

HEALTHY FOOD

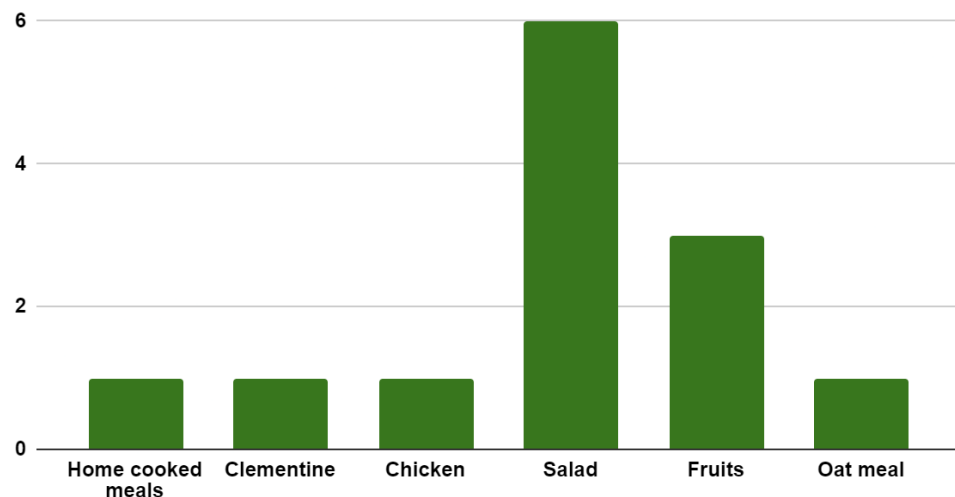
by Urtė Šimutytė 8a

The goal of this report is to present the results of the survey of healthy food. The report contains information collected from 13 people in my class who were asked 6 questions about eating habits.

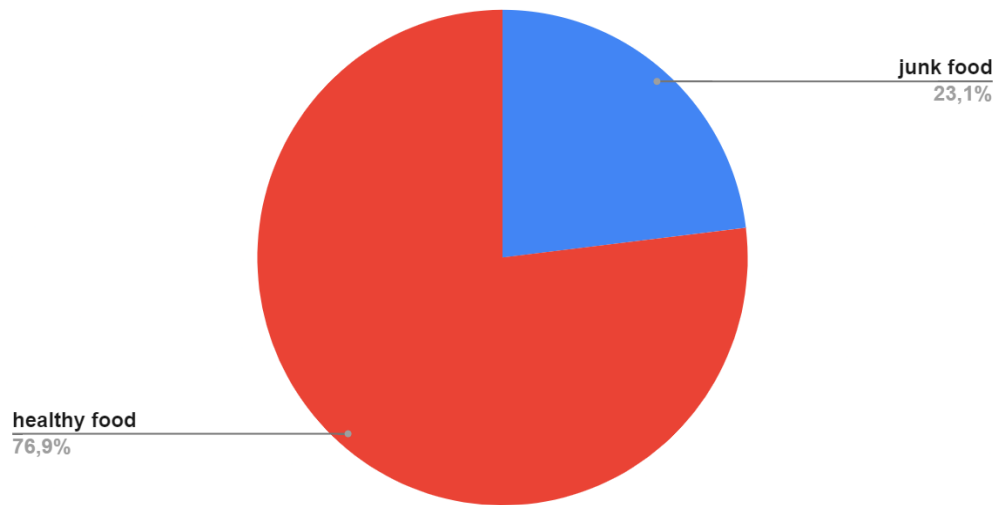
It can be seen that the majority of the students choose salad as a healthy food alternative instead of junk food. I'm really surprised to see that more than half of the people would rather eat healthy and balanced food instead of junk food. Slightly over 23 per cent state that they eat completely healthily and the majority of them sometimes. However, there are products they don't like very much. What is really clear from the chart is that students don't like two of them the most, avocado and broccoli. Another interesting point is that one of the respondents is flexitarian and everyone else eats everything. They don't follow different diets, but drink enough water during the day and stay healthy.

To conclude, I think my classmates are not overweight and they don't need any diets. They eat enough healthy balanced food and drink plenty of water.

