



The wellbeing revolution in innovation and citizenship

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A' LYCEUM ETHNARCHI MAKARIOS III

PAPHOS - CYPRUS

COMUNITY PREFERENCES AND ENGAGEMENT



► ACTIVITY - POLL - NUTRITION, WELLBEING AND SPORTS PREFERENCE

Questionnaire: Nutrition, Wellbeing, and Sports

Section 1: General Information

(No names are needed — answers are anonymous.)

1. Age: ____
2. Gender: ☐ Male ☐ Female ☐ Prefer not to say
3. School year/class: ____

Section 2: Nutrition Habits

4. How many meals do you usually eat per day?
☐ 1 ☐ 2 ☐ 3 ☐ More than 3
5. Do you usually eat breakfast before school?
☐ Always ☐ Sometimes ☐ Rarely ☐ Never
6. How often do you eat fruits and vegetables?
☐ Every day ☐ A few times a week ☐ Rarely ☐ Never
7. How often do you drink sugary drinks (soda, energy drinks, etc.)?
☐ Every day ☐ A few times a week ☐ Rarely ☐ Never
8. How much water do you usually drink in a day?
☐ Less than 1 litre ☐ 1–2 litres ☐ More than 2 litres
9. Do you pay attention to what you eat (e.g., trying to eat healthy or balanced meals)?
☐ Yes, always ☐ Sometimes ☐ Not really ☐ Never

Section 3: Physical Activity and Sports

10. Do you take part in any kind of sport or physical activity?
☐ Yes ☐ No

11. If yes, which sport(s) do you do and how often?

12. On average, how many hours per week do you exercise or play sports?
☐ Less than 1 hour ☐ 1–3 hours ☐ 4–6 hours ☐ More than 6 hours

13. What motivates you to do sports? (Choose all that apply)

- ☐ To stay healthy
- ☐ To have fun
- ☐ To be with friends
- ☐ To look fit
- ☐ To improve performance
- ☐ Other: _____

14. If you don't do sports regularly, what are the main reasons?

- ☐ Lack of time
- ☐ Lack of interest
- ☐ No access to facilities
- ☐ Health issues
- ☐ Other: _____

Section 4: Wellbeing and Lifestyle

15. How many hours of sleep do you usually get on school nights?
☐ Less than 6 ☐ 6–7 ☐ 8–9 ☐ More than 9

16. How often do you feel stressed or tired during the week?
☐ Almost every day ☐ A few times a week ☐ Rarely ☐ Never

17. What do you do to relax or feel better when stressed?

- ☐ Listen to music
- ☐ Exercise
- ☐ Talk to friends/family
- ☐ Watch TV or go online
- ☐ Other: _____

18. Do you think your diet affects your energy and mood?

- ☐ Yes, a lot ☐ A little ☐ Not really ☐ I don't know

19. Do you feel that your school encourages healthy habits and sports?

- ☐ Yes ☐ Somewhat ☐ No

20. In your opinion, what could schools do to promote better nutrition and wellbeing?

► RESULTS

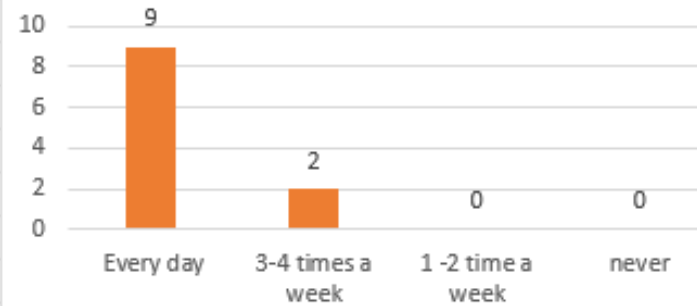
- Some of the questions of the questionnaire are analyzed below and conclusion comments are portrayed after the charts.



1. How many time a week do you exercise?

	Numb. Of students
Every day	9
3-4 times a week	2
1-2 time a week	0
never	0

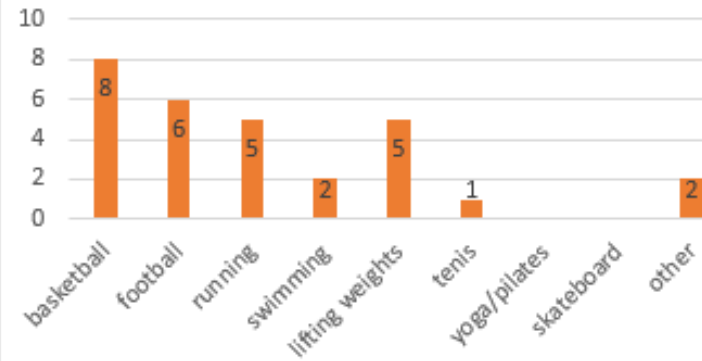
How many times a week do you exercise?



2. What kind of sports do you like more?

basketball	8
football	6
running	5
swimming	2
lifting weights	5
tenis	1
yoga/pilates	
skateboard	
other	2

What kind of sport do you like more?

