

INTRODUCING THE SAMPLE*Table 1*

No. Of group	1 Irina	2 Gyöngyi	3 Kata	4 Hajni	5 Tibor
Létszám	6	6	4	7	5
Age	15	16	16	15	15-16

I. HEALTHY FOOD

Table 2 below shows how many times a week on average members of the groups consume healthy dishes. Grouped in different food categories the eating habits of different groups are presented in Figures 1-5.

Table 2

	Group					Mean
	1	2	3	4	5	
Poultry	2,4	3,2	5	3,3	3,3	3,4
Fish	0,4	0,7	0,4	0,3	0	0,4
Fruit &Vegetable	9	15,3	10	5,7	6,2	9,2
Cereals	2,6	13,2	5,6	1,5	8	5,9
Fruit or Vegetable juice	9,2	9,8	12,6	16,9	14,3	12,9
Diary Products	3,8	10	7,4	8,4	12,3	8,3

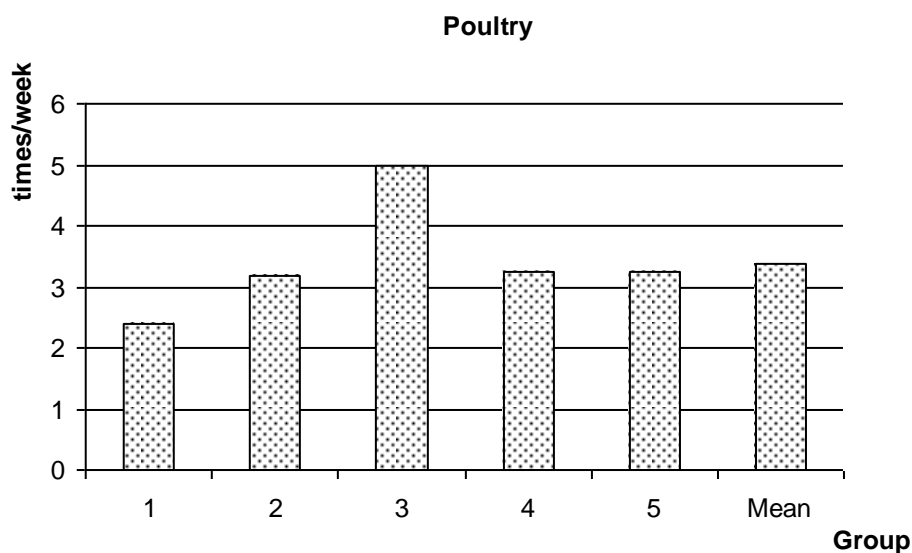
Figure 1

Figure 2

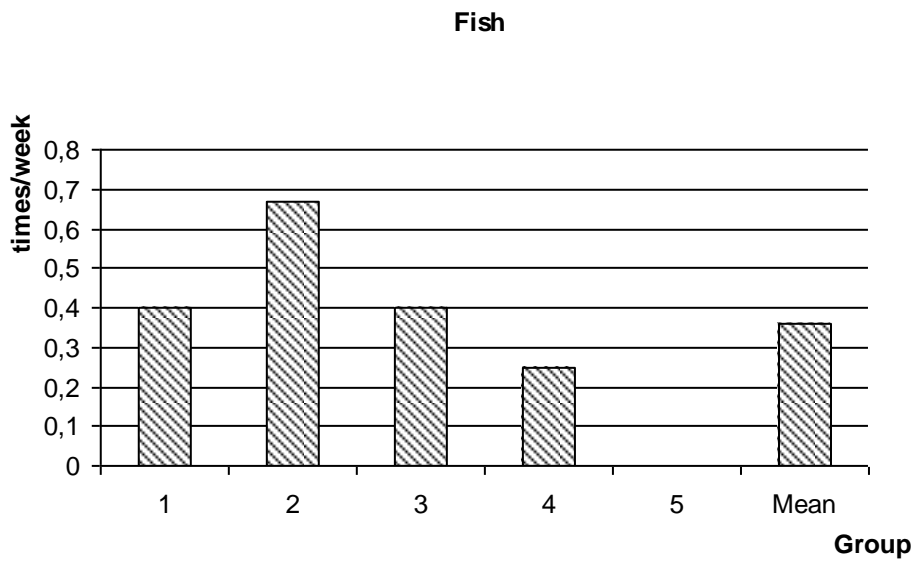


Figure 3

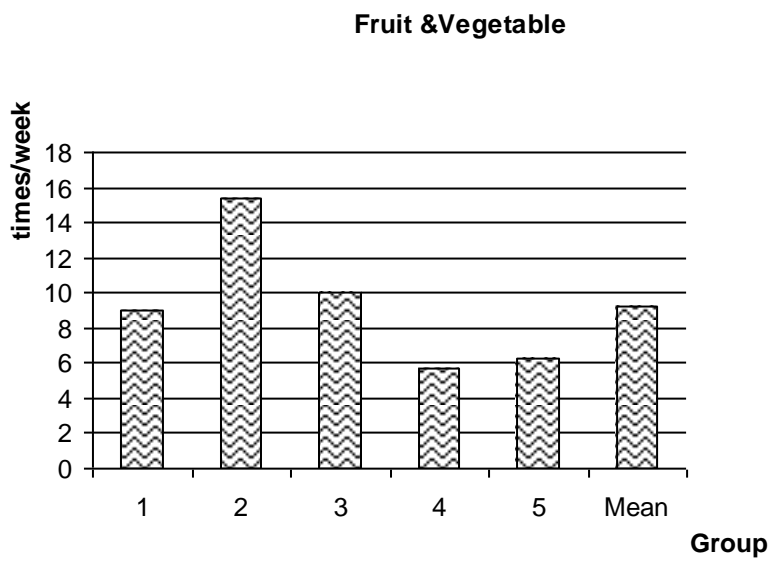


Figure 4

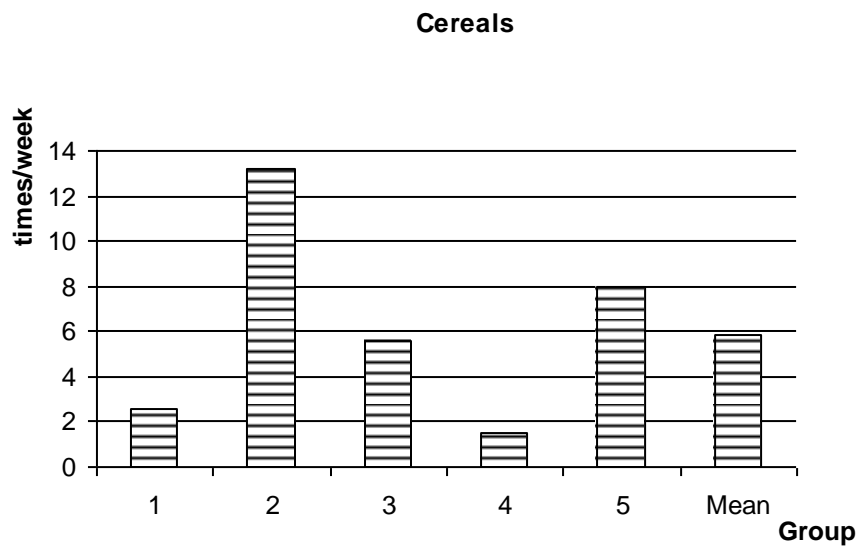
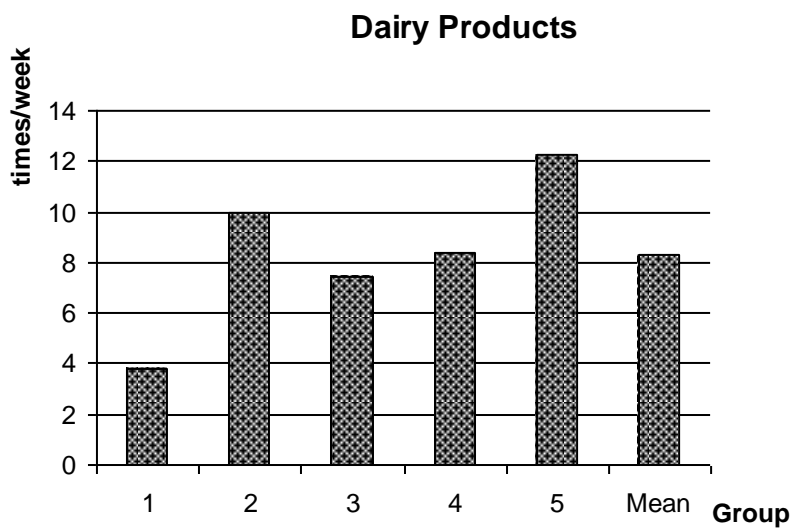


