

Presentation  
made on the  
basis of  
a survey  
conducted  
in a few Polish  
schools



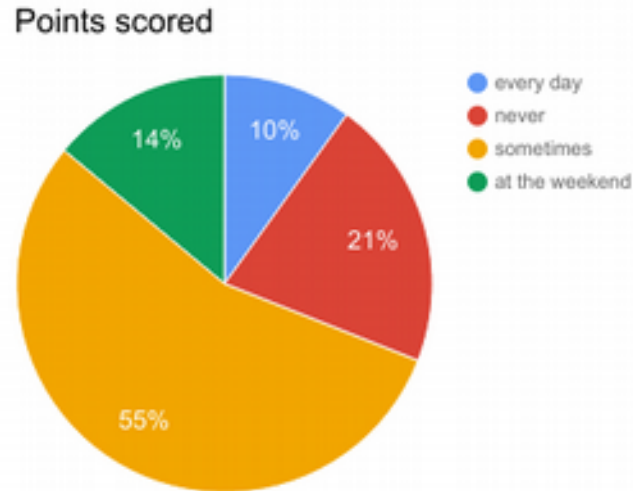
Erasmus+



The survey  
was inspired by  
Project **S.H.A.R.E.**

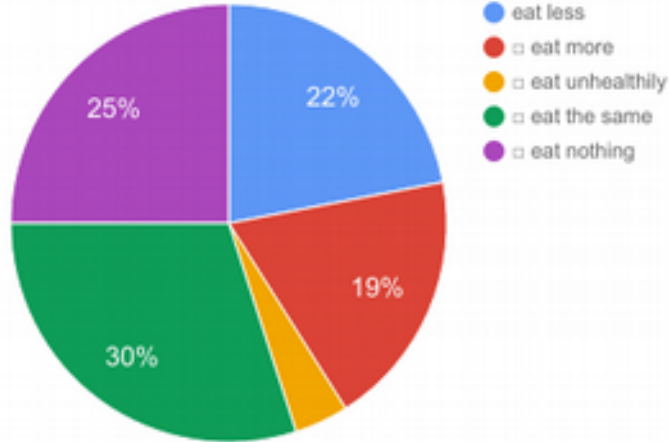
and prepared by Polish students  
Tymoteusz Walas and Damian Tomaszczyk

1) Do you cook any meals at home with family and/or friends?

