

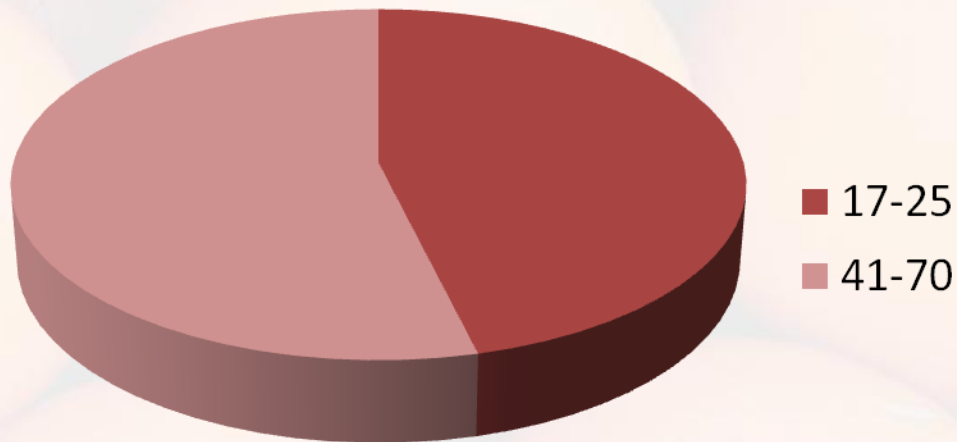
An analysis of test

Lifestyles Revisited : Educational Experiments in
IG Environments - Grundtvig partnership

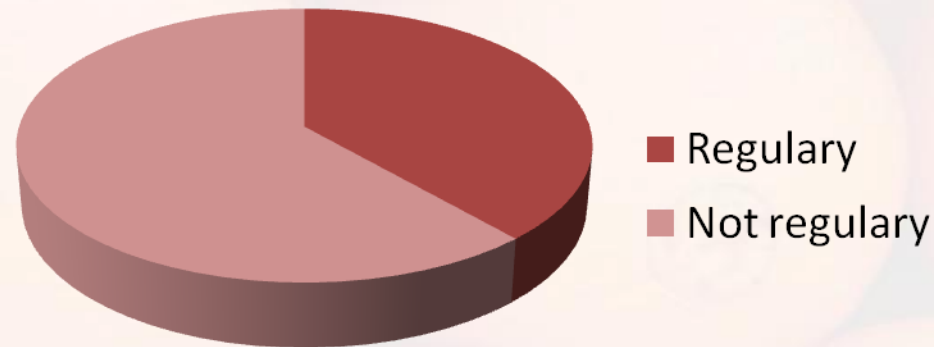


Tests were filled in by 13 respondents:

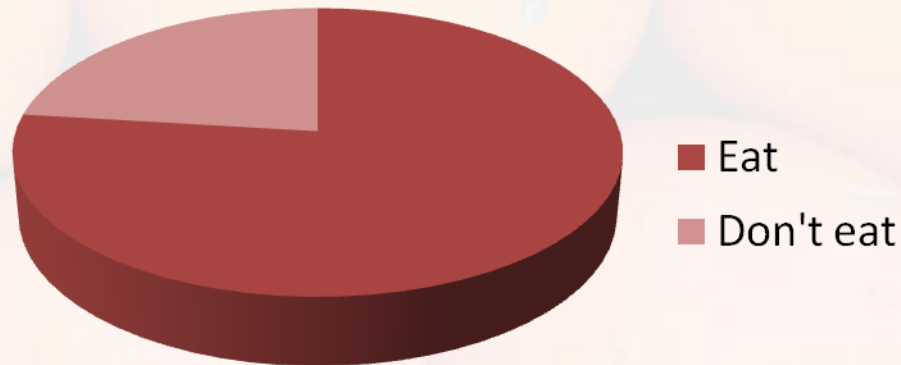
- 6 respondents at the age of from 17 to 25 years
- 7 respondents at the age of from 41 to 70 years



