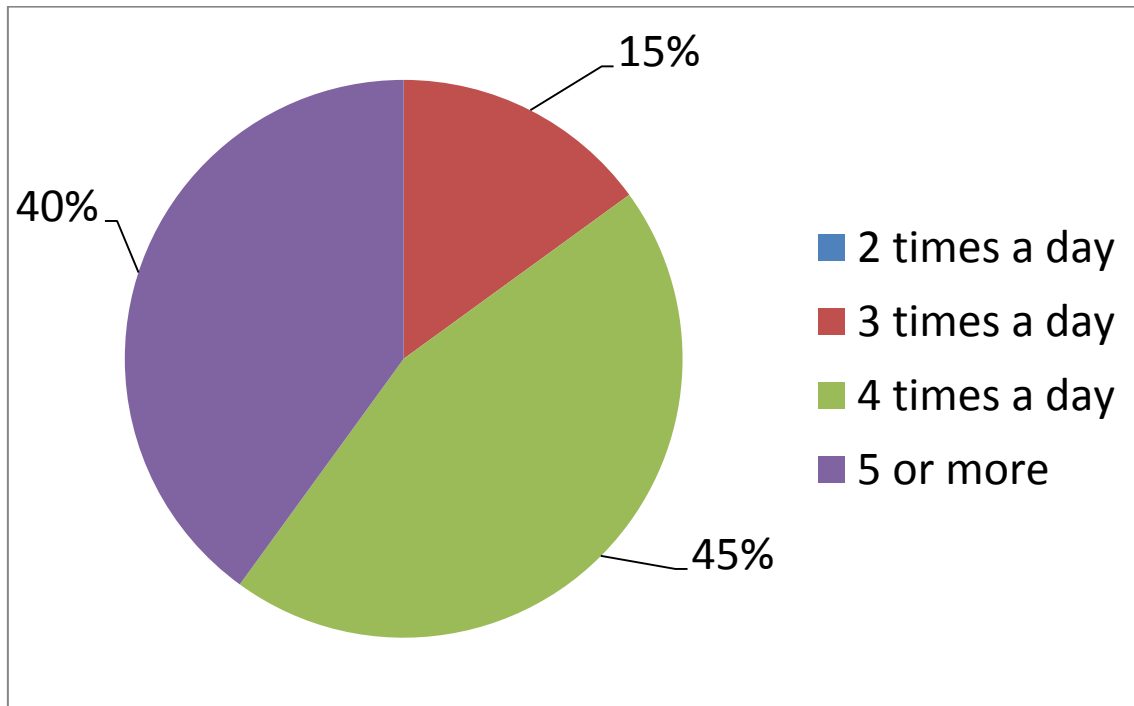


QUESTIONNAIRE ON EATING HABITS

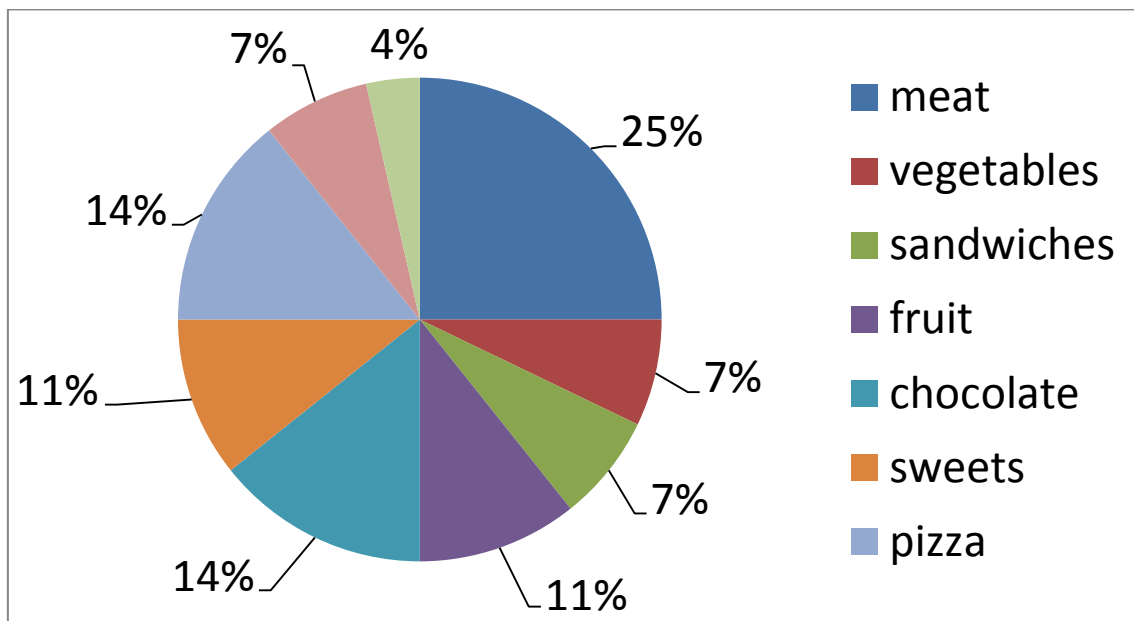
This questionnaire was answered by 33 students aged between 17 and 18.