Figure 5



Figures 6 and 7 show a picture of the eating habits of each group and the frequency of consuming different food types. It is easy to see that Group 2 consumes all types of food more often, while Group 1 is below the mean in all categories of food. Students rarely eat fish, but they like fruit and vegetable juices.

Figure 6

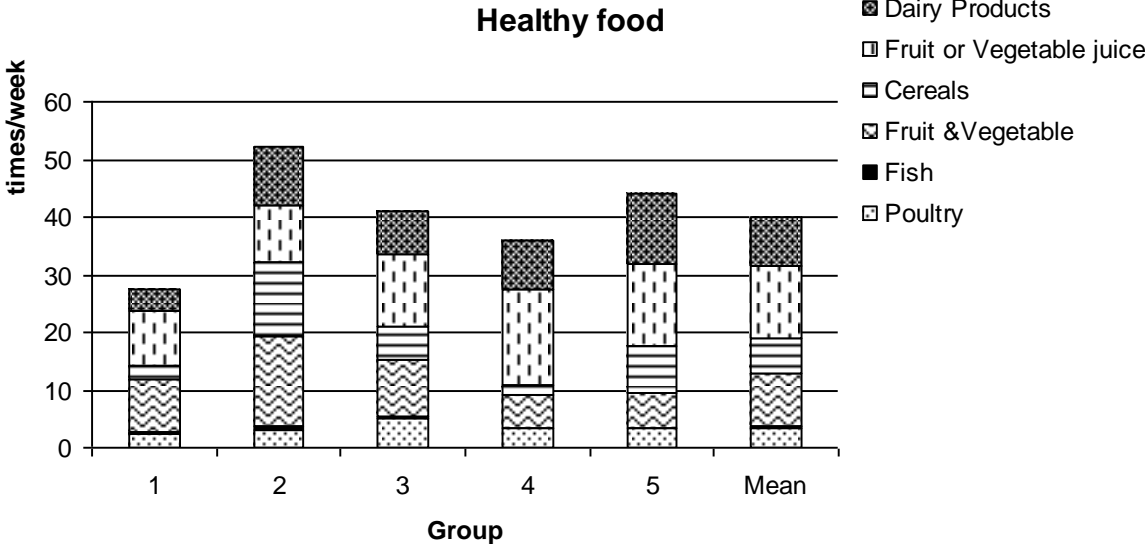
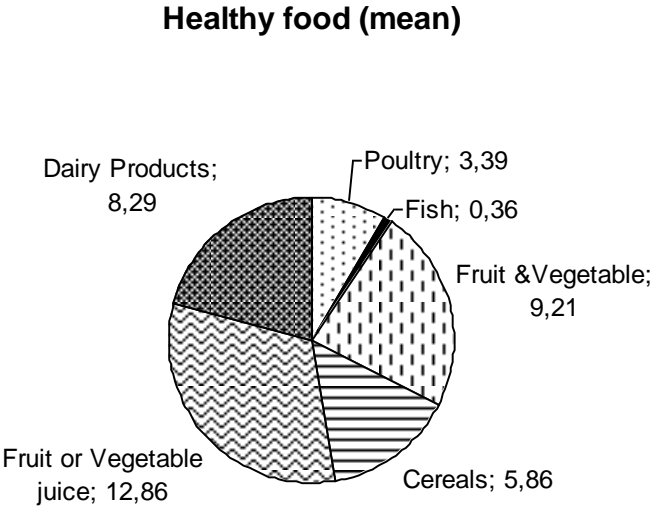