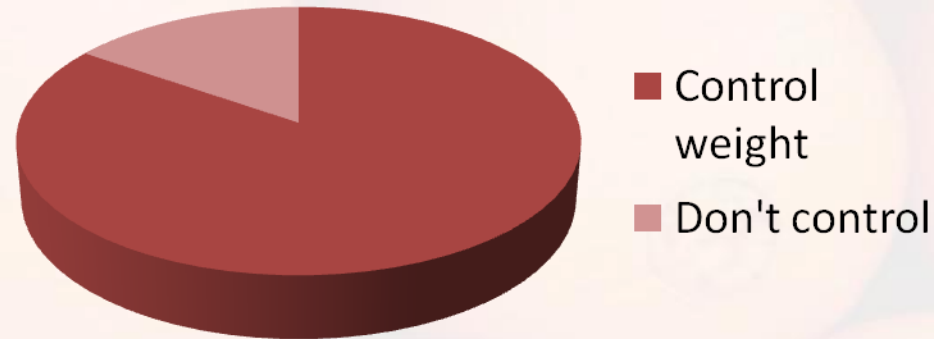
**Five of the surveyed consume meals regularly,
the remaining eight do not**



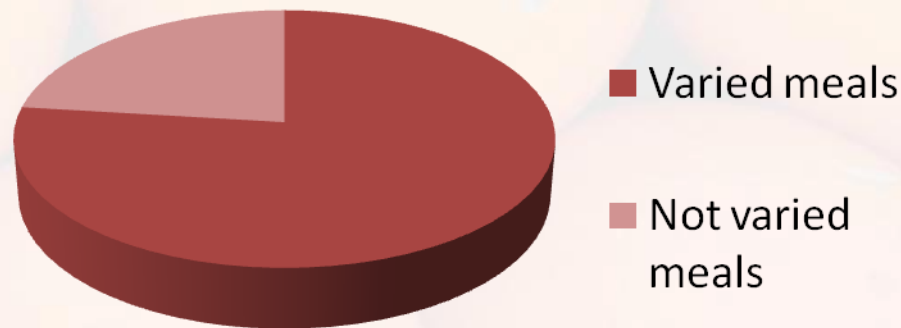
**Ten respondents eat breakfast each day
in the morning**



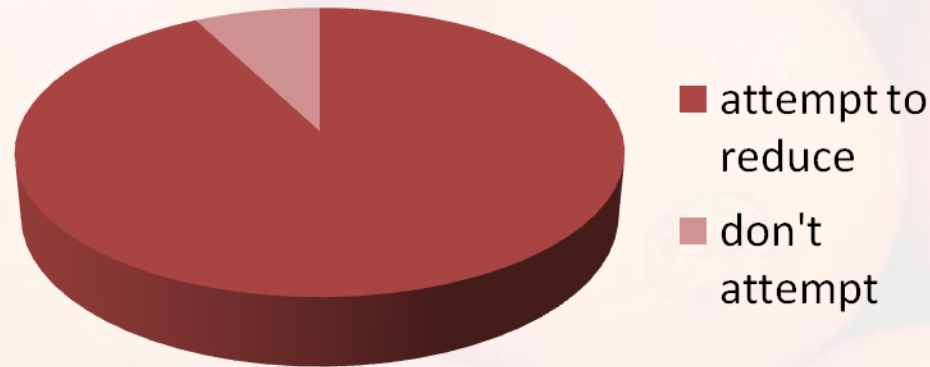
Eleven respondents maintain and control their right body weight



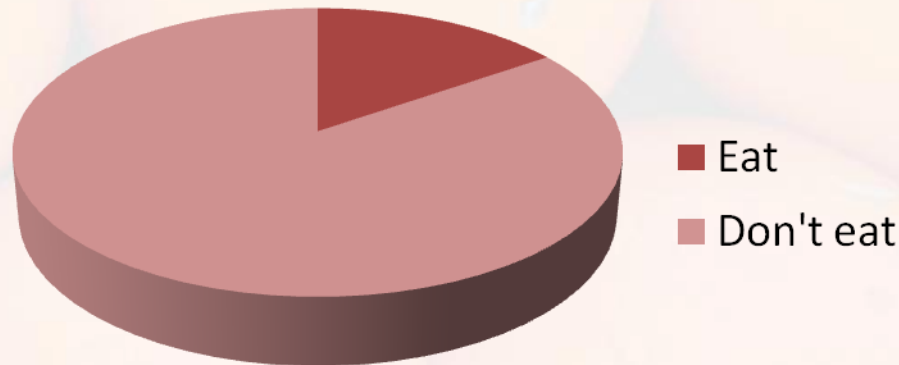
Meals consumed by ten of the surveyed are varied and consist of four groups of products