General questions

How often do you eat a day?

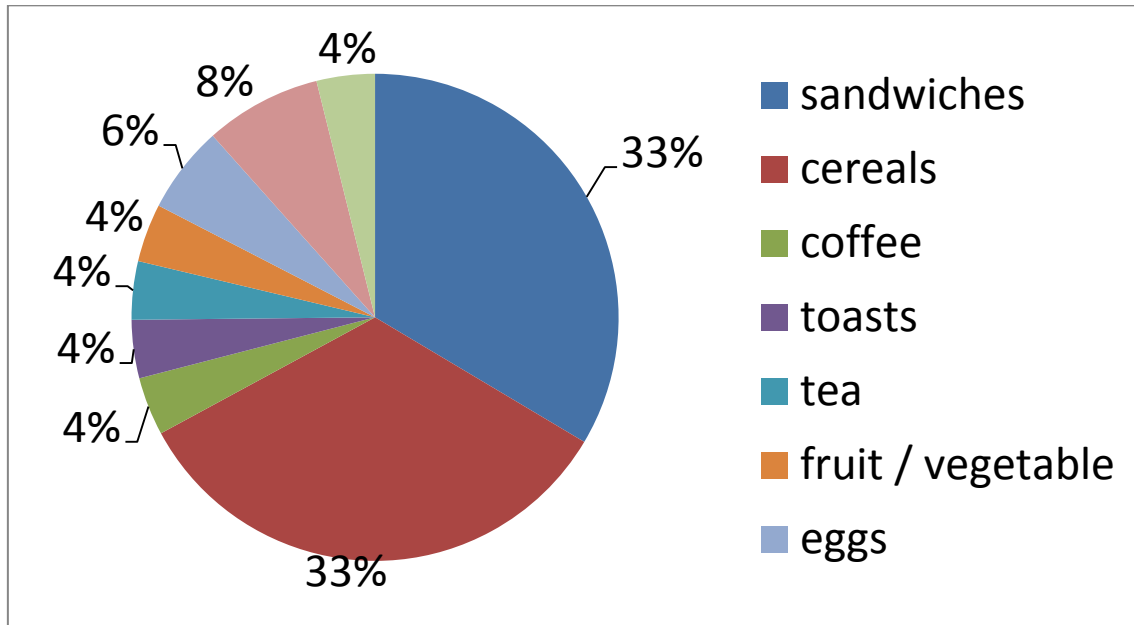


One meal / kind of food you couldn't live without....