Figure 7



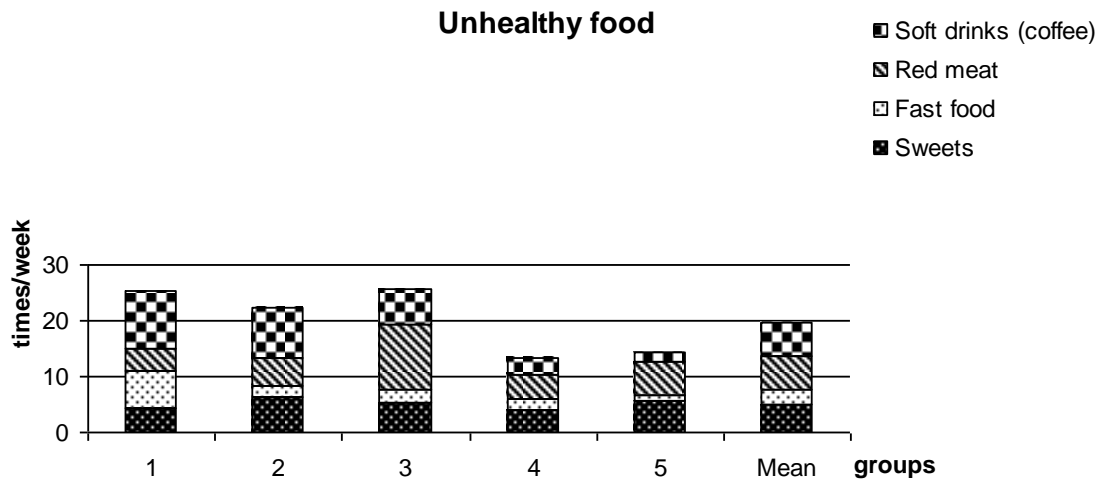
II. UNHEALTHY FOOD

Table 3 shows how many times a week on average members of the groups consume unhealthy foods. This is also presented in different food categories and data compared to the mean in Figures 10-14 give a detailed analysis of the eating habits of the different groups.

Table 3

	Group					Mean
	1	2	3	4	5	
Sweets	4,2	6,3	5,2	4	5,8	5
Fast food	6,8	2	2,4	2,1	1	2,8
Red meat	4	5,2	11,6	4,1	6	5,9
Soft drinks (& coffee)	10,2	9	6,6	3	1,5	6
Sweets	4,2	6,3	5,2	4	5,8	5

Figure 8



It is interesting to note that members of Group 1 consume soft drinks and sweets more often than others. The same group consumes healthier foods less frequently. As opposed to this, Group 4 has unhealthy foods less often and has healthy foods the most frequently.

