

An Italian Feast

In the Italian Version of CensusAtSchool pupils were asked what they had eaten for breakfast. Here is some data from the Italian Statistics service ISTAT about Italians eating habits.

POPULATION'S EATING HABITS

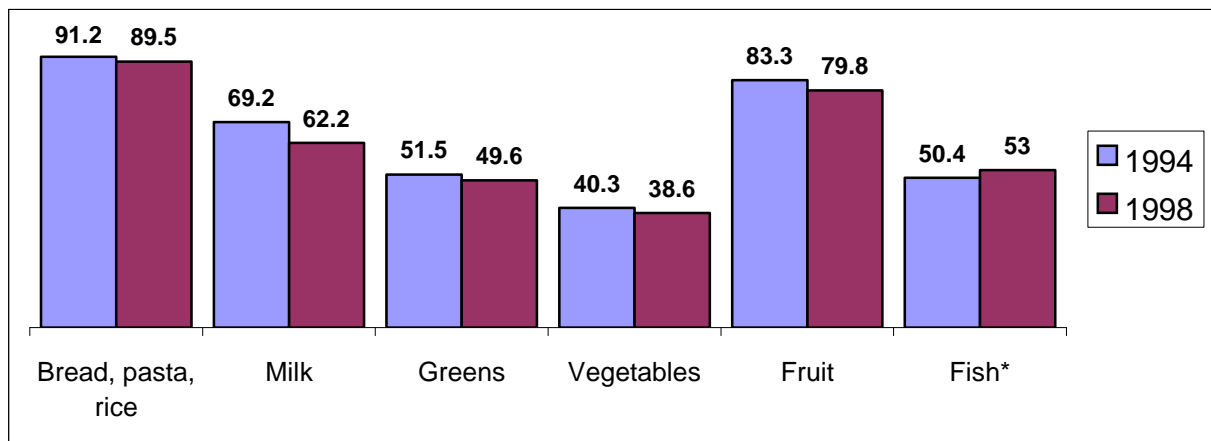
Per 100 people aged 3 and over, 1994-1998

	Adequate breakfast	Main Meal	
		Lunch	Dinner
1994	69.8	77.7	17.5
1995	71.6	76.6	18.5
1996	76.6	74.2	20.7
1997	76.3	74.2	20.4
1998	76.7	72.7	21.0

NB: an adequate breakfast is a rich one in energetic and caloric food (e.g. milk, bread, biscuits, croissants)

CONSUMERS OF CERTAIN TYPES OF FOOD AT LEAST ONCE A DAY

Per 100 people aged 3 and over, 1994 and 1998



* at least once a week

Take a piece of the information and conduct a survey to compare and contrast our eating habits. (e.g. In Italy the consumption of fruit has decreased. The percentage of daily fruit eaters dropped from 83.3% in 1994 to 79.8 in 1998. What percentage of your classmates, friends and family are daily fruit eaters?)

Can you find any equivalent data for Irish people? – Try these sites and search for more.

Major Survey into Irish attitudes to Food and Eating Out Reveals Irish Consumers Spending up to €7 Billion on Eating Out <http://www.aramark.ie/PressReleaseDetailTemplate.aspx?PostingID=697&ChannelID=210>

The vegetarian society site at: <http://www.vegsoc.org/info/realeat.html>
 Facts about food http://www.kidfood.org/f_facts/grpslist.html