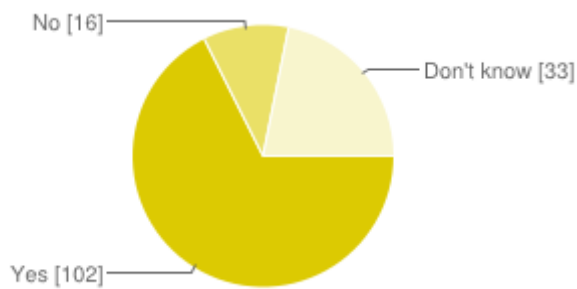
Male	<b>68</b>	45%
Female	<b>83</b>	55%

### 1. Do you consider yourself....:



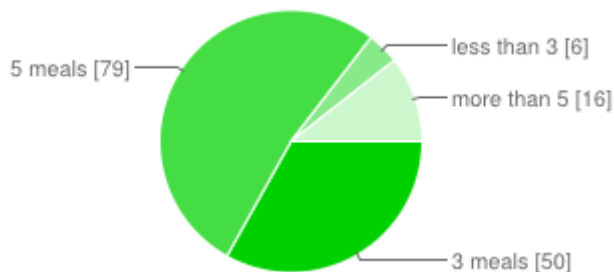
underweight	<b>27</b>	18%
overweight	<b>24</b>	16%
just right	<b>100</b>	66%

### 2. Do you consider yourself to be healthy?



Yes	<b>102</b>	68%
No	<b>16</b>	11%
Don't know	<b>33</b>	22%

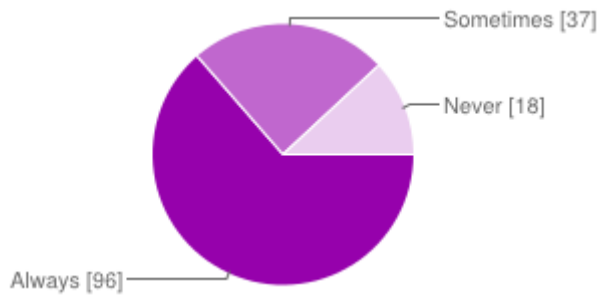
### 3. How many meals do you have a day?



3 meals	<b>50</b>	33%
5 meals	<b>79</b>	52%
less than 3	<b>6</b>	4%

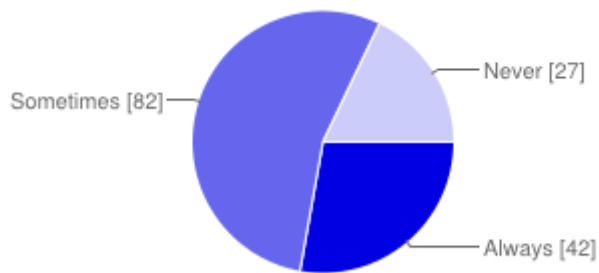
more than 5    **16**    11%

#### 4. How often do you have breakfast?



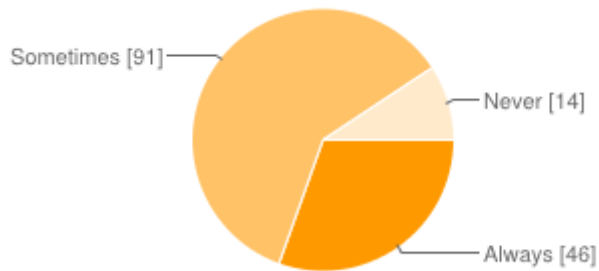
Always        **96**    64%  
Sometimes    **37**    25%  
Never         **18**    12%

#### 5. How often do you have lunch at school?



Always        **42**    28%  
Sometimes    **82**    54%  
Never         **27**    18%

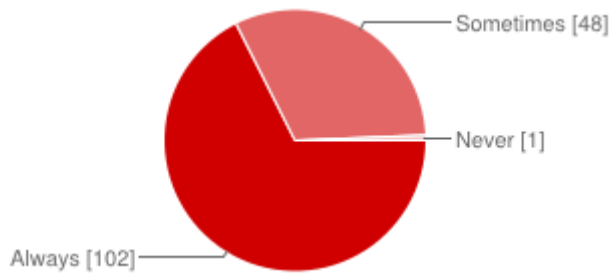
#### 6. How often do you have snacks between the meals?