Figure 9

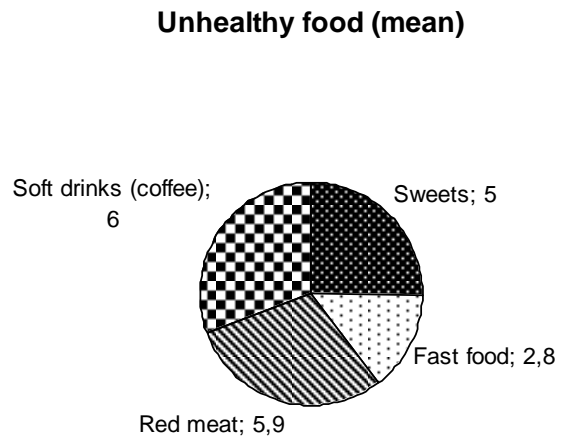


Figure 10

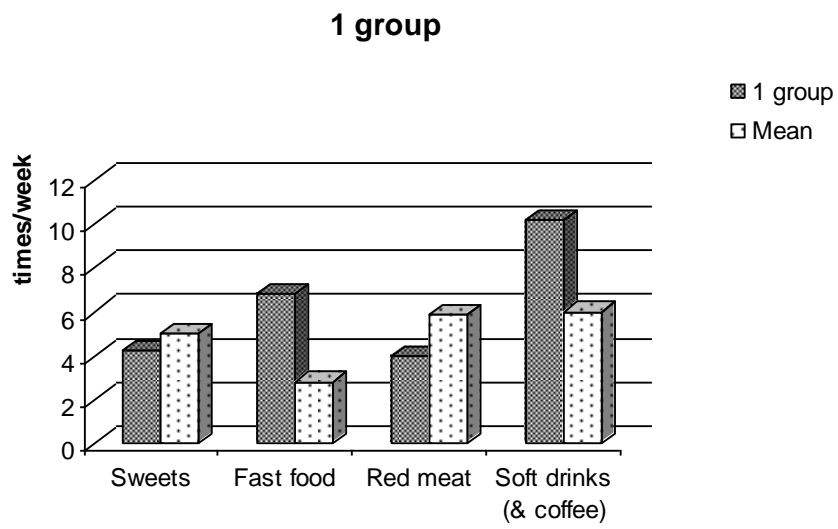


Figure 11

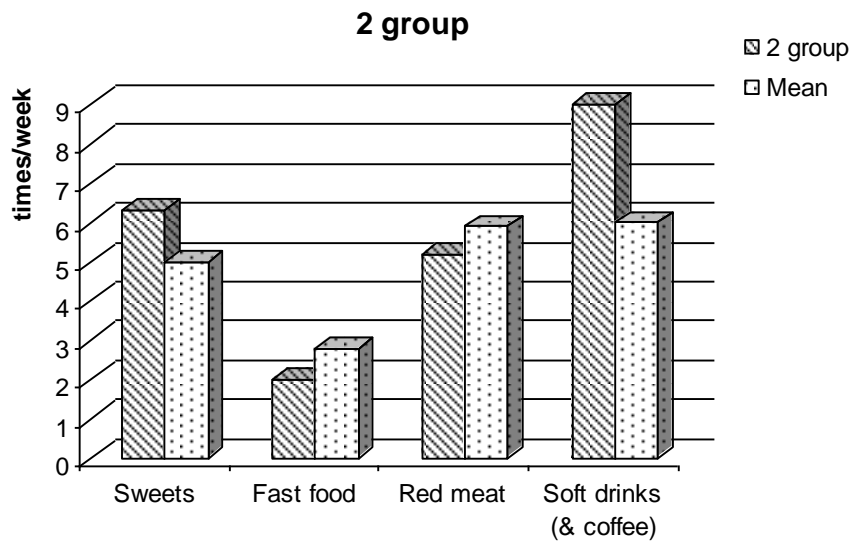


