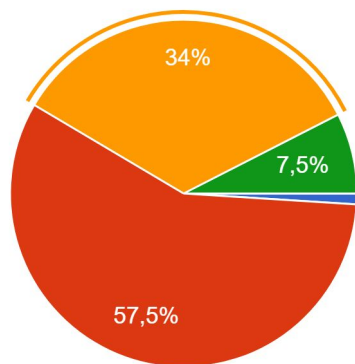




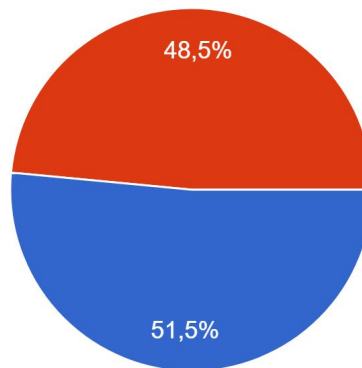
# 1st evaluation Results

# INFORMATION (200 survey respondent students)

## AGE

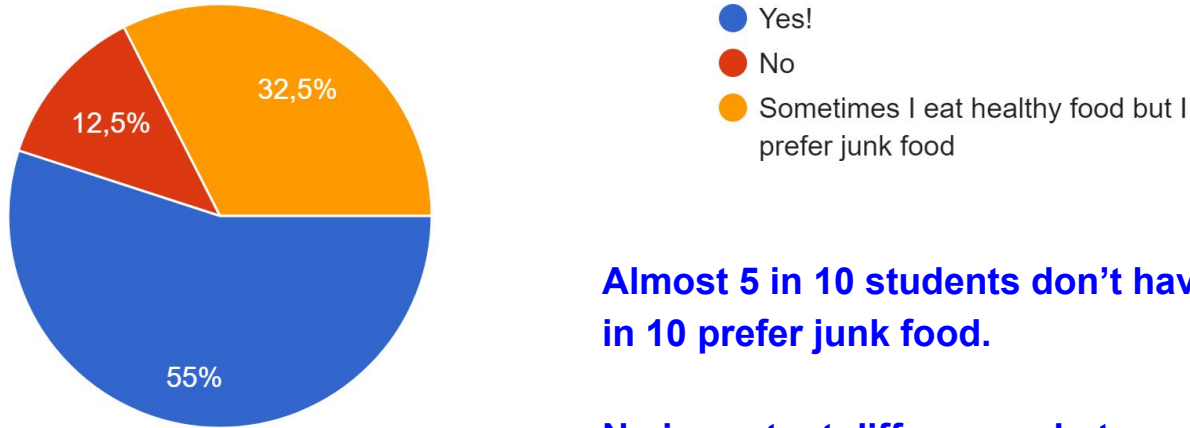


## SEX



# Do you think that you usually have a healthy breakfast?

## Students response

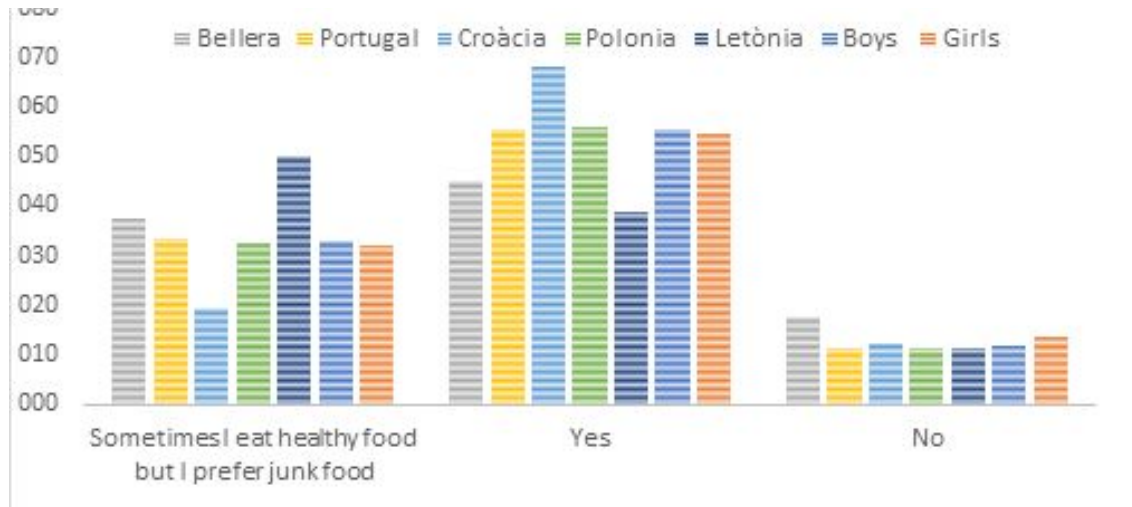


**Almost 5 in 10 students don't have a healthy breakfast and 3 in 10 prefer junk food.**

**No important differences between girls and boys answers.**

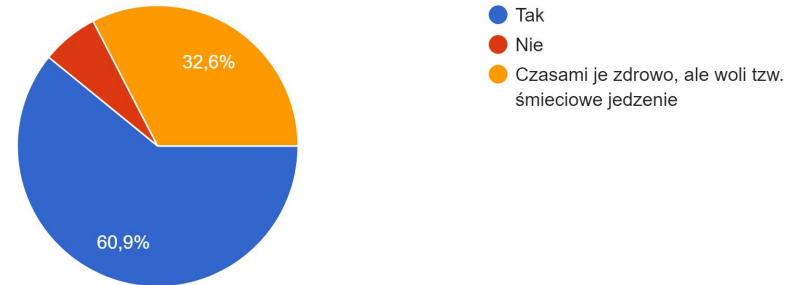
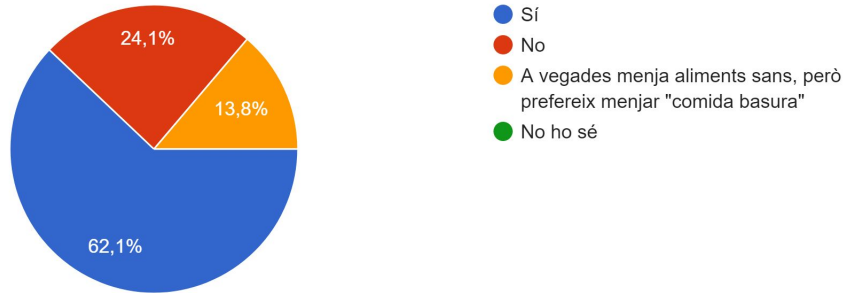
# Do you think that you usually have a healthy breakfast?