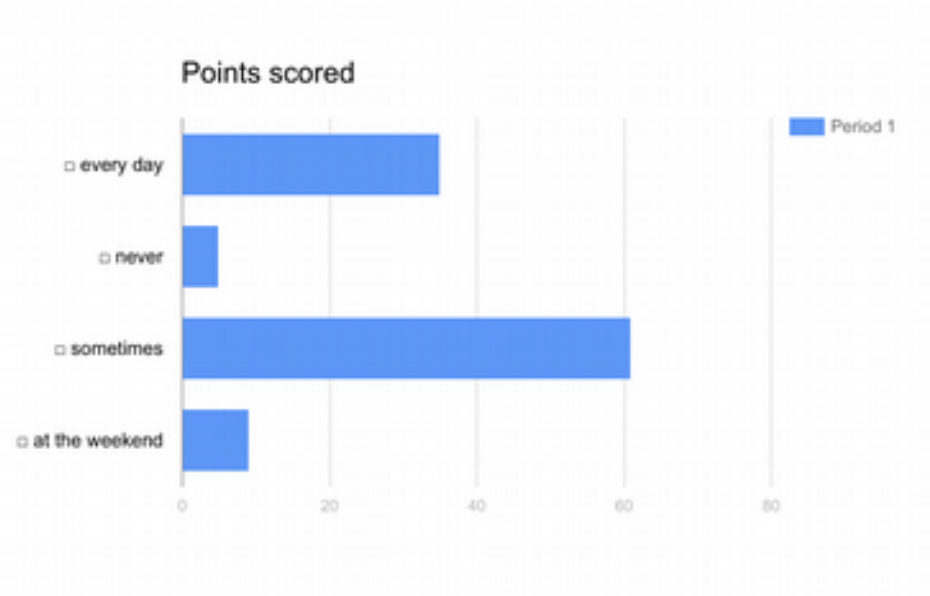


## 2) How does stress affect your eating?

Points scored

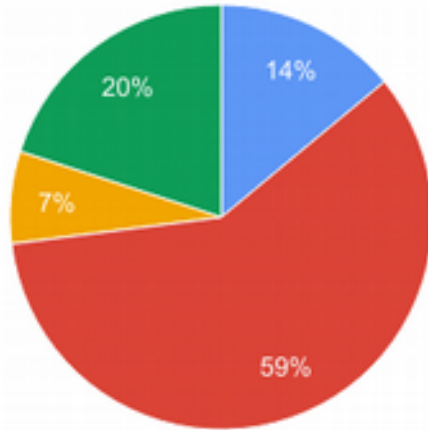


### 3) How often do you eat processed food?



# 4) How often do you eat fruits/vegetables?

Points scored

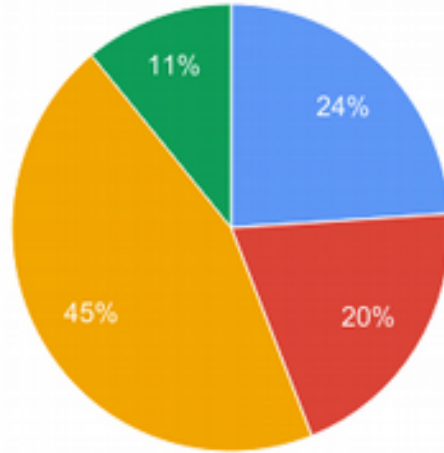


- ☐ I never eat fruits/vegetables
- ☐ I eat only 1-2 kin of fruits/vegetables day.
- ☐ I eat only 3-5 kin of fruits/vegetables day.
- ☐ not so often



## 5) Have you ever followed a diet?

Points scored

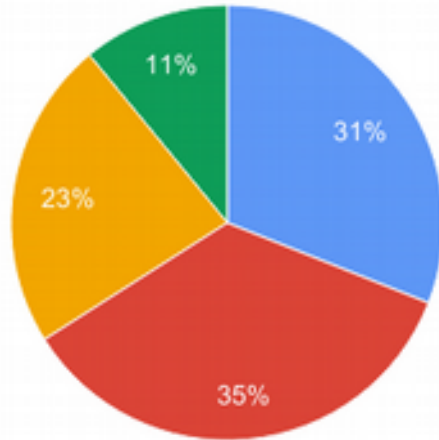


- ☐ Yes, I am on a diet currently.
- ☐ Yes, I have been on a diet before.
- ☐ No, I have never done this.
- ☐ No, but I am looking forward to doing this.



## 6) How many hours do you spend online a day (e.g. social media)?

Points scored



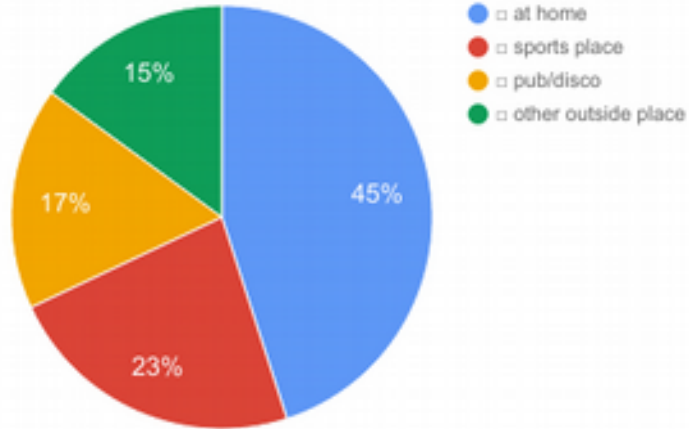
- 1-2 hours
- 3-4 hours
- 5-6 hours
- 7-8 hours



