



QUESTIONNAIRE RESULTS

ITALIANS' EATING HABITS

MAIRONI DA PONTE SECONDARY SCHOOL

Trough this questionnaire we identified the typical habits of Italian teenagers. We'll start saying that the majority of us has breakfast in the morning, mainly at home, to gain the energies that we need to face the rest of the day. It's traditional to start the morning having a good coffee. With regard to lunch, all of us eat at home some dishes prepared by a family member (usually by the mother or the grandmother). In fact Italian teenagers are not used to cook their own meals.

The majority of us has dinner later than 7:20 pm, but there's also a lot of people who has dinner between 6:40 and 7:20 pm.

We usually eat out once a week or we don't eat out at all, because as we said before we're used to eat at home. But if we do eat out, we go to eat a pizza or a hamburger at a fast food.

As regard to vegetables and fruits, most Italian teenagers eat one or two portions a day, but there are also people who eat more. We eat lots of unhealthy snacks as well. For example we love eating biscuits in the morning, chocolate and sweets in general, and we don't necessarily look at the value labels on the packagings. We go shopping for food to the supermarket and hardly ever to a local market. When we're shopping the most important things for us are national products and the low price, and the packaging doesn't need to be attractive to convince us to buy a product.