## Answer regarding countries and gender



# Do you think that you usually have a healthy breakfast?

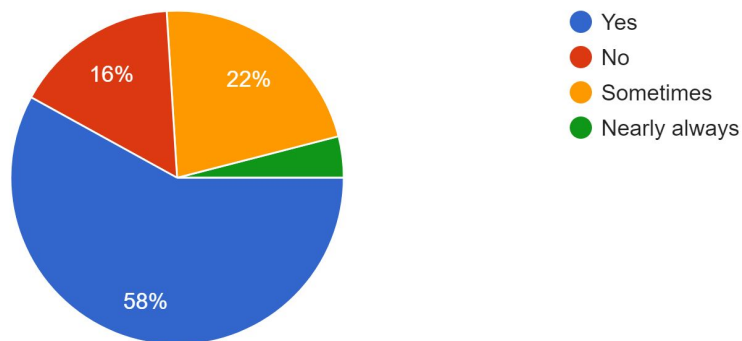
## Parents response



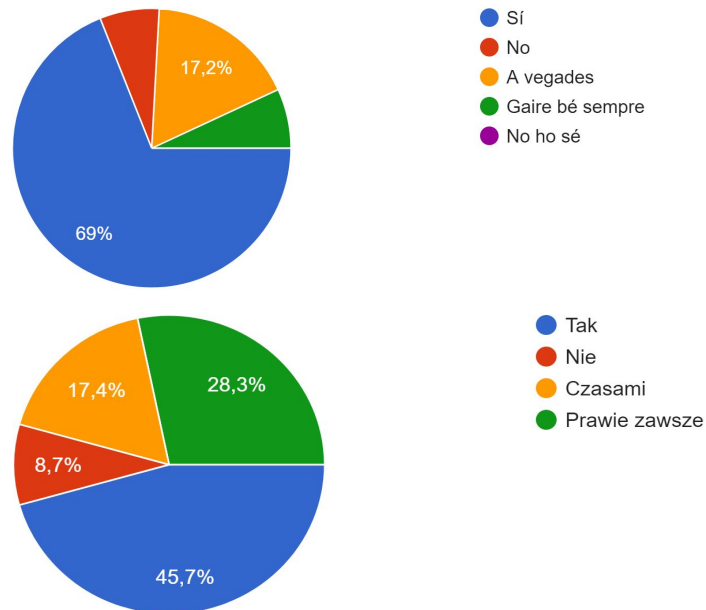
**1 in 4 parents are aware that their children don't have a healthy breakfast**

# Do you have breakfast before going to school?

## Students response



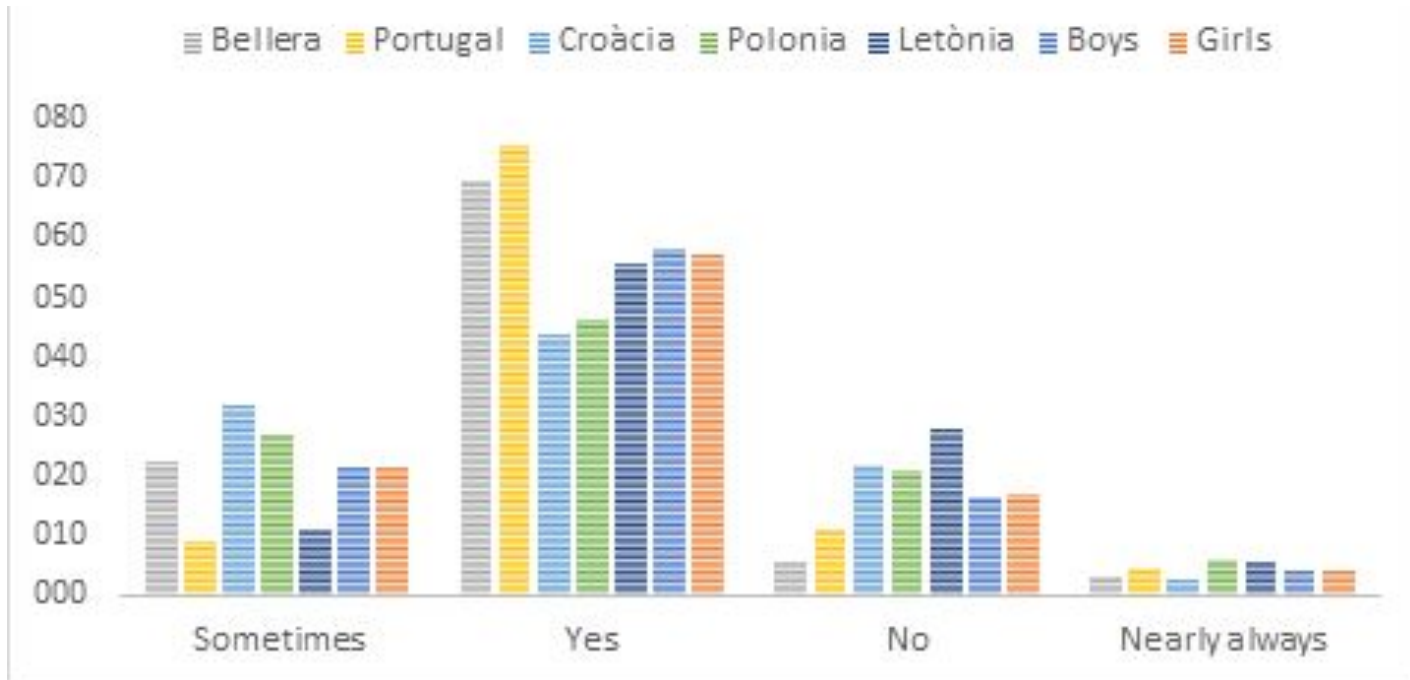
## Parents response



4 in 10 students don't have the habit to have breakfast at home before going to school

# Do you have breakfast before going to school?

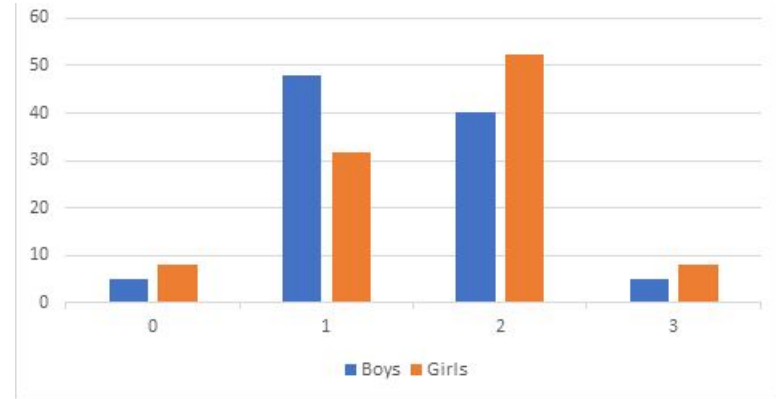
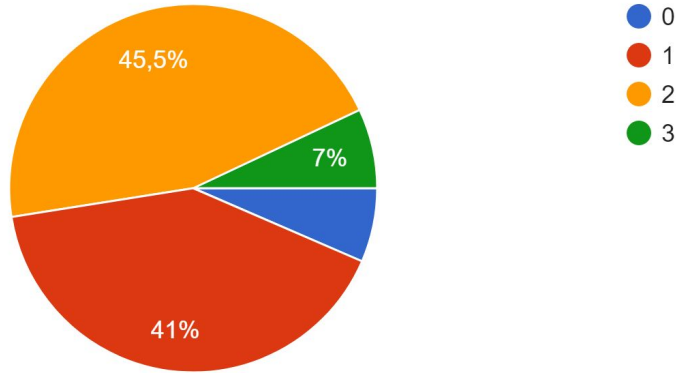
## Answers by countries and sexe