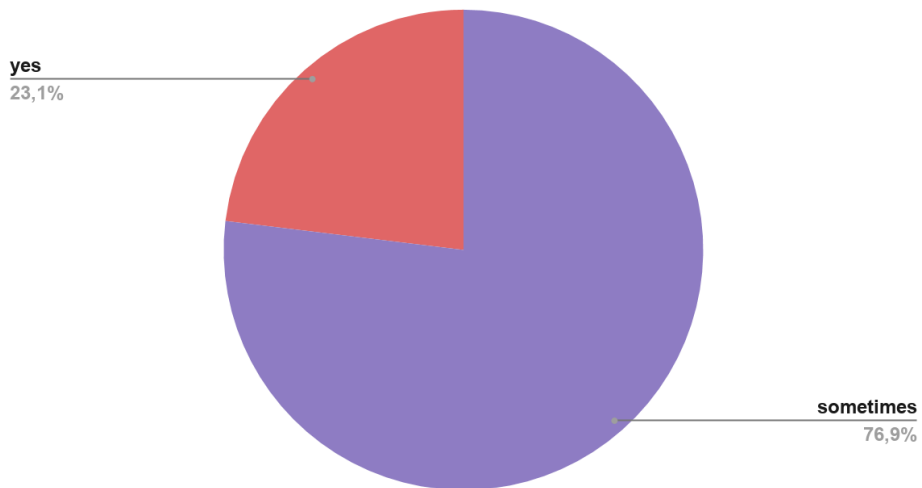
What do you choose as a healthy food alternative instead of junk food?



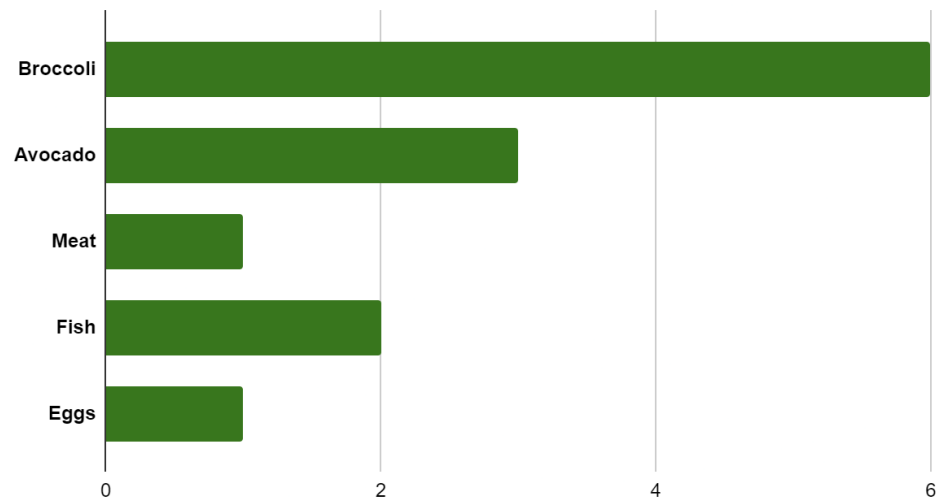
If you had to choose, would you rather eat healthy or junk food for the rest of your life?



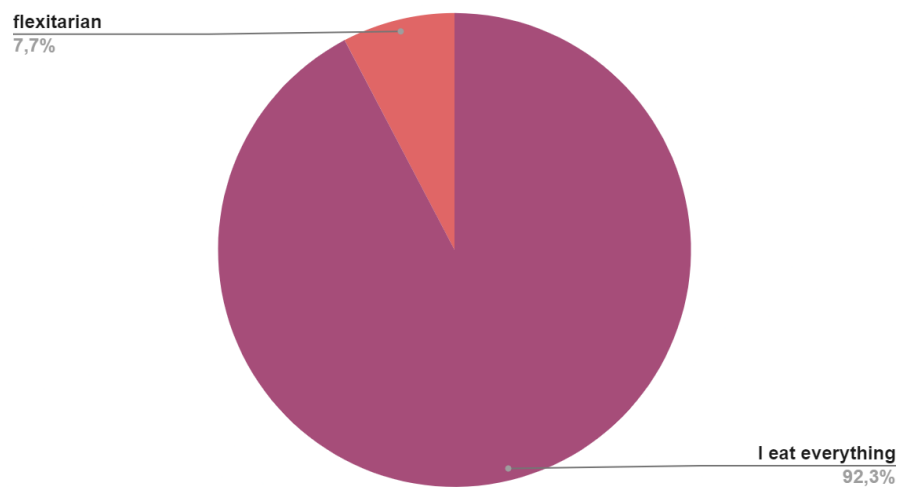
Do you eat healthily?



What healthy food product do you dislike the most?



How would you describe your diet?



How many glasses of water do you drink during the day?

