Statistic study on diet of eleven/fourteen people
...

I.C. F. Guglielmino - Class II A - A.S. 2022/23
discipline: Technology (L. Barnobi)

Group's makeup and meals' assignement

GROUP 1: BREAKFAST- A. Brancato, F. Calabretta, F. Russo

GROUP 2: SNACKS- V. Castro, L. Giuffrida, R. Raimondo, J. Sardo

GROUP 3: LUNCH- R. Cannavò, R. Cannavò

GROUP 4: DINNER- R. Cosentino, A. Giuffrida

BREAKFAST

The group n. 1, made up of A. Brancato, F. Calabretta, F. Russo, has interviewed 21 teenagers, in secondary school of first grade age, asking what they eat regularly for breakfast.

The collected data has been classified in food categories and students calculated the percentage of interviewed people who prefer each food.
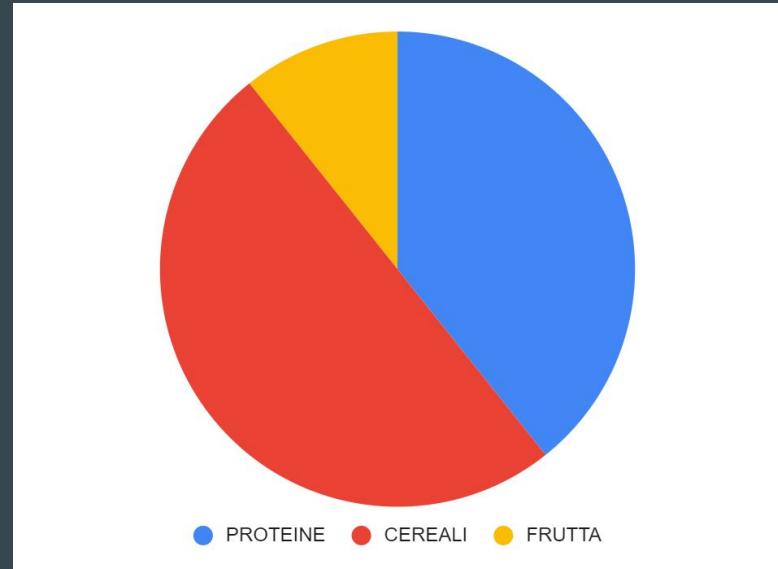
COLAZIONE	
persone	21
latte	9
dolci	9
rosticceria	2
cereali	5
frutta	3
caffe	4
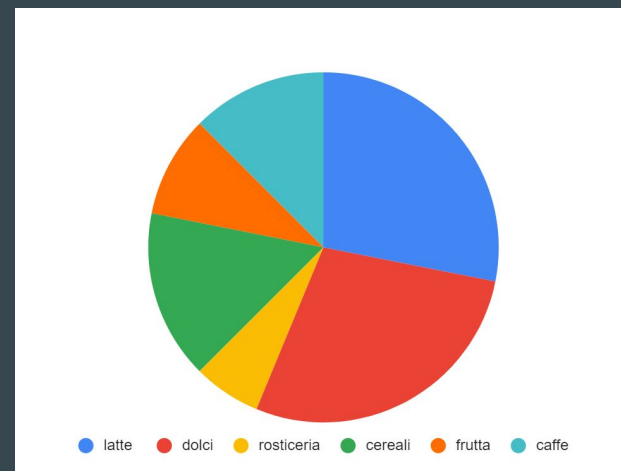
BREAKFAST

The data has been also arranged in four big food types: vegetable, fruit, cereals and proteins.

|		
PROTEINE	11	39,29%
CEREALI	14	50,00%
FRUTTA	3	10,71%
VERDURA	0	0,00%

SNACKS

The group n. 2, made up of V. Castro, L. Giuffrida, R. Raimondo, J. Sardo, has interviewed 17 teenagers of first grade secondary school , asking about their preferred snacks

Data has been collected and classified:

GLI SPUNTINI	
PERSONE	17
DOLCI	13
PANE E SIMILI	7
SALUMI	3
PATATINE	4
LATTE	2
FRUTTA	2
CAFFE'	2

SPUNTINO

● DOLCI ● PANE E SIMILI ● SALUMI ● PATATINE
● LATTE ● FRUTTA ● CAFFE
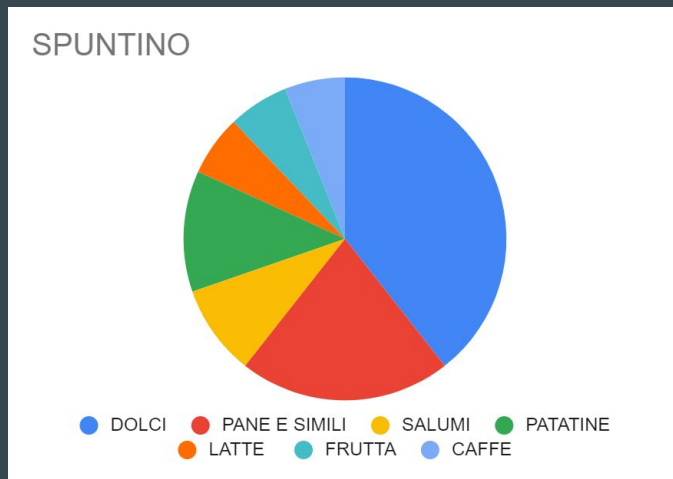
SNACKS

Data has been arranged in four big food types: vegetable, fruit, cereals and proteins:

SPUNTINI		PERCENTUALE
CEREALI	20	64,52%
PROTEINE	5	16,13%
FRUTTA	2	6,45%
VERDURA	4	12,90%

GLI SPUNTINI - CLASSIFICAZIONE

- CEREALI
- PROTEINE
- FRUTTA
- VERDURA

LUNCH

The group n. 3, consisting of R. Cannavò, R. Cannavò, has interviewed 15 young people between eleven and fourteen years old.
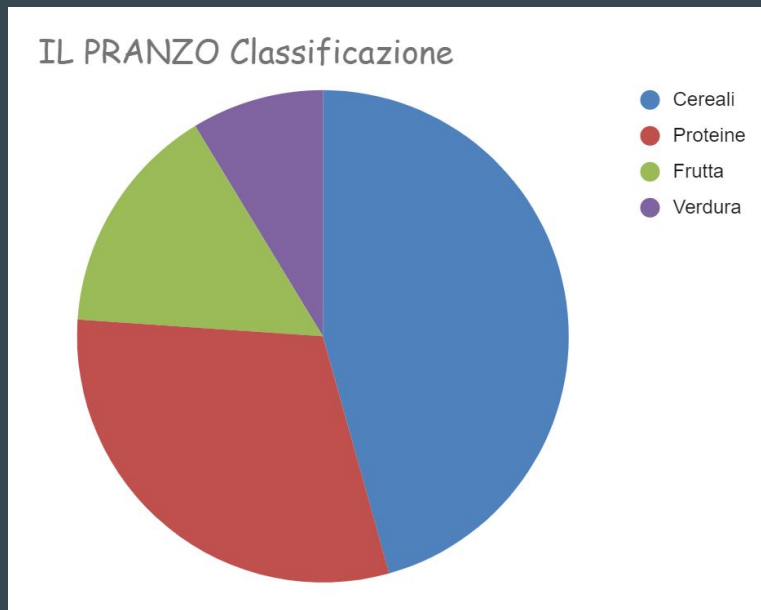
The collected data are following:
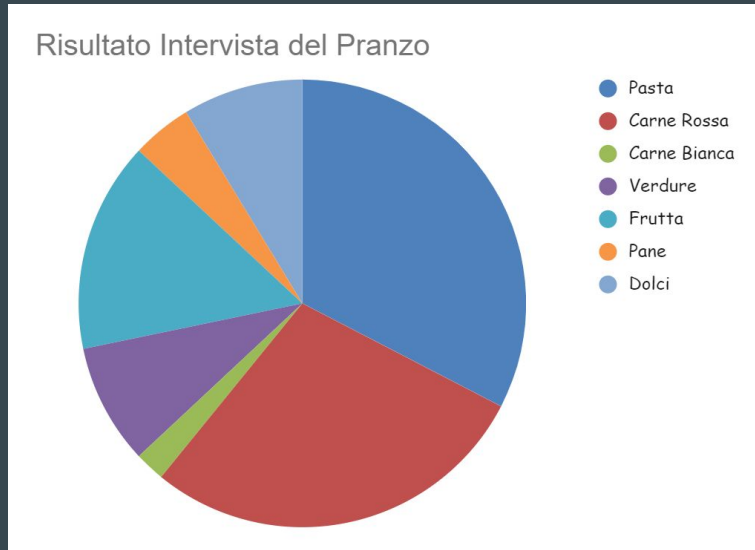
Pranzo	
Persone	15
Pasta	15
Carne Rossa	13
Carne Bianca	1
Verdure	4
Frutta	7
Pane	2
Dolci	4