# How many times do you eat before lunch?

## Students response

## Gender response



**4 in 10 students only have breakfast once in the morning**

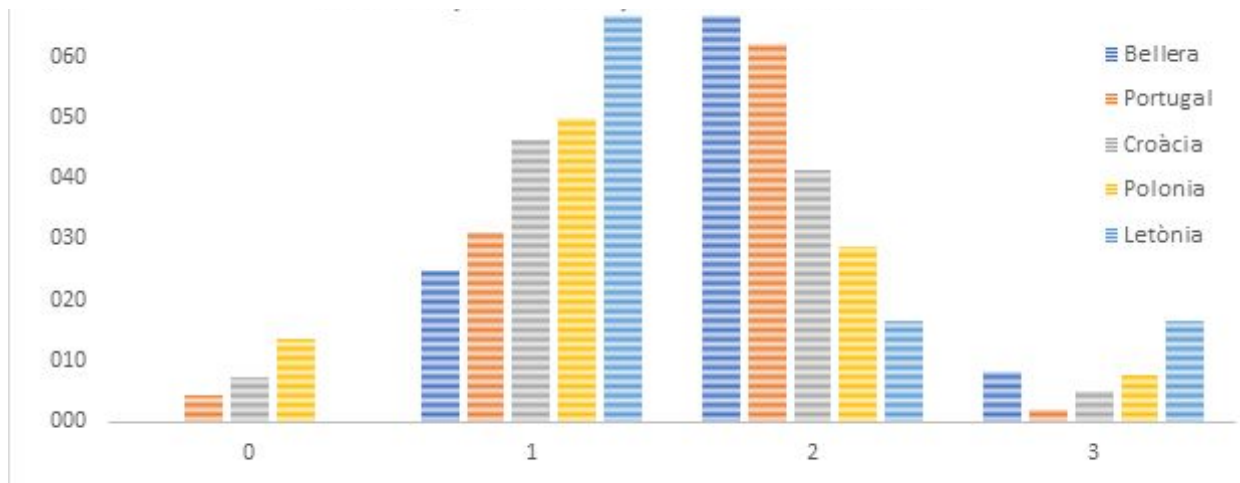
**Almost 1 in 10 don't have any breakfast.**

**Regarding differences between sexes, boys have breakfast less usually than girls**



# How many times do you eat before lunch?

## Country response

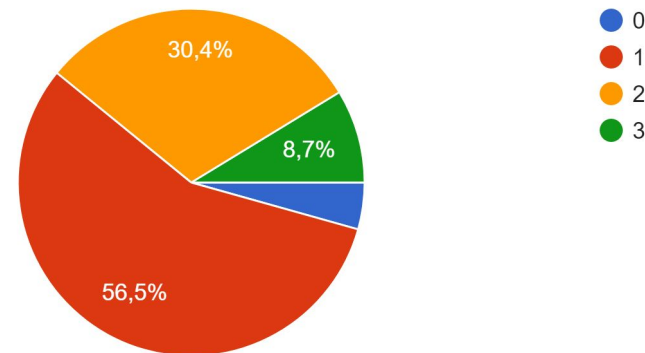
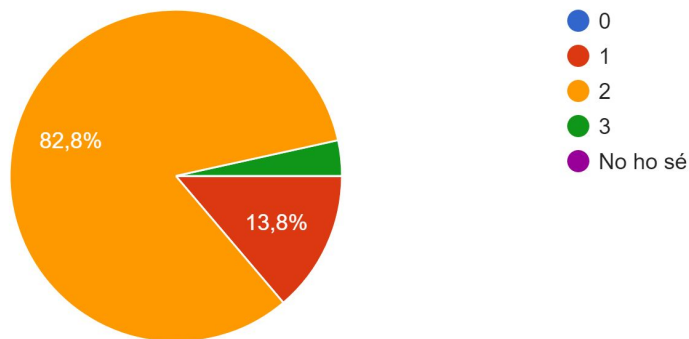


Latvia: 6 in 10 students only have breakfast once

Poland, Croatia and Portugal have students that don't have breakfast

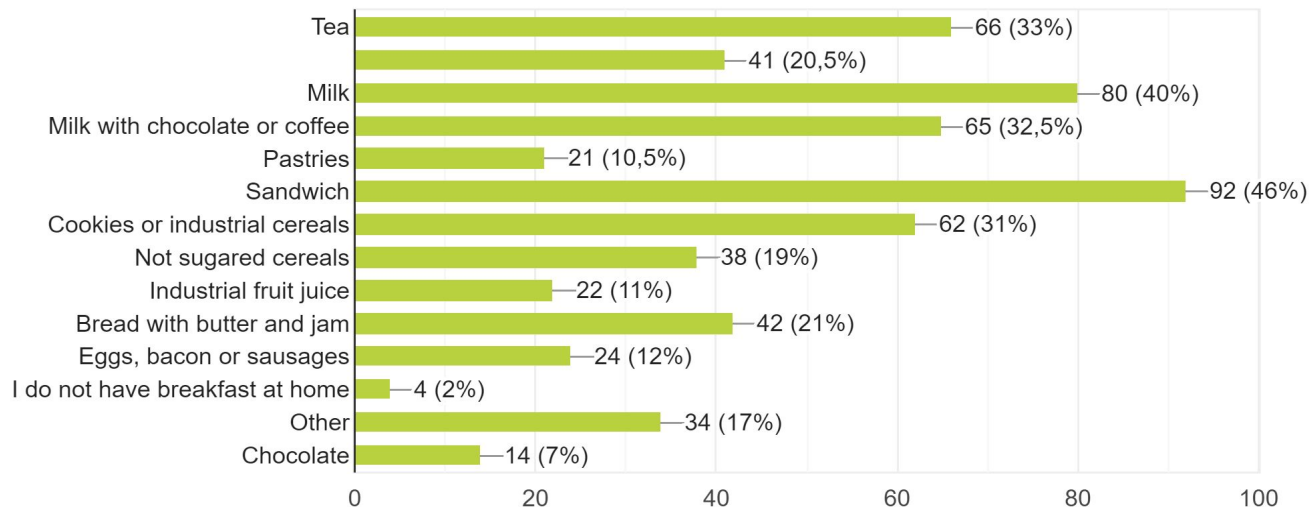
# How many times do you eat before lunch?