Always        **46**    30%  
Sometimes    **91**    60%

Never **14** 9%

### 7. How often do you eat home-made food?

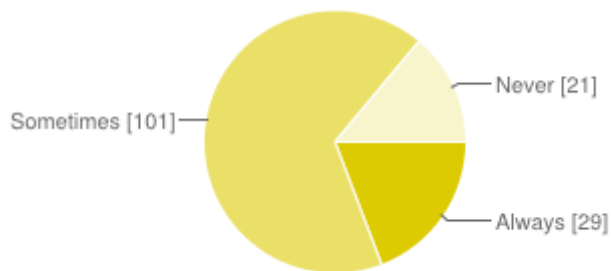


Always **102** 68%

Sometimes **48** 32%

Never **1** 1%

### 8. How often do you have fizzy drinks?

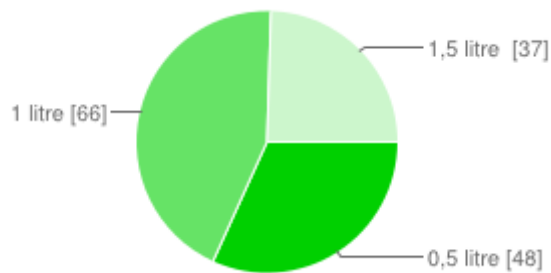


Always **29** 19%

Sometimes **101** 67%

Never **21** 14%

### 9. How much water do you drink a day?

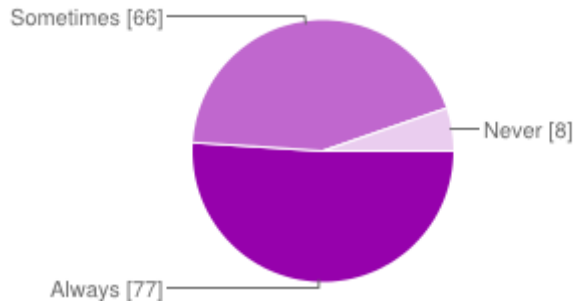


0,5 litre **48** 32%

1 litre **66** 44%

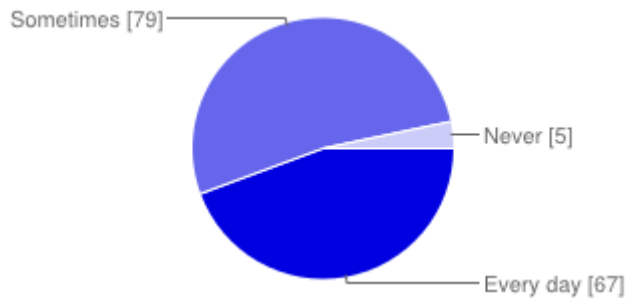
1,5 litre **37** 25%

### 10. How often do you drink milk and use dairy products (yogurt and cheese)



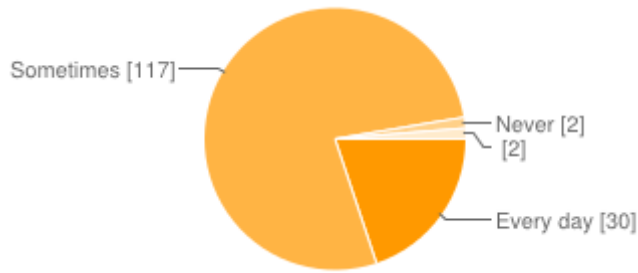
Always	<b>77</b>	51%
Sometimes	<b>66</b>	44%
Never	<b>8</b>	5%

### 11. How often do you eat fruit and vegetables (excluding potatoes)?



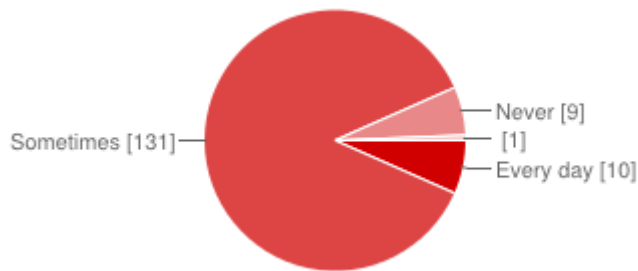
Every day	<b>67</b>	44%
Sometimes	<b>79</b>	52%
Never	<b>5</b>	3%

