



Līdzfinansē
Eiropas Savienība



Eat right!
Move right!
Feel right!

Project no. 2020-1-DE03-KA229- 077241_3

Ādaži Secondary School
Nils Kolbergs 10A

Objective and characteristics of the research

Objective

to determine the eating habits, well-being and leisure activities of students at Adazi Secondary School

Research topic

Eat right, move right, feel right!

Questions

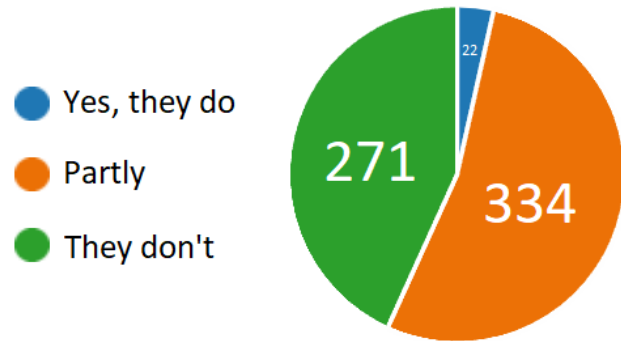
- Do students follow a balanced diet and choose healthy foods?
- Do student families also impose a healthy diet?
- Does a healthy and balanced diet improve the well-being and/or self-esteem of students?
- Are students aware of the importance of physical activities in their daily life and are also including them in their daily life?
- Do student families also impose an active lifestyle?
- Does an active life style improve the well-being and/or self-esteem of students?
- Do students spend a lot of detrimental time on smartphones and other devices?
- Are the things they use their devices for beneficial to them?
- Do student families also impose these devices?
- Are a healthy diet and an active lifestyle fundamental to a student's well-being?

Responders

Sample of the research consisted of 627 student parents and educators from Adazu Secondary School.

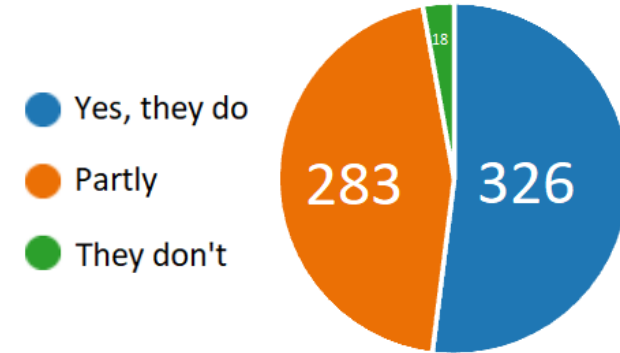
Diet and healthy foods

- Do students follow a balanced diet and choose healthy foods?



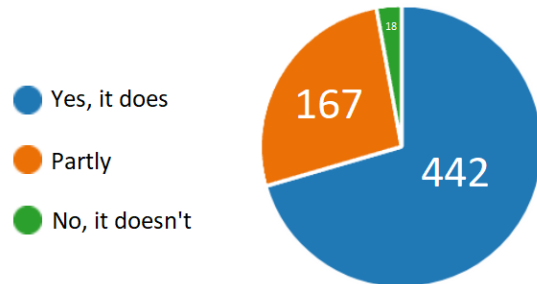
54% of responders answered that students partly follow a balanced diet and 40% - that they don't follow a balanced diet.

- Do student families also impose a healthy diet?



52% of responders answered that the student families impose a healthy diet.

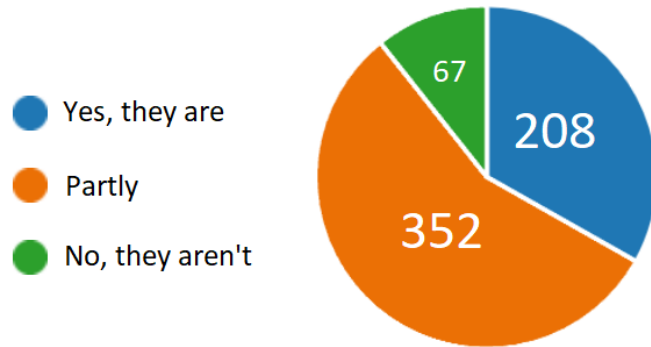
- Does a healthy and balanced diet improve the well-being and/or self-esteem of students?



71% of responders answered that a balanced diet improves the well-being of students.