## Parents response



We should raise awareness within parents of the importance of having breakfast more than once in the morning

# What do you usually eat for breakfast at home?



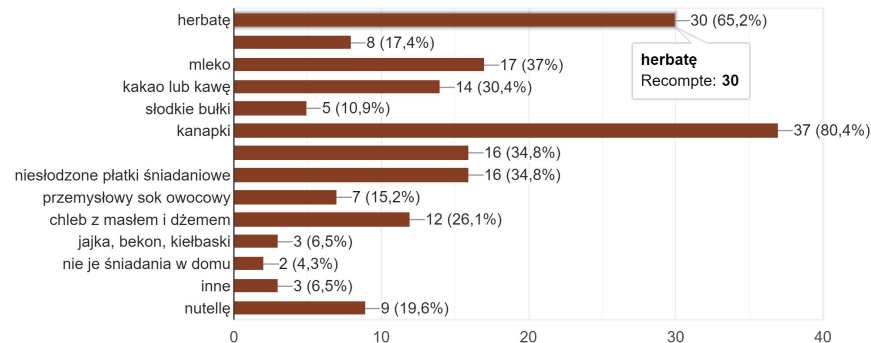
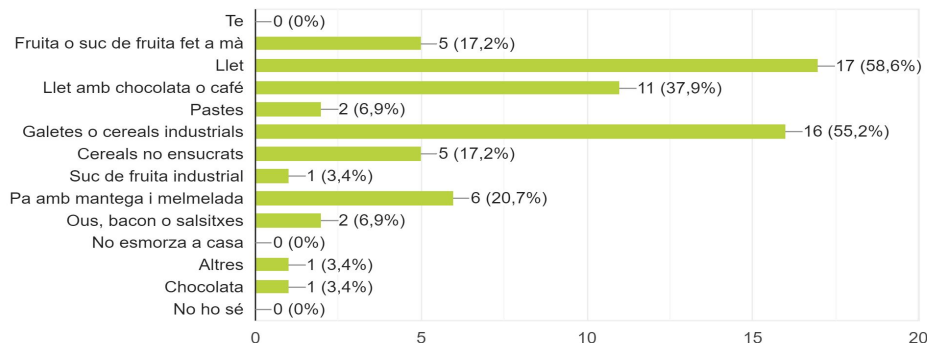
**2 in 10 students don't have any breakfast at home**

**3 in 10 students eat cookies or industrial cereals for breakfast.**

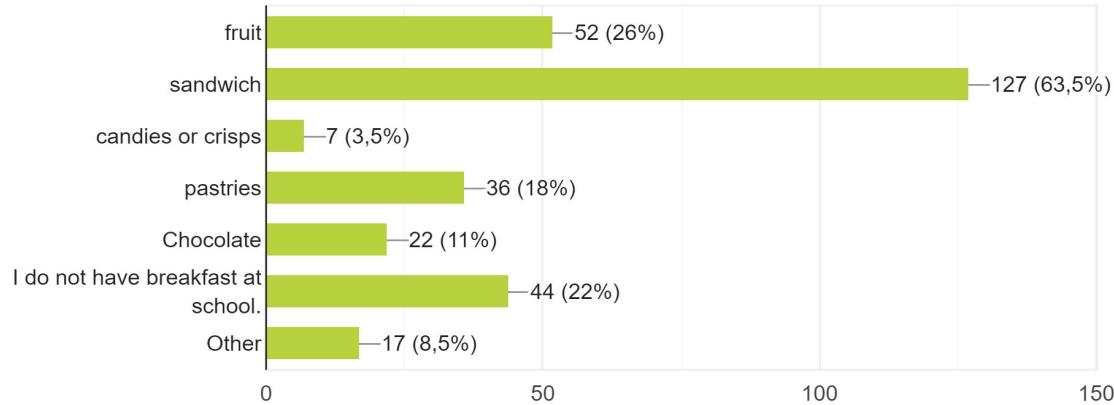
**2 in 10 students drink industrial fruit juice**

**1 in 10 students eat pastries for breakfast**

# Parents response



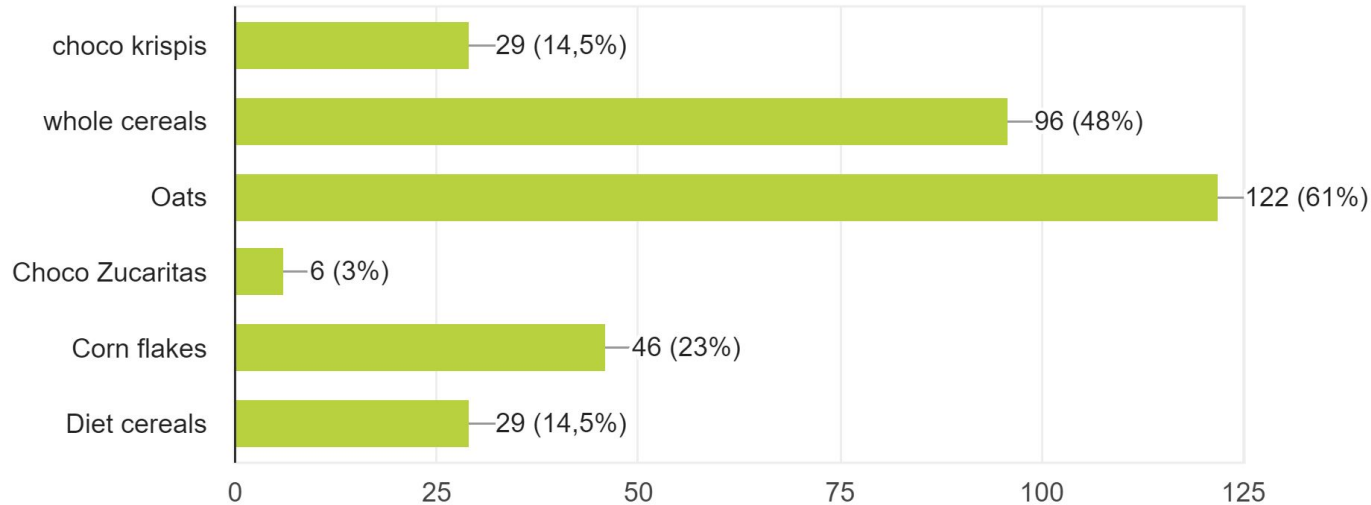
# What do you eat for breakfast at school?