### 12. How often do you eat meat in a week?



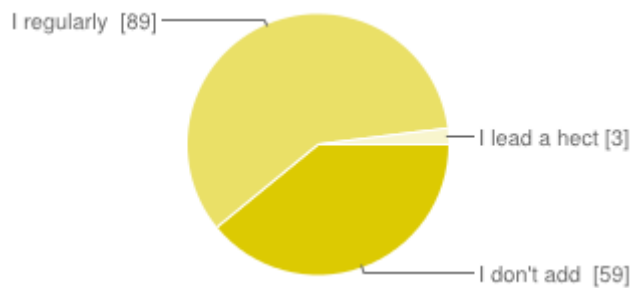
Every day	<b>30</b>	20%
Sometimes	<b>117</b>	77%
Never	<b>2</b>	1%
	<b>2</b>	1%

### 13. How often do you eat fish in a week?



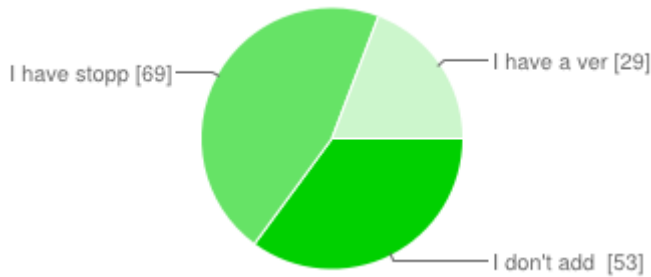
Every day	<b>10</b>	7%
Sometimes	<b>131</b>	87%
Never	<b>9</b>	6%
	<b>1</b>	1%

### 14. How would you best describe your salt intake?



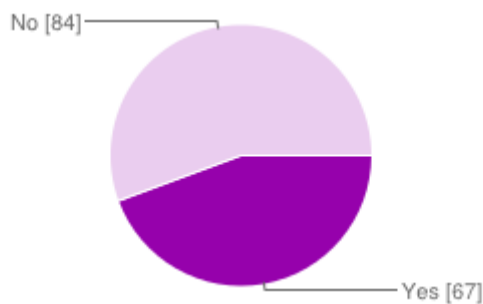
I don't add salt to my food	<b>5</b>	39
	<b>9</b>	%
I regularly add salt to my cooking and then often season my food again at the table.	<b>8</b>	59
	<b>9</b>	%
I lead a hectic lifestyle and don't have time to cook. I rely heavily on pre-prepared and convenience foods.	<b>3</b>	2
		%

### 15. Do you consider yourself to have a sweet tooth?



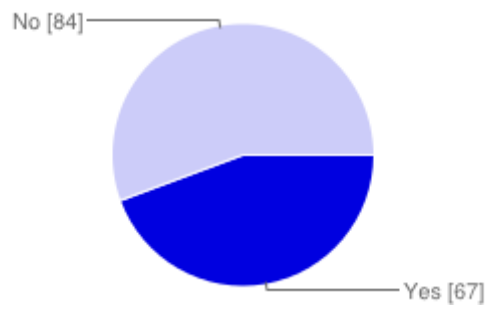
I don't add sugar to my food and only add it to cooking where necessary.	<b>5</b>	35
	<b>3</b>	%
I have stopped adding sugar to my drinks and food, but still crave that sweetness with food.	<b>6</b>	46
	<b>9</b>	%
I have a very sweet tooth and eat lots of sugary foods. I always have one or more teaspoons of sugar in my tea and coffee.	<b>2</b>	19
	<b>9</b>	%

### 16. Do you regularly enjoy eating out or ordering takeaways at home?



Yes	<b>67</b>	44%
No	<b>84</b>	56%

## 17. Do you think teenagers are healthy?



Yes **67** 44%

No **84** 56%

### Answers per day