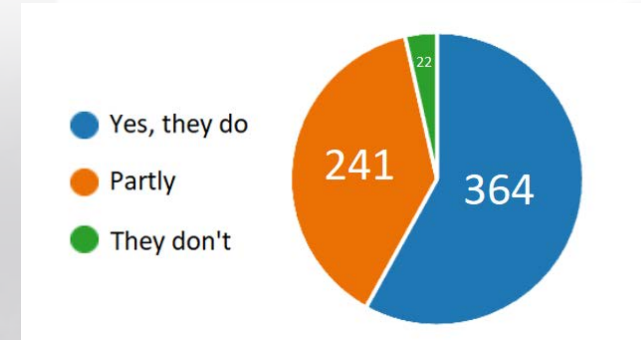
Physical activities

- Are students aware of the importance of physical activities in their daily life and are also including them in their daily life?



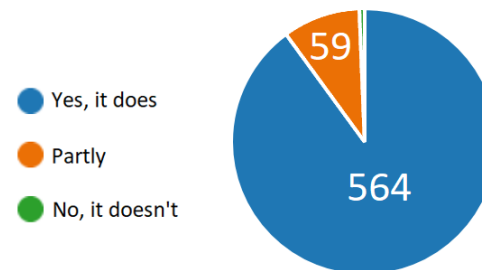
56% of responders answered that students only partly aware of the importance of physical activities.

- Do student families also impose an active lifestyle?



58% of responders answered that student families impose an active lifestyle.

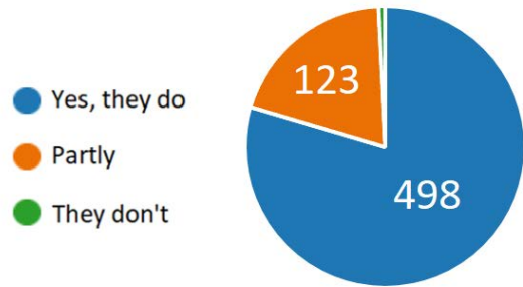
- Does an active life style improve the well-being and/or self-esteem of students?



90% of responders answered that an active lifestyle improves the well-being of students.

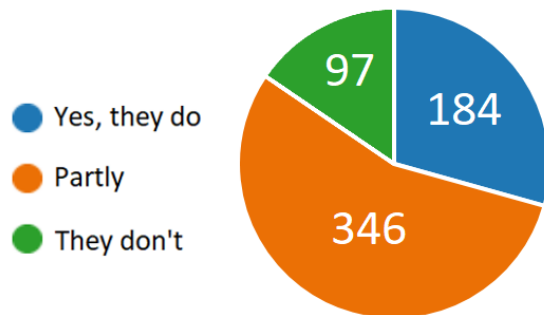
Devices

- Do students spend a lot of detrimental time on smartphones and other devices?

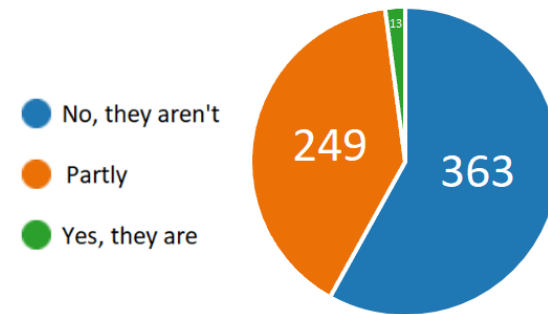


80% of responders answered that students spend a lot of unproductive time on devices.

- Do student families also impose these devices?



- Are the things they use their devices for beneficial to them?

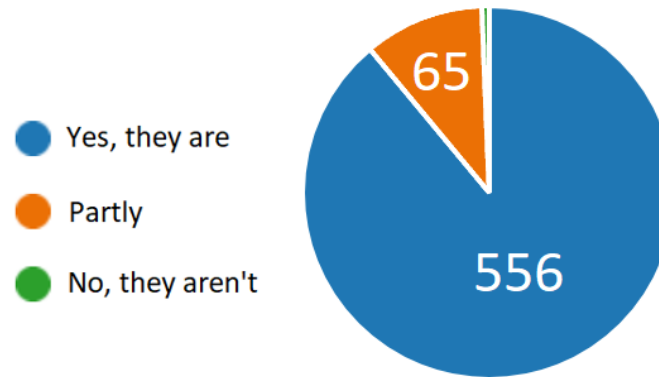


58% of responders answered that the things students use their devices for aren't beneficial to them.

55% of responders answered that the student families only partly impose the unbeneficial usage of modern devices.

Summary

- Are a healthy diet and an active lifestyle fundamental to a student's well-being?



89% of responders concluded that an active lifestyle and a healthy diet is fundamental to a student's well-being and a greater self-esteem.