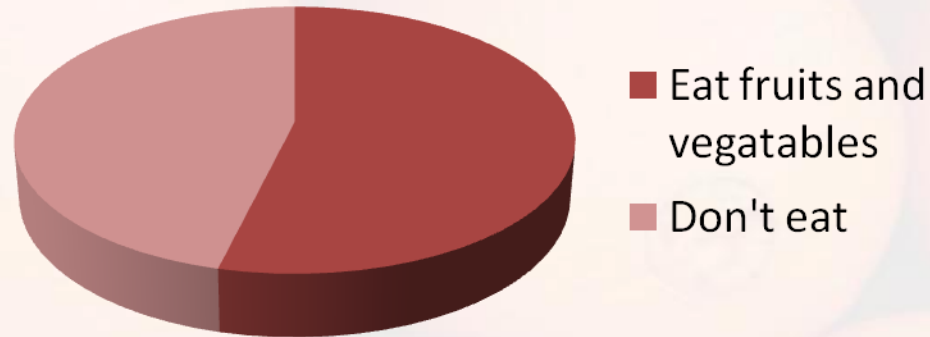
Twelve respondents attempt to reduce the amount of fats in their diets



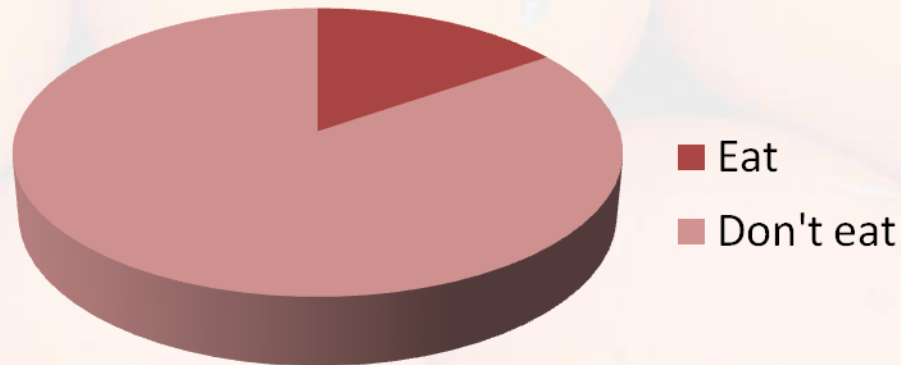
Two respondents eat brown bread or bran, cereals or muesli on a daily basis



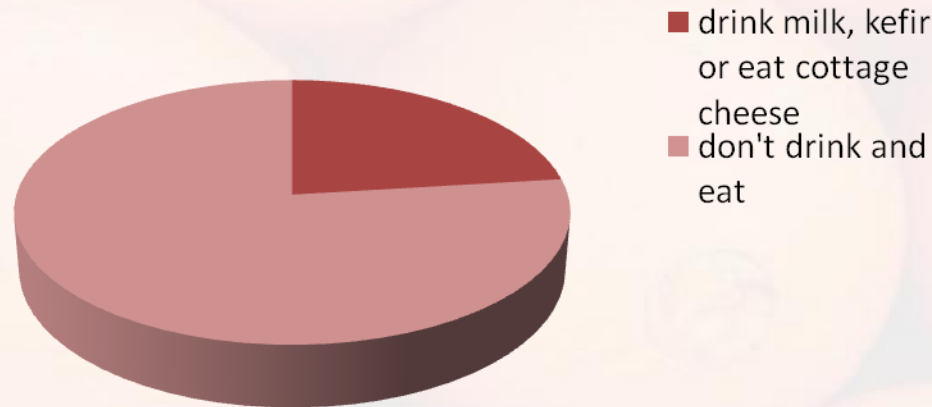
Seven respondents eat fruit and vegetables every day