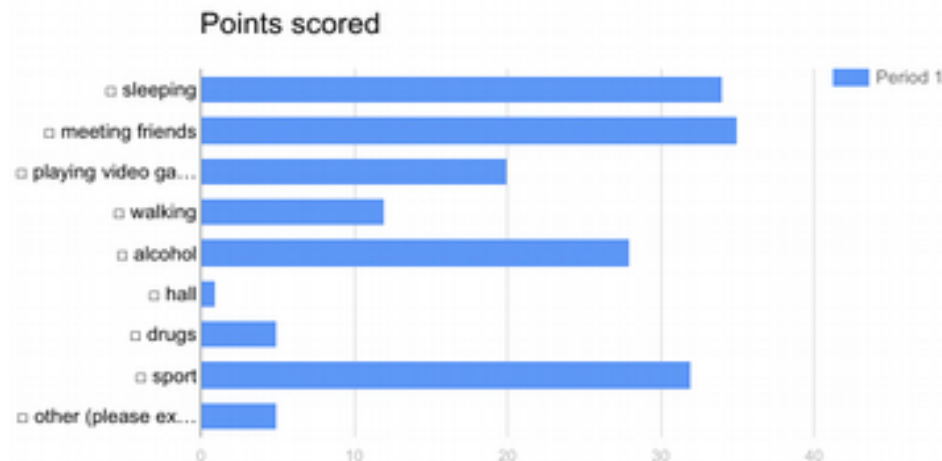


# 7) What is your favourite place to relax? (please tick one box only)

Points scored

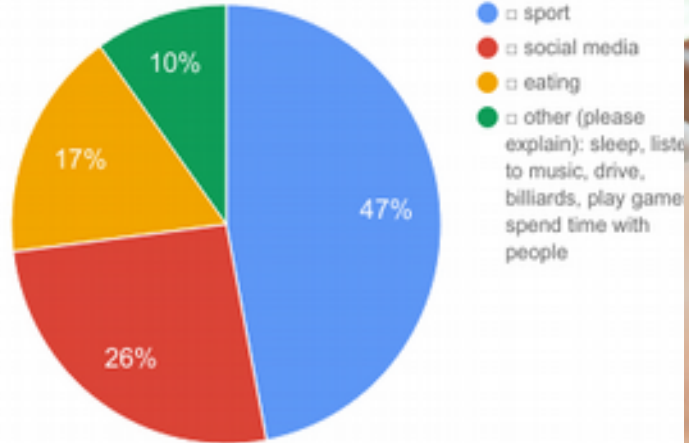


# 8) What do you do there? You may tick more than one box,



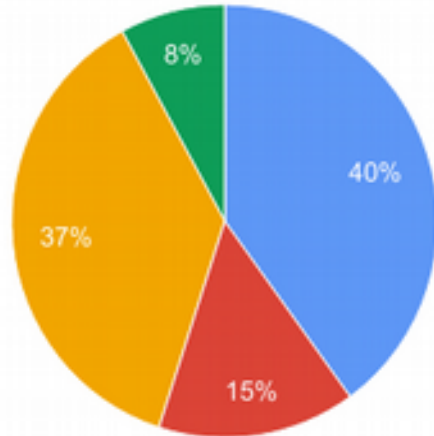
## 9) What do you do to relax?

Points scored



after school a week or at the weekend?