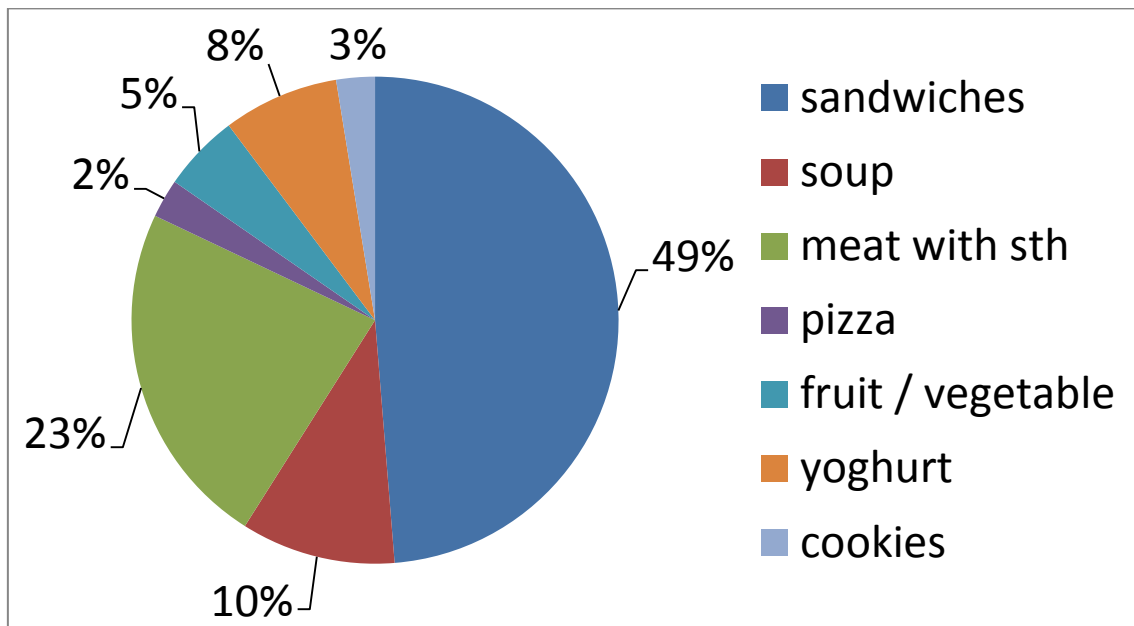
Breakfast

Most of the students have breakfast at home, usually between 6:30-8:00. They eat alone, sometimes with their family. Some students stated that they have brunch at school, usually with their friends at 10 o'clock.



Lunch

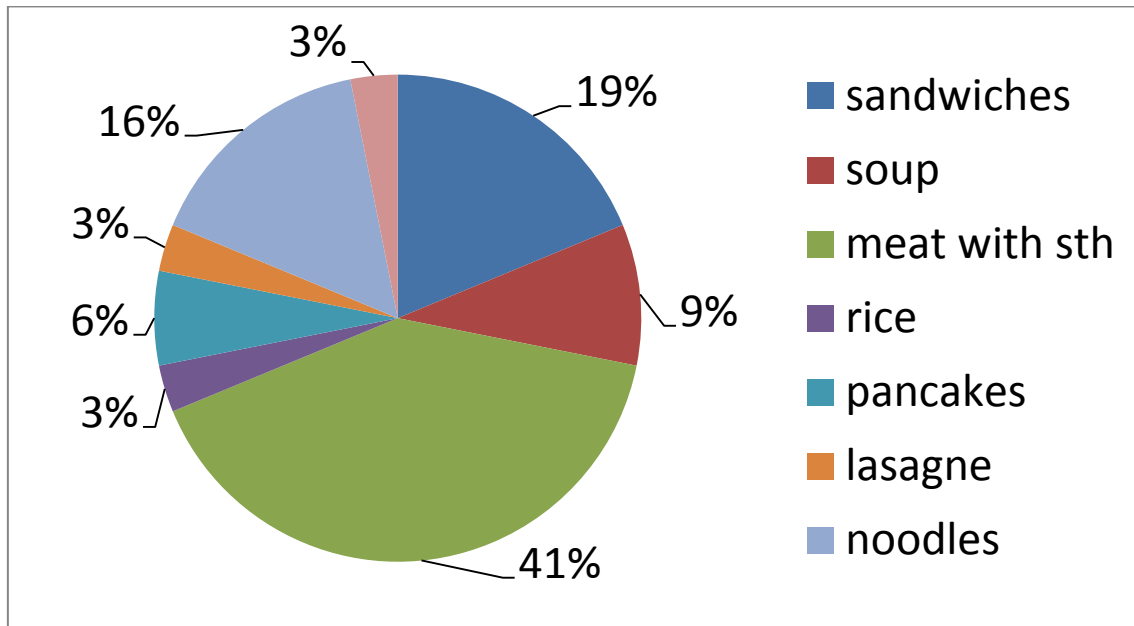
More than 80% asked responded that they have lunch either at school or at home, between 10:00 and 15:00. Almost half of them eat with friends, one third of asked students stated that they have lunch either with their family or alone.



