

AUSTRIA



VIENNA

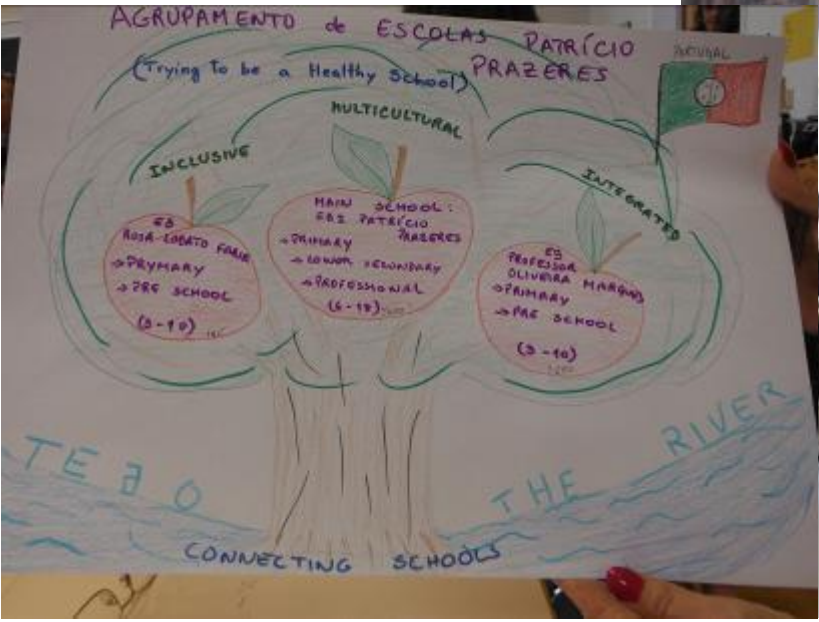
OCTOBER 2013











Portugal

Croatia

# Presenting our schools

Estonia

La Reunion

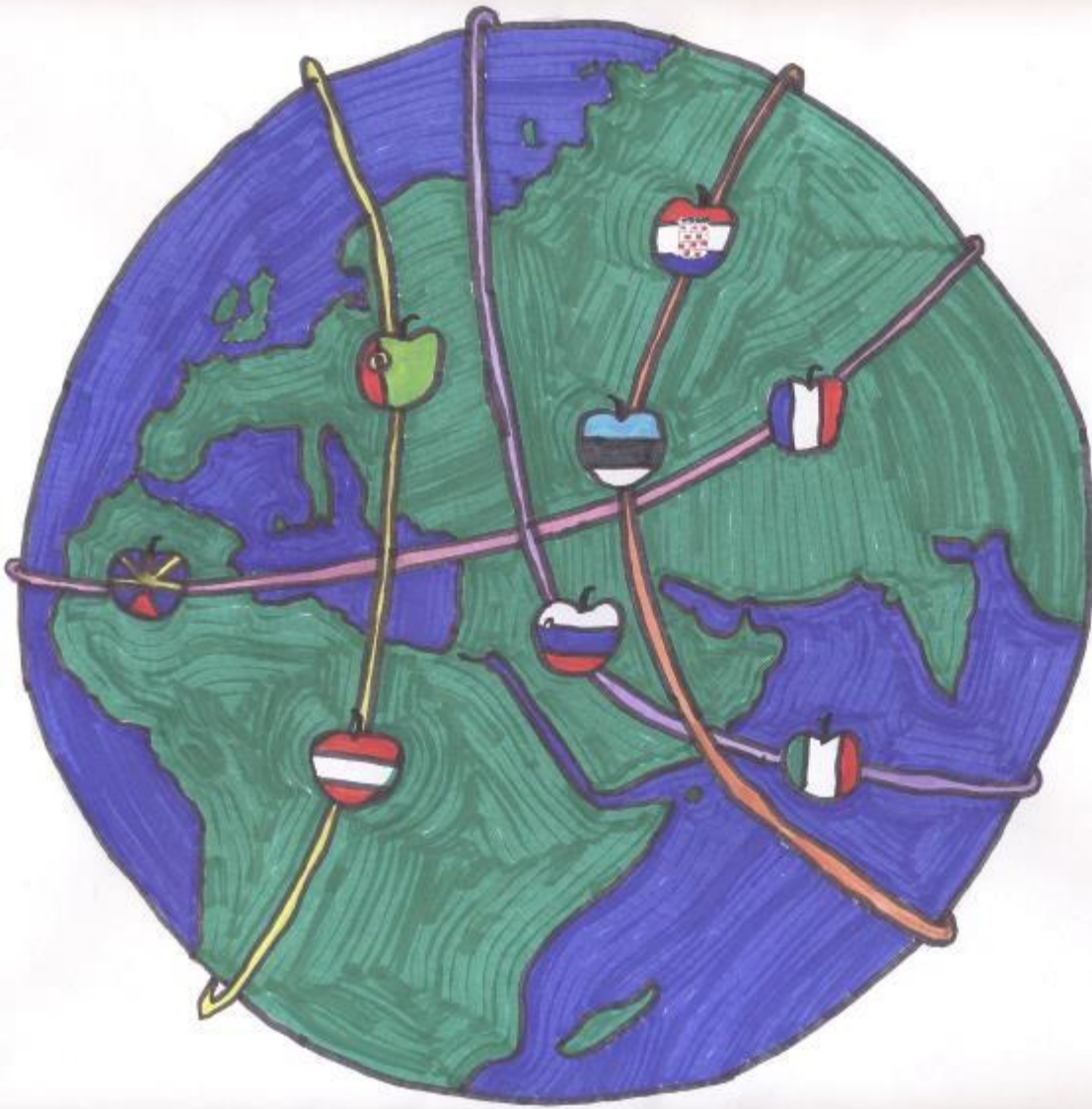




Vote for the logo of the project







*Croatia won:  
this is the logo of our project  
Healthy PICNIC*

# COMENIUS PROJECT

## Healthy PICNIC

### QUESTIONNAIRE ABOUT YOUR LIFESTYLE

**Do you eat in the morning?**

- Yes
- No

**If yes, what do you eat in the morning?**

- fruit and vegetables
- sweets
- dairy products
- bakery/sandwiches
- crisps
- other(s): .....

**How many times a day do you eat fruit and vegetables?**

- None
- 1-2 times
- more

**What do you usually drink?**

- water
- tea
- milk
- juice
- soft drink
- energy drink
- other:.....

**What do you usually eat at home?**

- selfcooked food
- other:.....

**How many times per week do you exercise after school?**

- None
- 1-2 times

more

**How many hours do you usually sleep?**

- Less than 6 hours
- 6-8 hours
- more than 8 hours

**What do you do with your family in your freetime?**

- have meal(s) together
- shopping
- do sports
- travel
- watch TV
- play (games)
- we don't do anything together
- other:.....

**Do you sort out litter?**

- Yes
- Sometimes
- No

*The questionnaire about healthy lifestyle was worked out during the meeting in Vienna*