Points scored

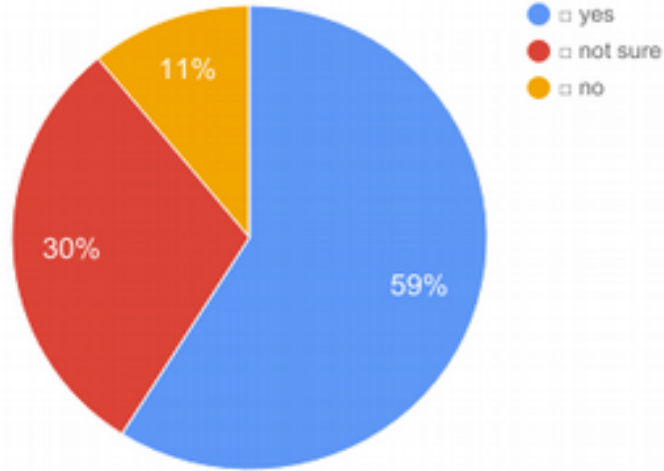


- every day
- 4-6 times
- 2-3 times
- never



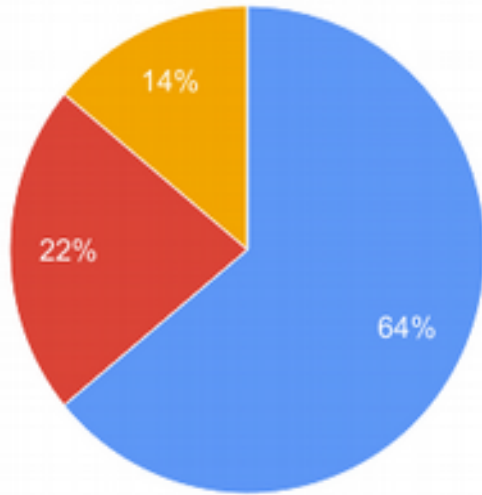
# 11) Are you happy with the way you look?

Points scored



# 12) Is physical fitness important to you?

Points scored



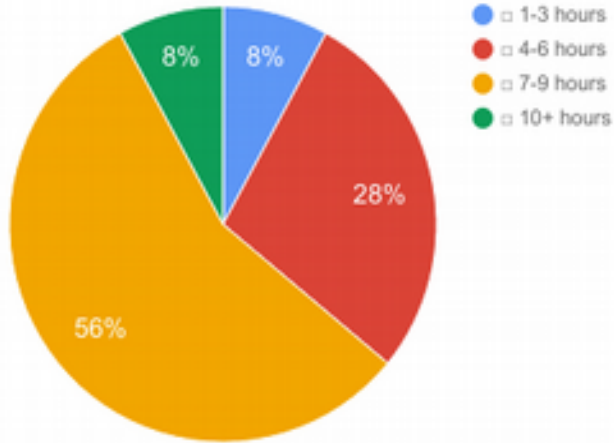
● yes  
● not sure  
● no





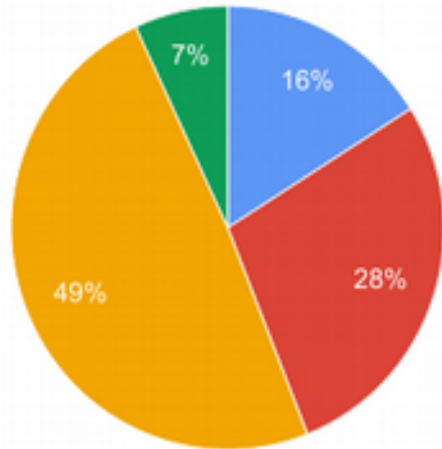
# 13) How many hours of sleep do you get per night?

Points scored



# 14) How often do you exercise per week?

Points scored



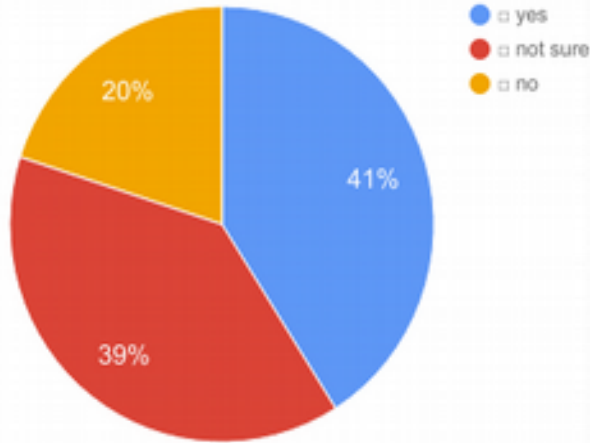
- never
- 1-2 times
- 3-4 times
- 5-7 times





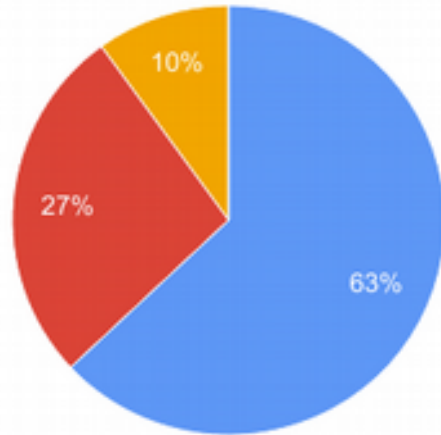
# 15) Does exercise distract you from stress and help you relax?