Polish students tend to have short coffee breaks or tea times during the day, at various times, like 9:00, 10:00, 12:00, 17:00 or 19:00. They usually have coffee or tea with some cookies or sweets.

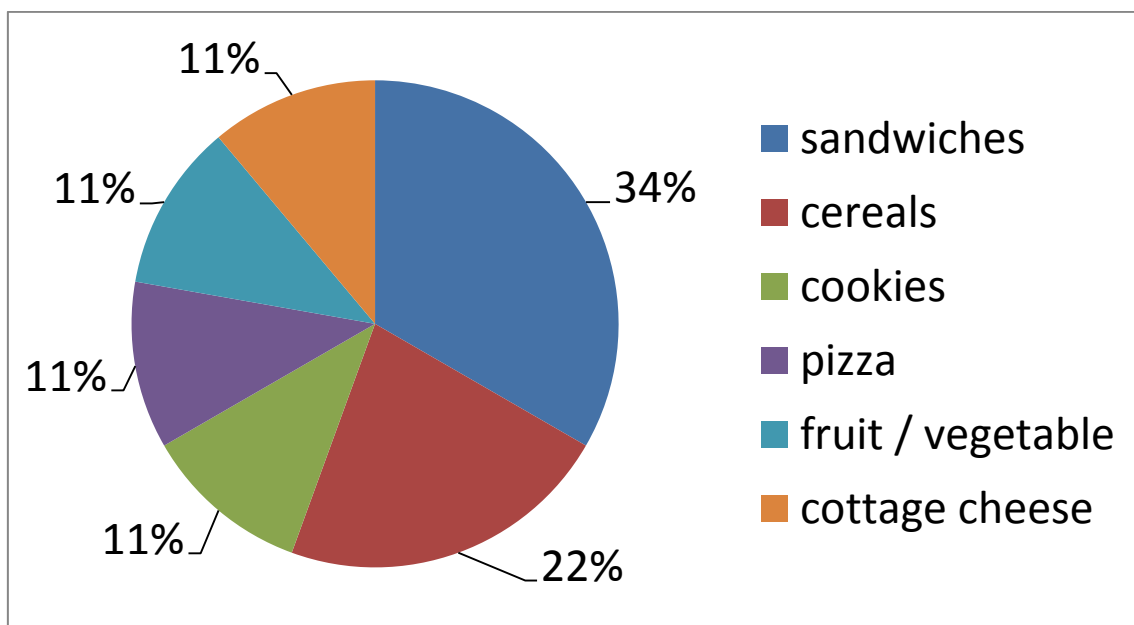
Dinner

Traditionally, all of the students have dinner at home, usually between 15:00 and 17:00. If they happen to have the classes in the evening, they stay somewhere in the city and eat alone.



Supper

It is the last meal eaten in Polish homes, usually between 19:30 and 21:00. Supper may be something light, like a fruit so most of the time, it is eaten alone or together as a family.



TRADITIONAL FOOD AND FESTIVITIES

Christmas: 12 dishes are served as a reminder of the 12 Apostles on Christmas Eve.

Polish people don't eat meat on this day, instead they choose from variety of fish and vegetable dishes. The meal begins when the first star is seen. The dishes to be found on the table are: beetroot soup, small dumplings, pickled herring, fish soup, compot, fried fish.

Easter: On Easter Saturday, swieconka baskets filled with salt, hard-cooked eggs, butter, sausage, ham, bread, babka and other foods are taken to church to be blessed by the priest. On Easter morning, the feasting begins with a breakfast taste of everything in the basket. Next, a variety of dishes are being served on the table.

Local festivities:

In our region, traditional potato pancakes, potato cake and black pudding are very popular and commonly eaten on various occasions and festivities.

There are no other special occasions except for the religious and national holidays. If so, people have different types of meat with potatoes and salads for dinner.

On special days, Polish people drink Coke, juice, water, compote, tea, coffee, wine, beer and vodka.