**2 in 10 students don't have any breakfast at school**

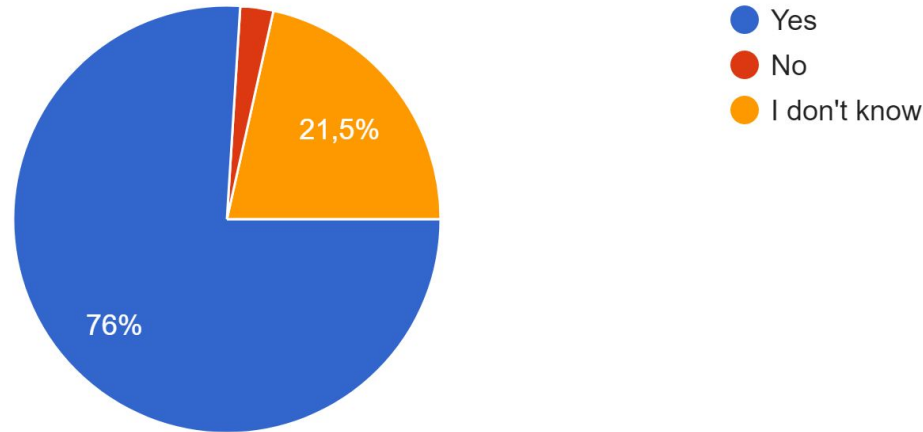
**2 in 10 students eat pastries and 1 in 10 chocolate.**

## Which one of these products do you think it's the healthiest?



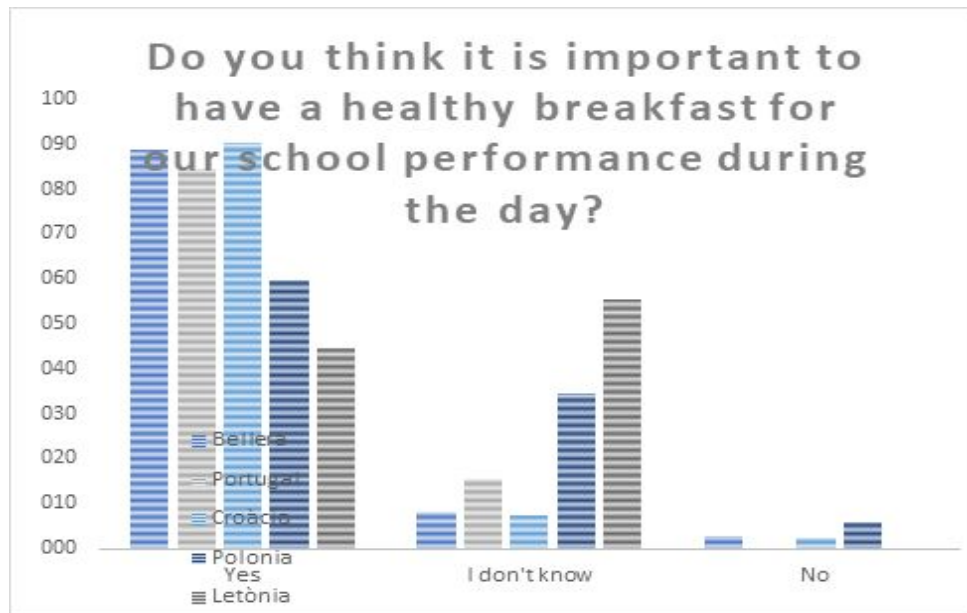
**2 in 10 students believe that Choco krispis, Choco Zucaritas or Corn flakes are healthy products.**

# Do you think it is important to have a healthy breakfast for our school performance during the thay?



**1 in 4 students don't know that a healthy breakfast is important for their school performance. Girls are a little more conscious about this fact than boys.**

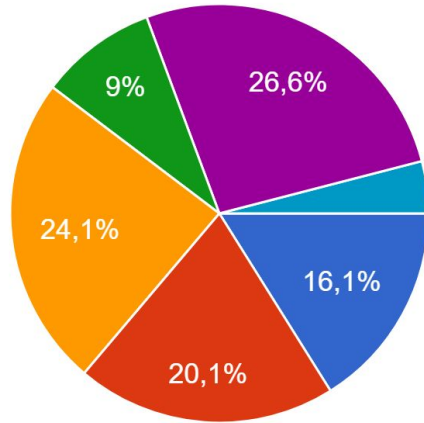
# Country response



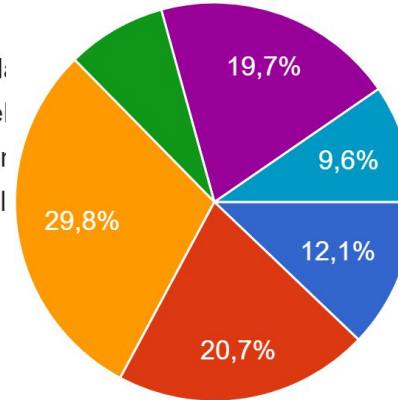
**Poland and Latvia are the two countries where students are less conscious about the relationship between a healthy breakfast and a good performance at school.**



# How often do you eat candies?



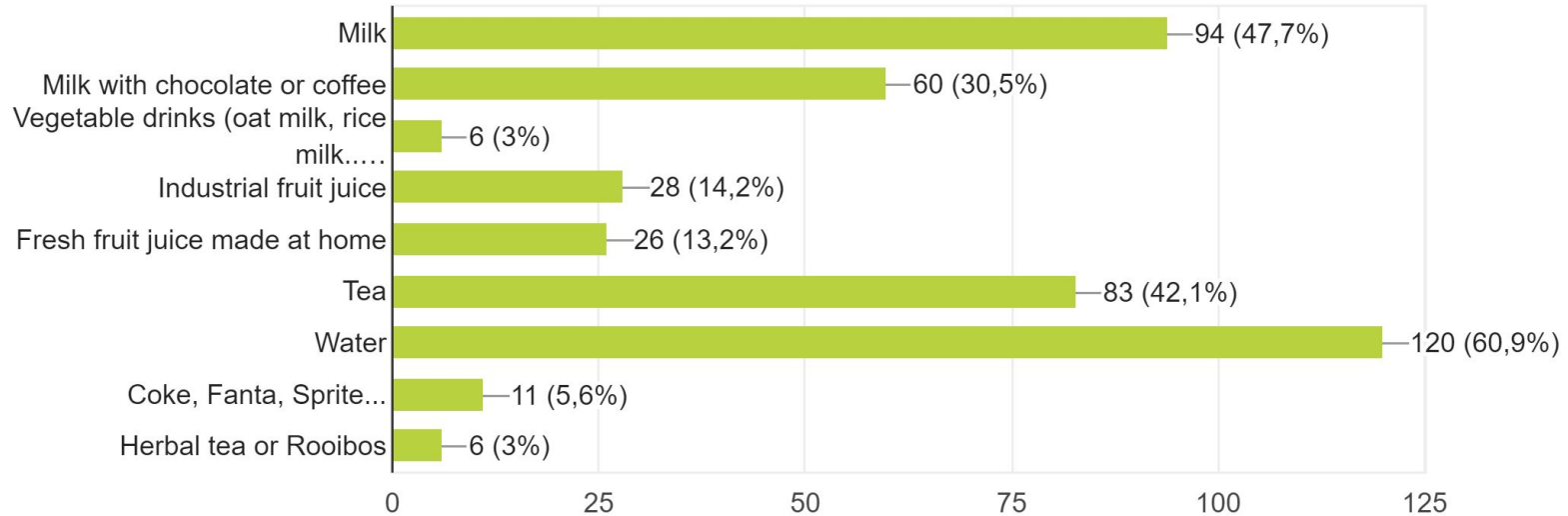
- every day
- every two days
- once a week
- only weekends
- only special days
- never