Points scored



# 16) Are you an optimist or a pessimist?

Points scored

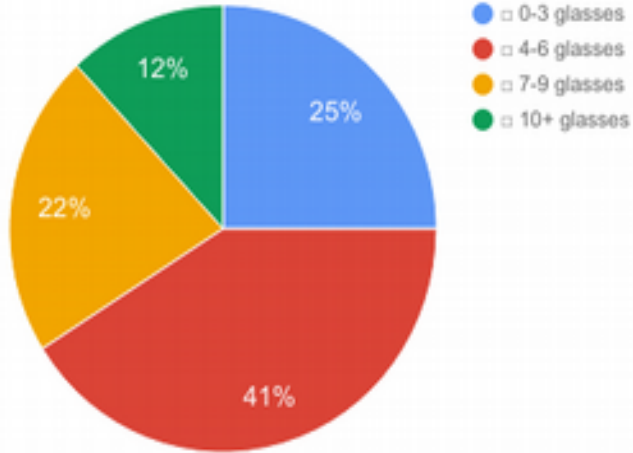


- ☐ optimist
- ☐ not sure
- ☐ pessimist



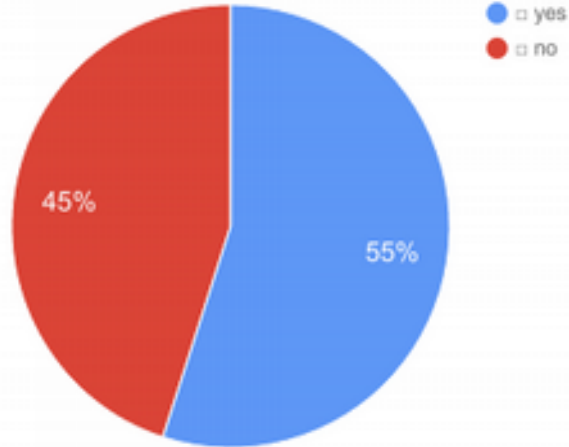
# 17) How many glasses of water do you drink per day?

Points scored



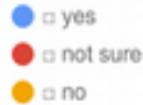
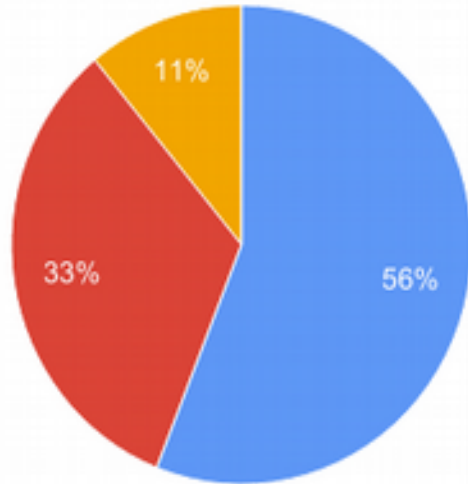
# 18) Do you do any sports?

Points scored



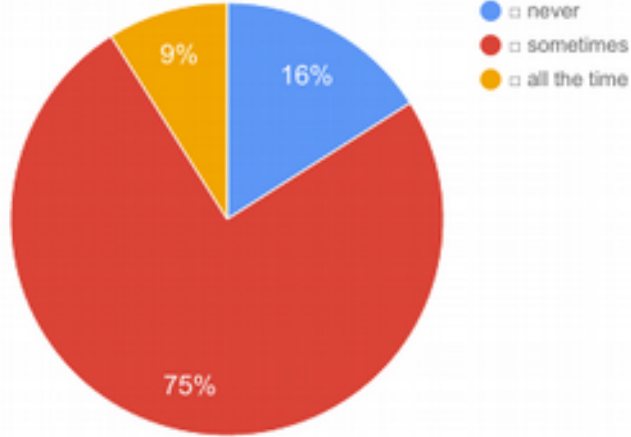
# 19) Do you think you are healthy?