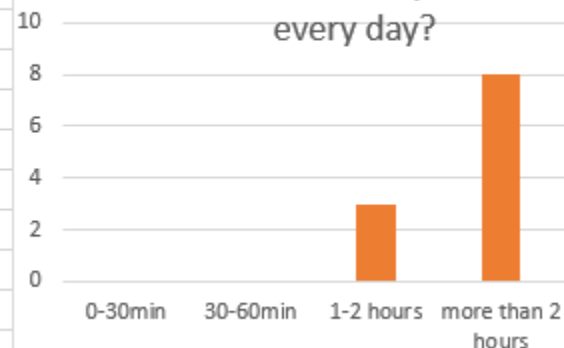




3. How much time do you exercise every day?

0-30min	0
30-60min	0
1-2 hours	3
more than 2 hours	8

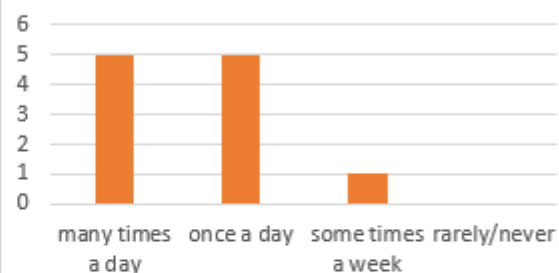
How much time do you exercise every day?



4. How often do you consume fruits and vegetables during the day?

many times a day	5
once a day	5
some times a week	1
rarely/never	0

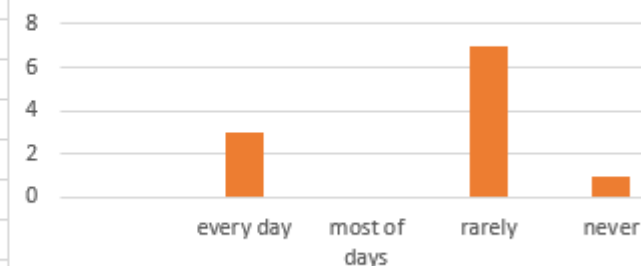
How often do you consume fruits and vegetables?



6. Do you eat breakfast?

every day	3
most of days	0
rarely	7
never	1

Do you eat breakfast?



5. Do you prefer homemade meals or fast food in your diet?

homemade	8
fast food	0
I like both	3
depends on the day	0

homemade vs fast food



► CONCLUSIONS

Students Champion Healthy Lifestyles: Active, Nutritious, and Focused

A recent survey of students has revealed some impressive results about their commitment to fitness and healthy eating. The data highlights a generation of young people who are not only active but also highly conscious of how nutrition impacts their physical performance and overall wellbeing.

Everyday Athletes

The survey shows that most students exercise every day, with a number of them working out three to four times a week. Popular activities include basketball, football, running, swimming, volleyball, and handball, which suggests a diverse range of sports interests among the students. This daily dedication to physical activity is indicative of their understanding of the benefits of staying active and healthy.

Focusing on Nutritious Foods

When it comes to diet, these students are making smart choices. The majority of them eat meals rich in natural, wholesome ingredients, ensuring they get the nutrients they need to fuel their active lifestyles. Fruits and vegetables feature heavily in their daily intake, while junk food and sugary drinks are noticeably absent from their diets.

This healthy approach to food aligns with their goal of optimizing physical performance. They're fueling their bodies with the right kinds of nutrients, a choice that supports both their exercise routines and their mental focus in the classroom.

A Call for Better School Canteen Options

One notable takeaway from the survey is the students' collective desire for their school canteen to offer more nutrient-dense food options. Many expressed that meals high in protein, fresh vegetables, and whole grains would be a perfect fit for their active and busy schedules.

It's clear that students are seeking more than just food — they're looking for nutrition that enhances their energy levels, aids recovery, and supports their physical goals. And with a growing recognition of how good nutrition impacts both athletic performance and academic success, they're advocating for change in their school's food offerings.



What This Means for Schools

These results serve as a wake-up call for schools to reassess their role in promoting student health. The students have spoken: they want healthy, nutrient-rich options that align with their active lifestyles. Schools have a unique opportunity to support this shift by offering meals that cater to the growing demand for healthy food.

The students' choices reflect a broader trend toward health-conscious living, and their voices are a powerful reminder that the right nutrition is just as important as physical exercise. With schools playing a pivotal role in shaping healthy habits, it's time to ensure that the food offered at school is just as dedicated to student wellbeing as the students are to their fitness.



Dietary Supplements

Ergogenic supplements matching performance goals and micronutrients or essential fatty acids when the basic diet is lacking these nutrients.

Sport specific nutrition

If the basic diet is not compensating the need for specific macronutrients, athletes are advised to add specific sport nutrition products to their diet.

Basal diet

All athletes are advised to consume their diet as recommended by the Netherlands Nutrition Centre.

SMART NUTRITION AND HEALTH AWARENESS

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Activity - Logo competition

- A competition among students to create using AI a logo to use as school for our project.





▶ WINNER LOGO