- every day
- every two days
- once a week
- only weekends
- only special days
- never

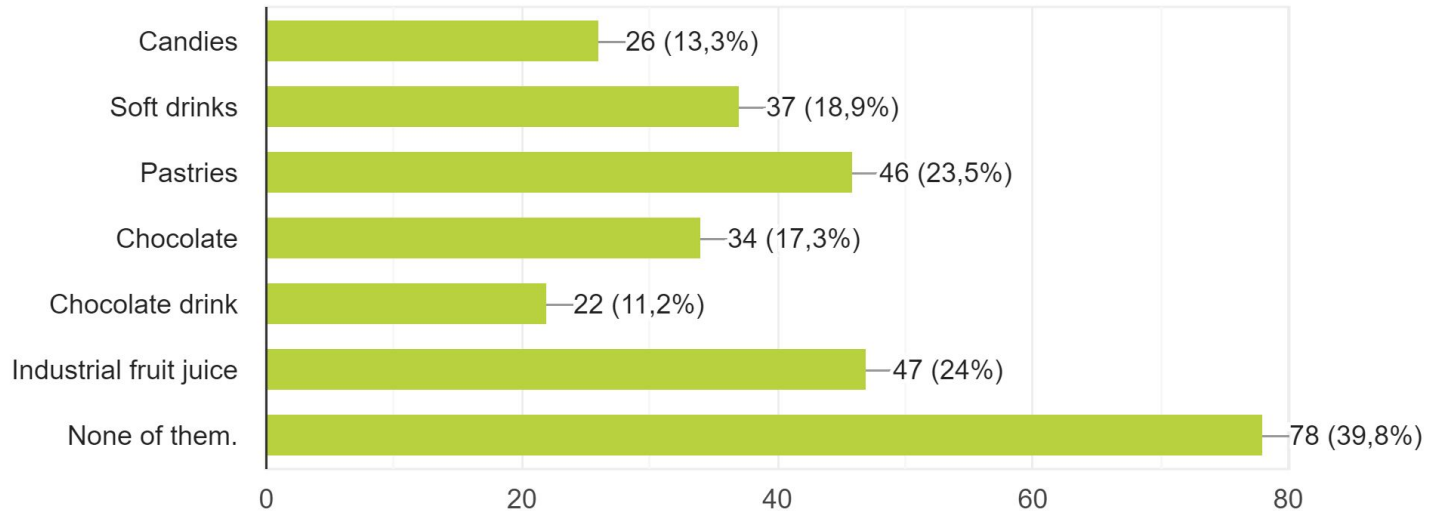
**3 in 10 students usually eat candies or chocolate, from 4 to 7 times per week.  
Girls have a higher tendency towards consumption than boys**

# What do you drink during the morning?



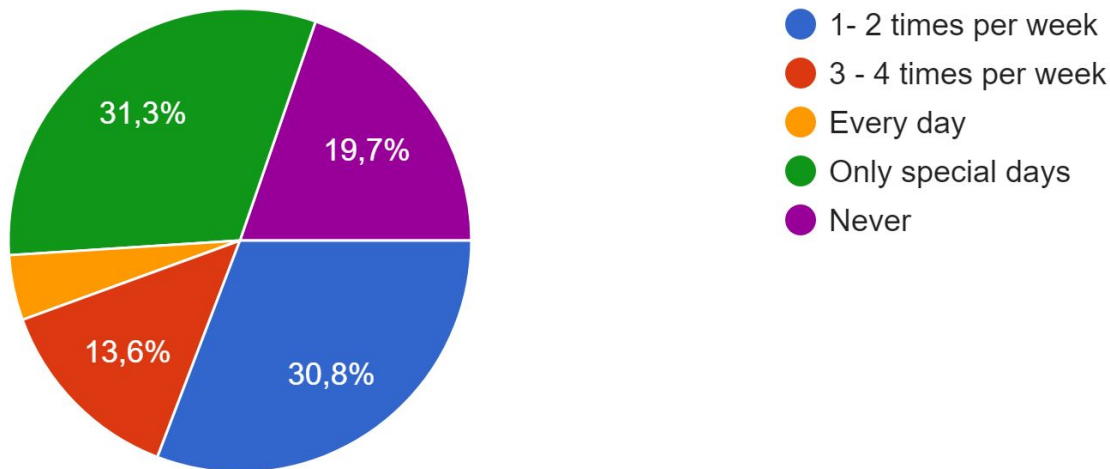
**2 in 10 students drink industrial fruit juice or soft drinks (coke, fanta, sprite...) during the morning**

# Do you eat or drink any of these products during school time?



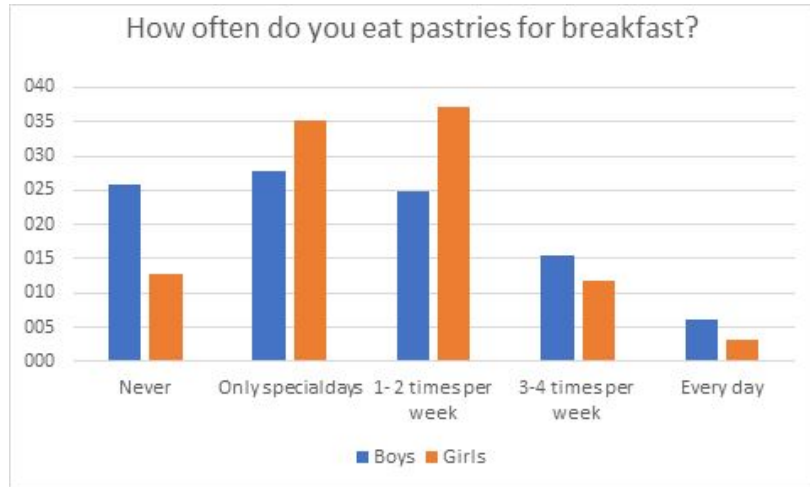
**6 in 10 students eat candies, pastries, chocolate or drink soft drinks o industrial fruit juice at school**