Points scored



# 20) How often do you feel stressed per week?

Points scored

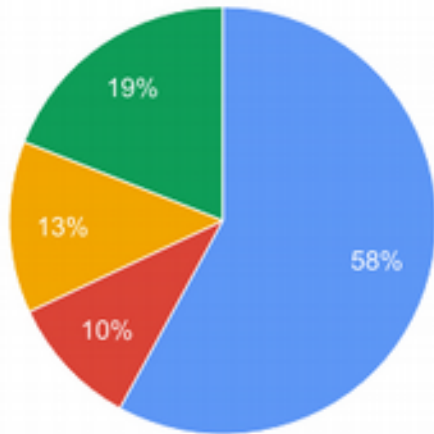




# 21) What makes you most stressed?

Please tick only one box

Points scored

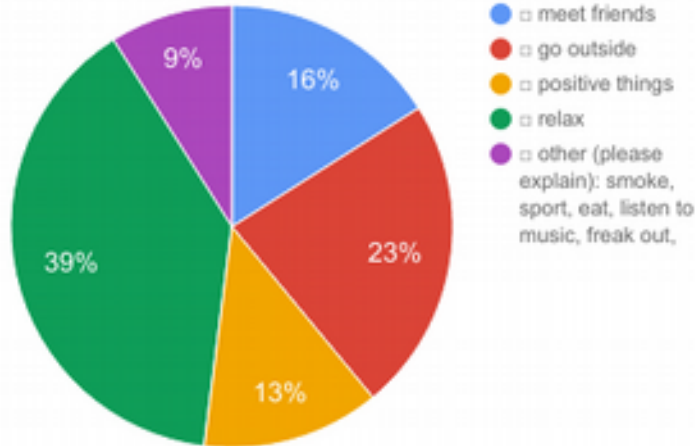


- ☐ school
- ☐ family/friends
- ☐ homework
- ☐ other things



# 22) What do you do when you are stressed?

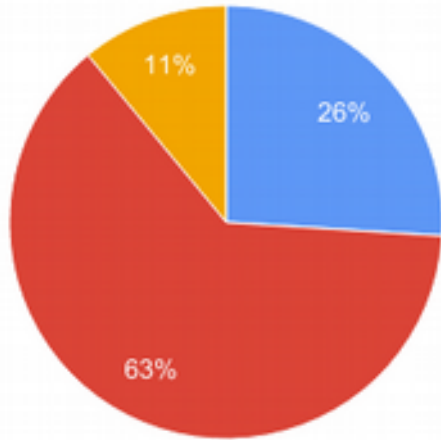
Points scored





## 23) What kind of emotions do you feel when you are stressed?

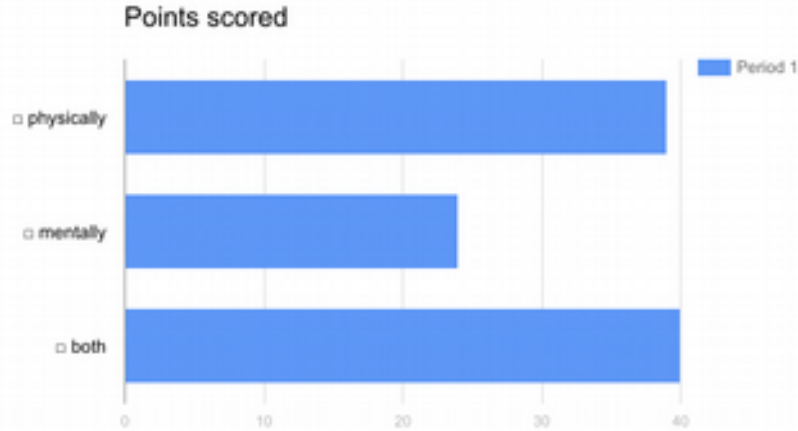
Points scored



● sad  
● nervous  
