





Erasmus+



TÜRKİYE

food for thought project

2020-1-EL01-KA229-078875_2

Partner Country: **TURKEY**

WHAT WE HAVE DONE SO FAR?



A SEMINAR ON 'HEALTHY EATING'

Our school biology teacher Hüseyin Erenler gave a seminar on healthy nutrition to our 10th grade students. In the seminar, our teacher introduced the nutrients and gave information about how we should eat during adolescence.



SANATSIZ KALAN BİR MİLLETİN
BALIKÇILARINDAN BİR KOPMUS DEMERİTİR.



Sağlıklı Beslenme Programı
(Sağlıklı Akademi) Projesi
Sağlıklı Beslenme Programı
2020-2021-2022
Proje Numarası: "Food for Thought"
Bu proje yürütülmektedir.





AFTER THAT SEMINAR;

We have done a survey about '*Healty Eating*' and zumba lesson.
First of all we are going to share this survey's results to you.

Let's take a look :)

SURVEY RESULTS

We applied this survey to 36 students. The results are as follows:

I never have snacks when I use my smartphone or computer:

32 false 4 true

I never have snacks when I am bored or stressed:

24 false 12 true

Before eating a snack, I check how much fat and how many calories it has:

23 false 12 true

I don't like fast food:

33 false 3 true

My parents don't buy unhealthy snacks:

30 false 6 true

I buy snacks from the school canteen once a week:

25 false 11 true

I always find a healthy snack to eat at home:

17 false 19 true

I make a plan of the snacks I have every day:

31 false 5 true

1 prefer healthy snacks such as fruit or cereal bars:

7 false 30 true

1 think about how healthy as snack is every time 1 have one:

16 false 20 true

RESULTS

According to the results of our survey, the majority of the participants stated that while using technological devices or when they are stressed they snack.

In another article of this survey, the majority of the participants stated that they like fast food and do not count calories while snacking.

Considering that Turkey is the most obese country in the European continent according to the data of the World Health Organization, the results of our survey were thought-provoking for us.