Risultato Intervista del Pranzo

- Pasta
- Carne Rossa
- Carne Bianca
- Verdure
- Frutta
- Pane
- Dolci

LUNCH

Category of food classification:

PRANZO		Percentuale
Cereali	21	45,65%
Proteine	14	30,43%
Frutta	7	15,22%
Verdura	4	8,70%

IL PRANZO Classificazione

- Cereali
- Proteine
- Frutta
- Verdura

DINNER

The group n. 4, composed of R. Cosentino, A. Giuffrida, has interviewed 39 adolescents.

Following the collected data:

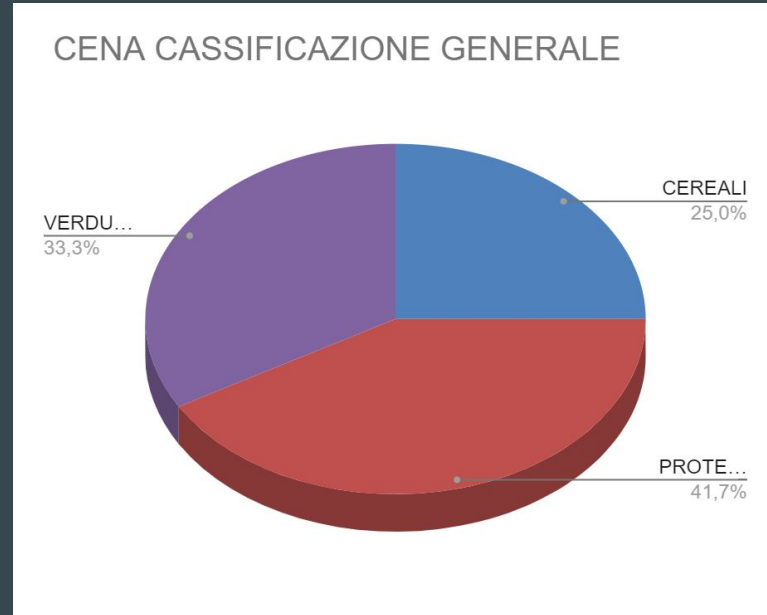| CENA		PERCENTUALE
persone	39	
carne	18	46,15%
verdure	16	41,03%
pane	3	7,69%
ROSTICCERIA	2	5,13%
PASTA	7	17,95%
PESCE	2	5,13%

DINNER

Category of food classification:

CENA		PERCENTUALE
CEREALI	12	25,00%
PROTEINE	20	41,67%
FRUTTA	0	0,00%
VERDURA	16	33,33%

CENA CASSIFICAZIONE GENERALE

CEREALI 25,0%

VERDU… 33,3%

PROTE… 41,7%

Project purpose:
Judge daily nutrition quality

DAILY NUTRITION DATA

All the collected data of each meal has been added together, for obtaining the individual daily diet, classified and compared with "Smart Dish" model, that represent a daily nutrition recommendation, originated from Mediterranean Nutrition Pyramid.

Alimentazione quotidiana campione intervistato	
CEREALI	43,79%
PROTEINE	32,68%
FRUTTA	7,84%
VERDURA	15,69%

PIATTO SMART	
Cereali	25,00%
Proteine	25,00%
Frutta	15,00%
Verdura	35,00%

DAILY NUTRITION DATA

PIE CHARTS

CONCLUSIONS

Comparing the two pie charts, we notice that we eat daily too many cereals, as compared with Smart Dish, a little too many proteins, while we don't eat enough fruits and vegetables.
So, we can conclude that teenagers don't have correct nutrition regime and we must change our wrong attitudes and eat the right quantities of each food.
We liked this job and we hope to do another such as this very soon!

The students of 2^ A