● angry

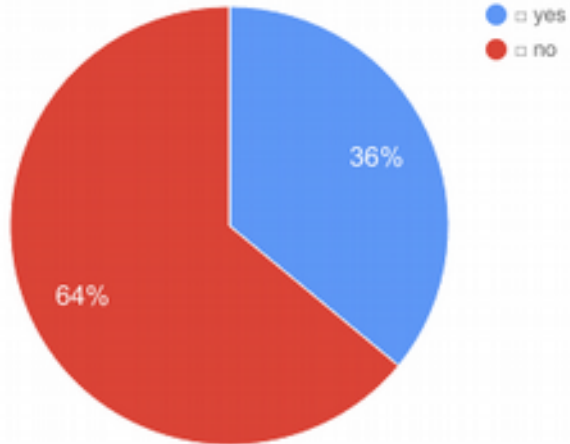


## 24) How does stress affect you physically and/or mentally?

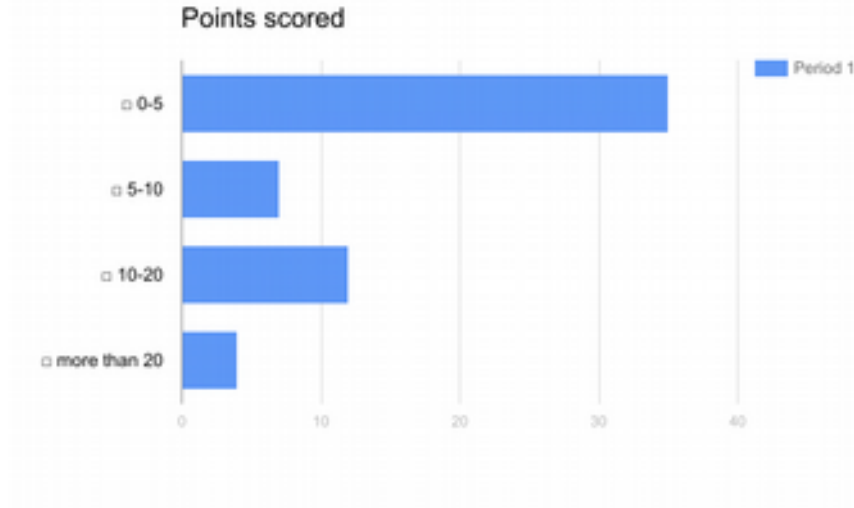


## 25) Do you smoke?

Points scored

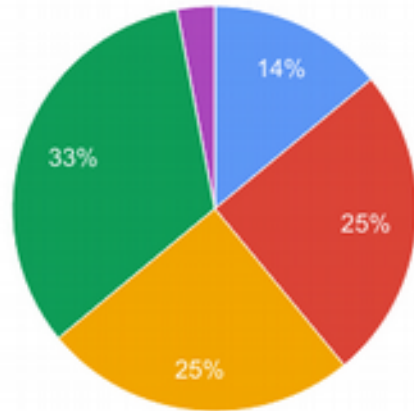


26) If yes, how many cigarettes per day do you smoke?



## 27) How often do you drink alcohol?

Points scored

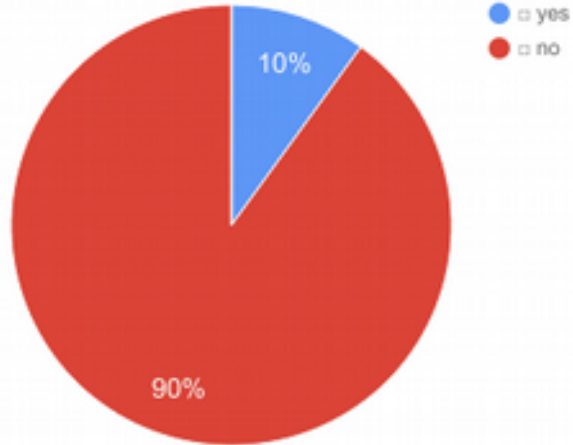


- never
- 1-5 times a year
- once a month
- once a week
- very often



## 28) Do you take any drugs?

Points scored



**Thank you for your attention**

