



# An Italian Feast

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

## Population's Eating Habits

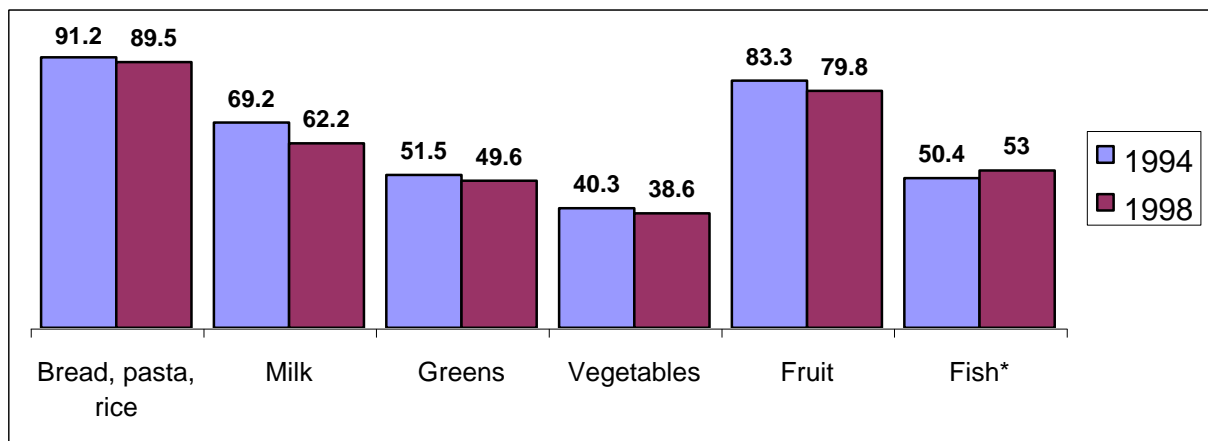
*Per 100 people aged 3 and over, 1994-1998*

	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 one that is rich 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 from above 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 British people? – Try these and search for more. Look at pages 127 and 133 of 'Social Trends 2001

[www.ons.gov.uk/ons/rel/social-trends-rd/social-trends/social-trends-40/index.html](http://www.ons.gov.uk/ons/rel/social-trends-rd/social-trends/social-trends-40/index.html)

The vegetarian society site at: [www.vegsoc.org](http://www.vegsoc.org)

Facts about food [www.kidfood.org/f\\_facts/grpslist.html](http://www.kidfood.org/f_facts/grpslist.html)