# How often do you eat pastries for breakfast?

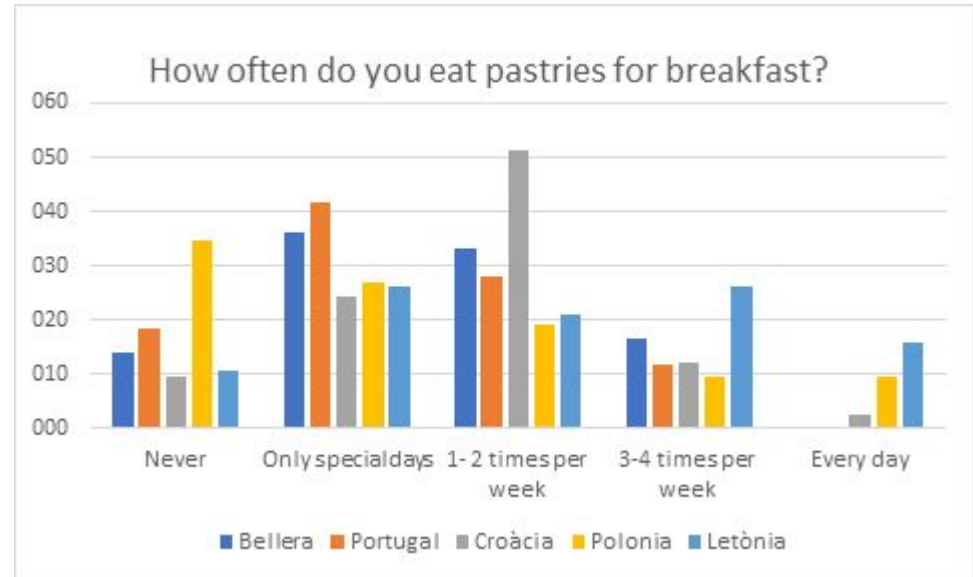


**1 in 2 students eat pastries for breakfast once or more than once a week**

## Sexe response



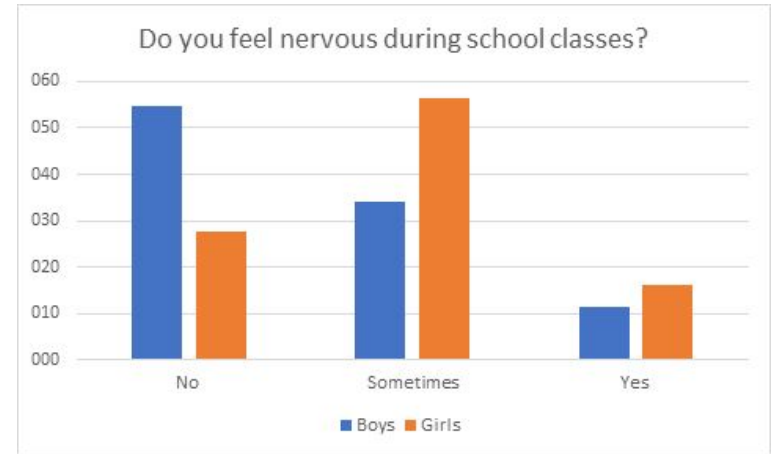
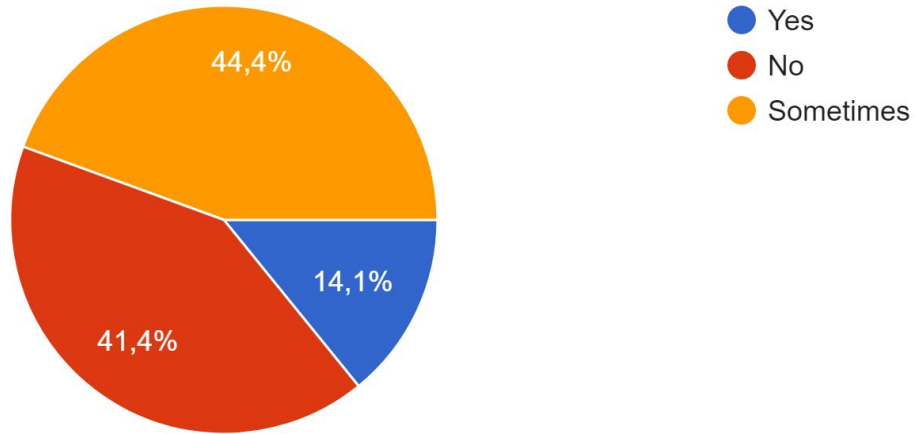
## Country response



**Boys tend to eat sweets more usually than girls**

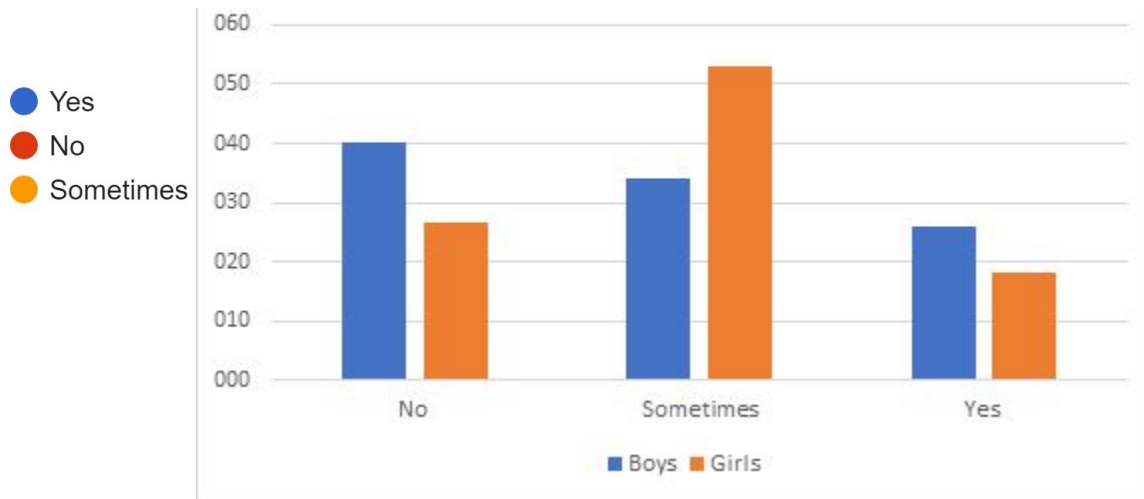
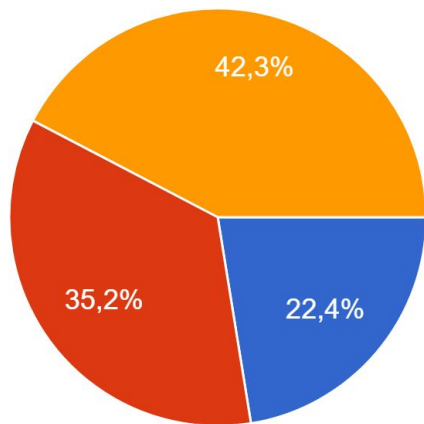
**Letvia tend to eat more sweets more usually than the rest of the countries**

# Do you feel nervous during school classes?



**1 in 10 students feel nervous during school classes, and 4 in 10 students feel nervous sometimes. Girls feel more anxious than boys.**