Figure 12

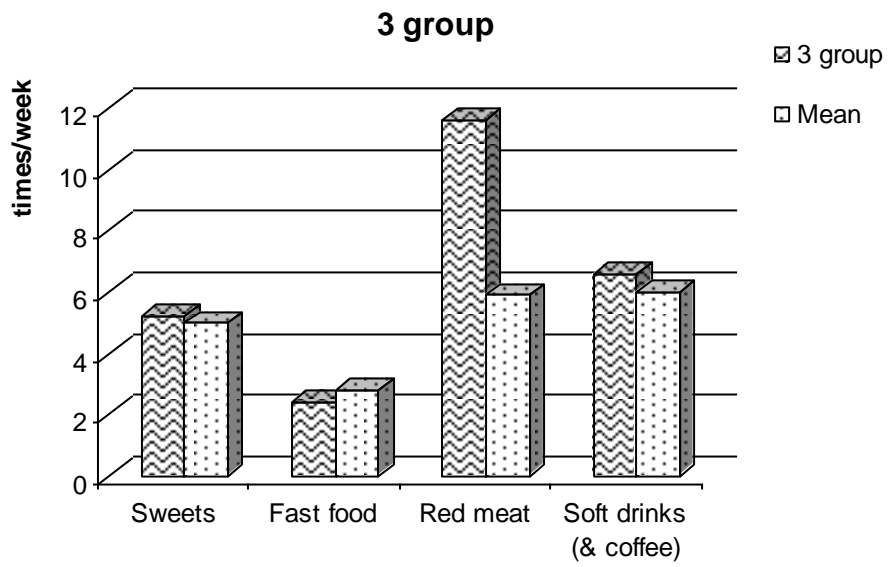


Figure 13

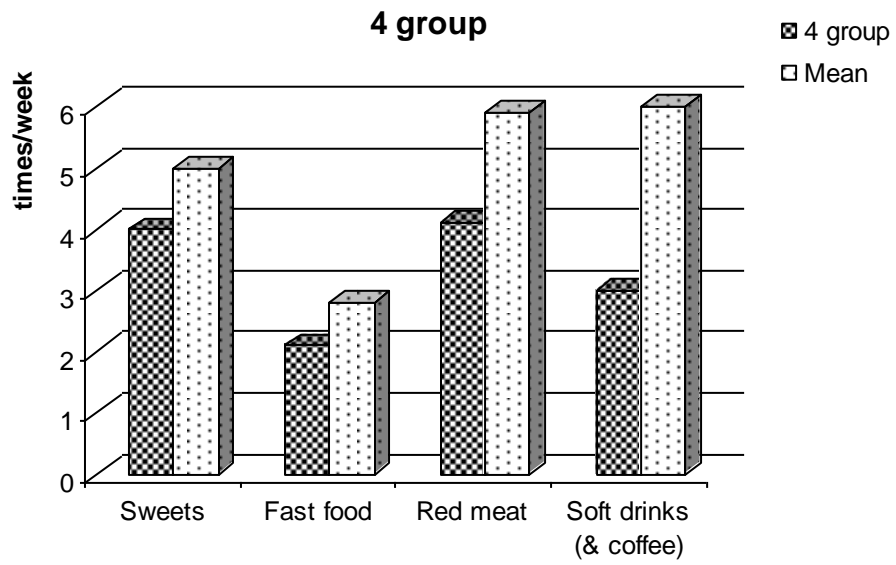
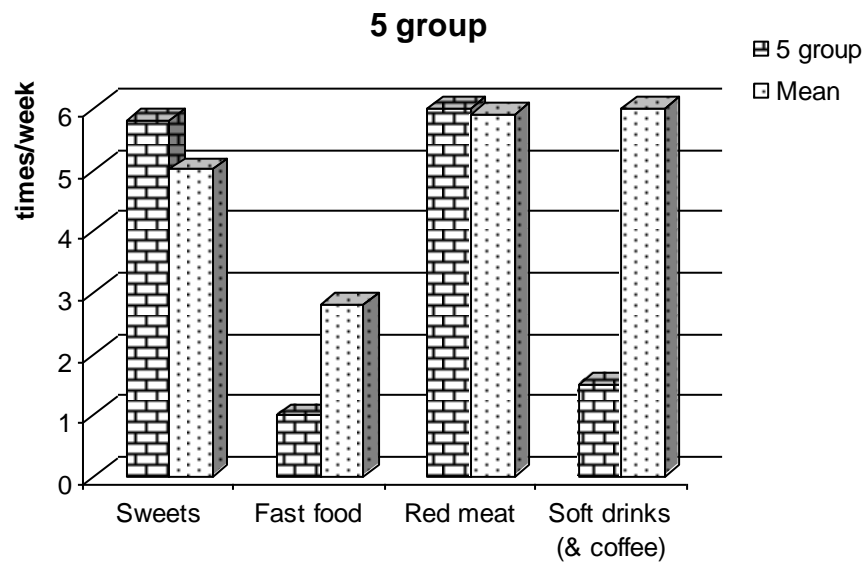