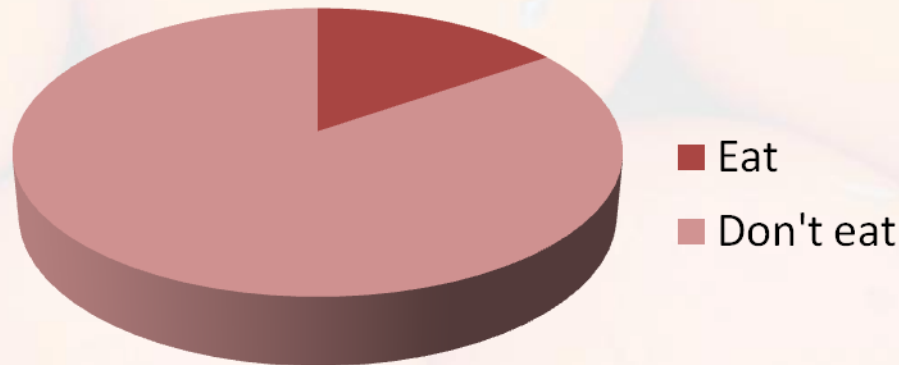
Eleven respondents like to eat salads



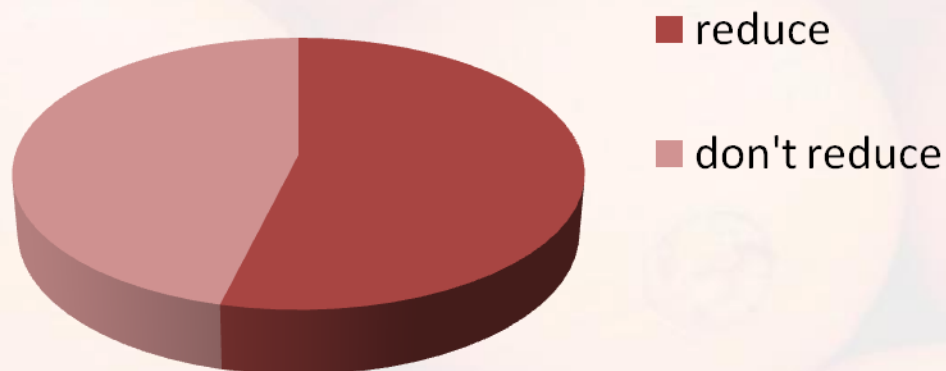
Three respondents drink milk or kefir, or eat cottage cheese every day



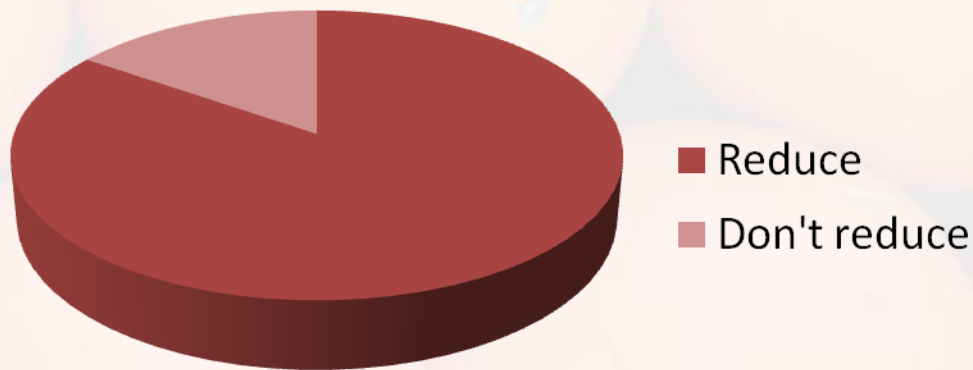
Six respondents eat fish, beans or peas instead of meat at least 2-3 times a week



Seven respondents reduce the consumption of sweets and sweet drinks



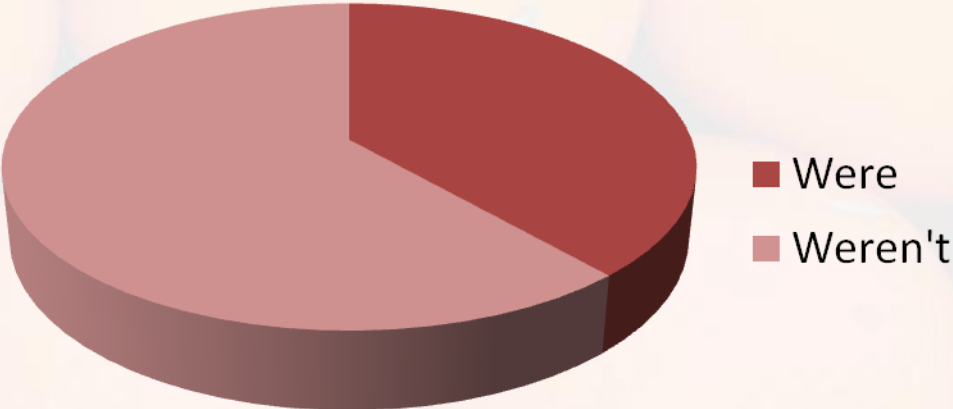
Eleven respondents reduce the intake of table salt



Twelve respondents avoid alcohol and coffee



Five respondents were on diet before



Four respondents pay attention to the caloric value of products when purchasing them