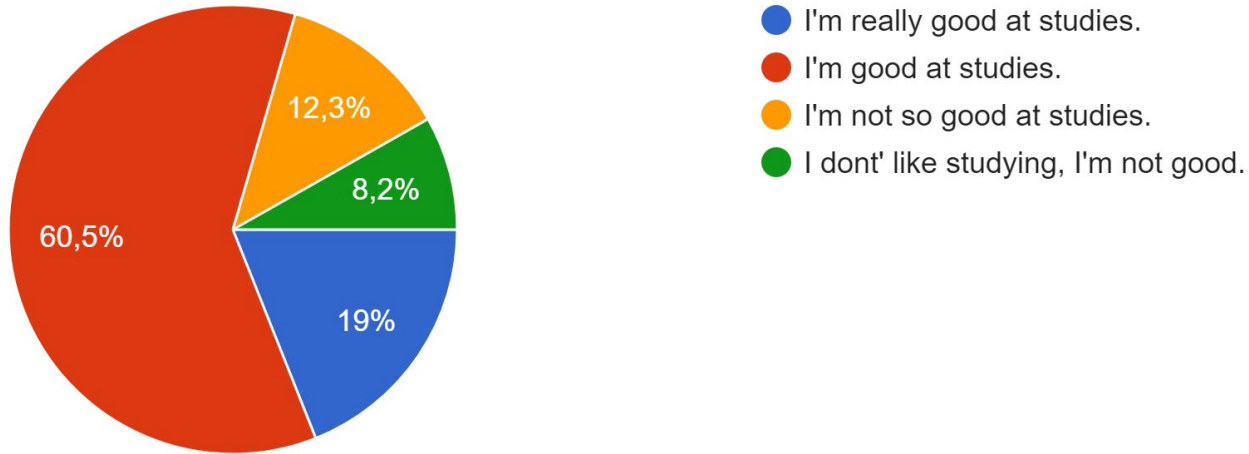
# Do you feel lack energy during school classes?



6 in 10 students feel lack of energy during school (2 in 10 alumnas usually and 4 in 10 sometimes).

Regarding differences between genders, boys tend to usually feel lack of energy and girls tend to sometimes feel lack of energy during school classes

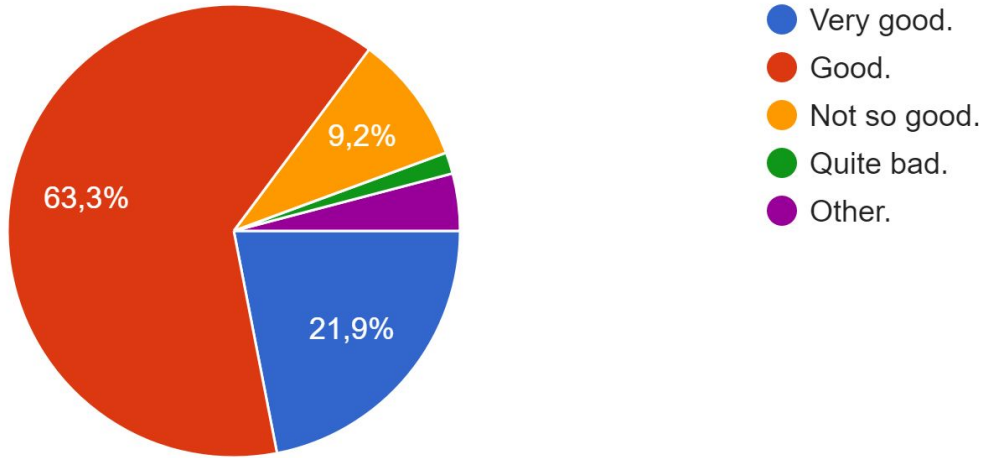
# What do you think about your school performance?



**2 in 10 students are not satisfied with their school performance. Girls are more satisfied than boys.**



# What about your behaviour?

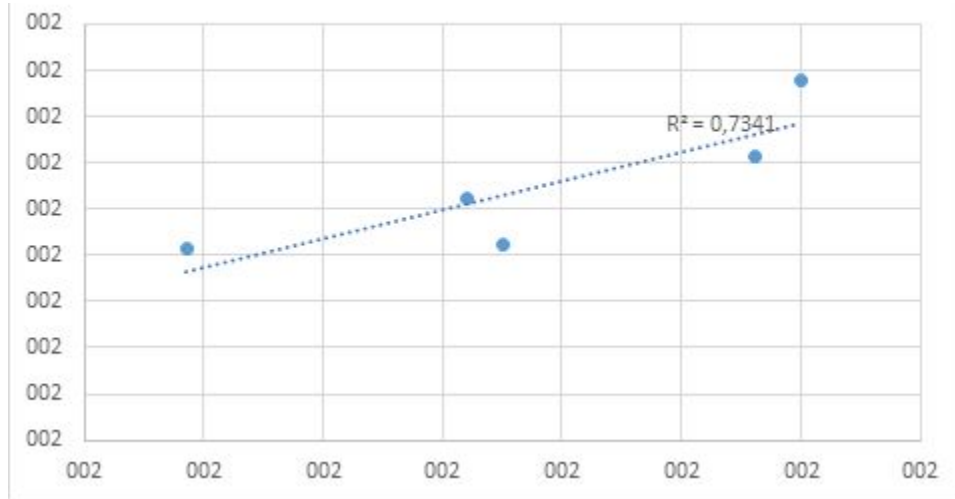


**1 in 10 students are not satisfied with their behaviour**

**Boys usually say that their behaviour is not good but girls are the ones that say that their behaviour is quite bad.**

## Relació entre tenir energia i resultats acadèmics

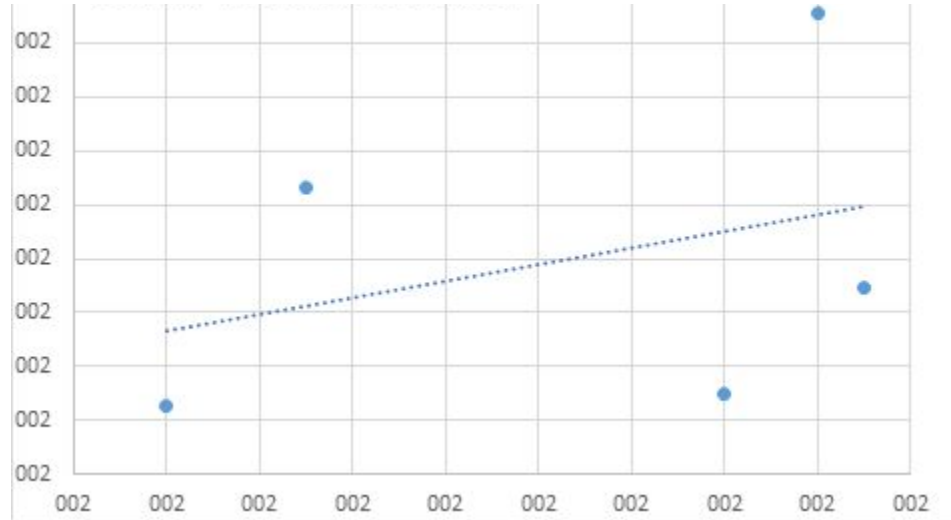
### Relationship between having energy and school performance



Yes, we can affirm there is a relationship between having energy and school performance. Students that feel with more energy are those that have better school results. Those feeling with lack energy have worst school results.

## Relació entre sentir-se nerviós i resultats acadèmics

## Relationship between feeling nervous and school performance



**We cannot affirm that there is a relationship between feeling more or less nervous and having better or worst school performances.**