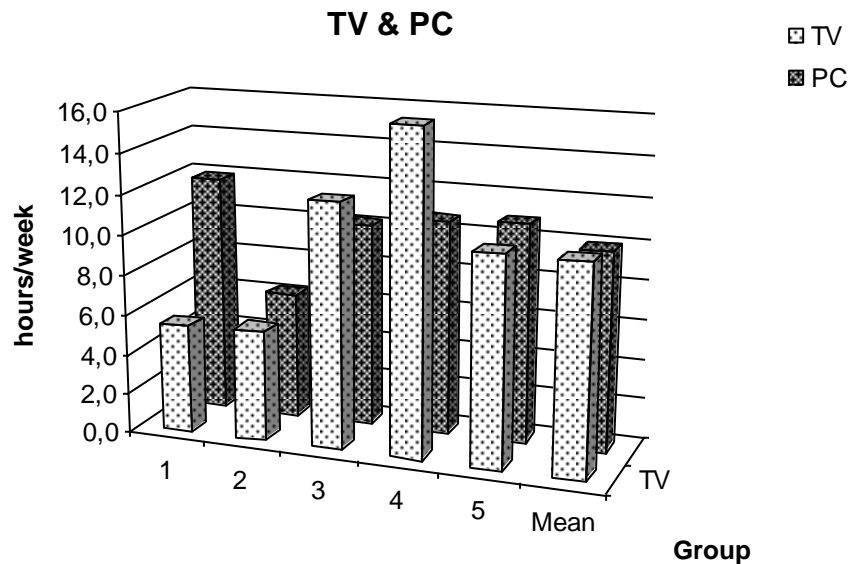
Figure 14



III. FREE TIME ACTIVITIES (PASSIVE WAY)

Figure 15 shows how many hours a week students spend in front of the TV or PC. The number of hours spent in a passive way is rather high, one-seventh of the week is spent on passive relaxation, in an unhealthy way. It is surprising that the proportion is the highest at Group 4 despite they eat in the healthiest way of all the groups.

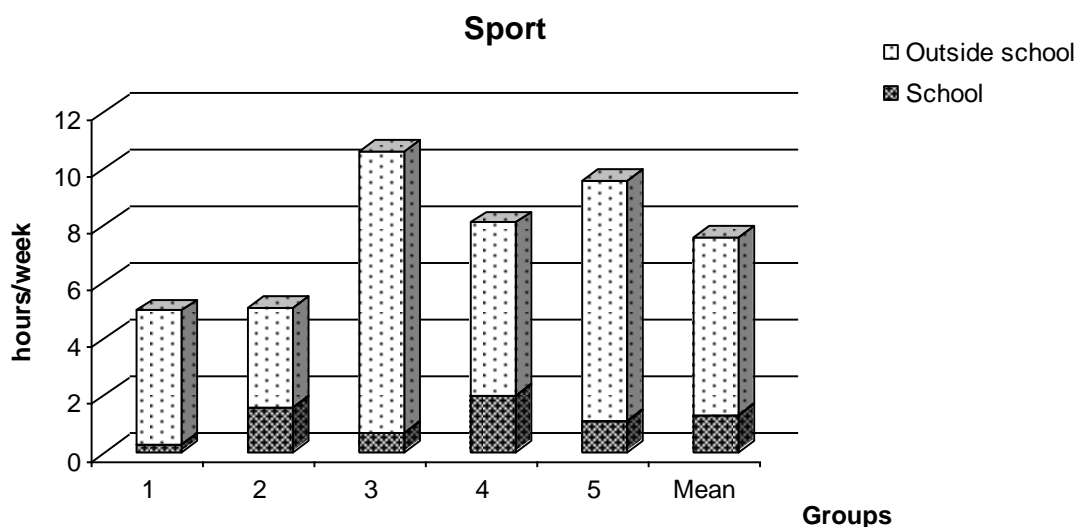
Figure 15



IV. FREE TIME ACTIVITIES (ACTIVE WAY)

Figure 16 shows how many hours the members of groups spend on sports in- or outside school.

Figure 16



We must note, however, that data gathered during this period do not reflect an ordinary school week routine as there was ski holiday during the fill-in period.

Evaluation and Conclusion

Groups evaluated the results of their diaries with the help of their group-leader teachers and hereby we are including two of the evaluations.

Summary 1

The evaluation of the Eating Diaries in the group of 5 students revealed that the everyday consumption of fish and dairy products was insufficient. The majority of foodstuffs consumed included poultry, cereals, crisps, fast food and sweets. A positive feature was the excessive consumption of fruit and vegetables, fruit tea and cereals.

As for the sports or pastime activities, the students came to a conclusion that time spent on sports on weekdays was very little, however, computer hours made up to two or three hours daily with as much as eight hours at weekends in several cases.

The students recommended their peers to devote more time to sports daily and reduce watching TV.

An other group of students came to the conclusion that there were considerable differences between weekdays and weekends in terms of both eating habits and free time activities. At weekends they ate more regularly but at the same time they spent more time on watching TV or sitting in front of the computer. It also made things a little bit different that there was a ski holiday during the period students were keeping their diaries.

Due to the cold winter weather students did not feel like going out to do sports or some sort of physical activity.

Concerning food, someone noted that sandwiches were popular for all meals, though fast food, for instance, was not included too often in their dairies.

As far as spare time activities are concerned, girls did not really play computer games, which they said was a "boyish" activity. However modern dances were popular with the girls of this age-group, which they do on a competitive basis.