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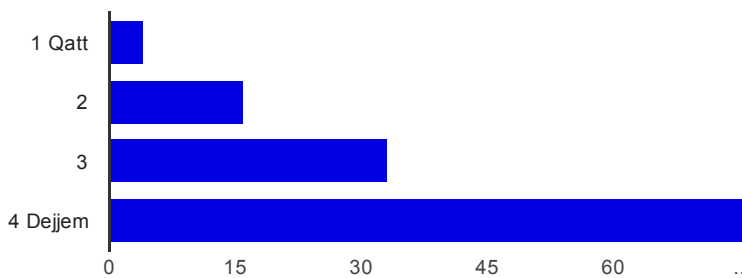
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Summary

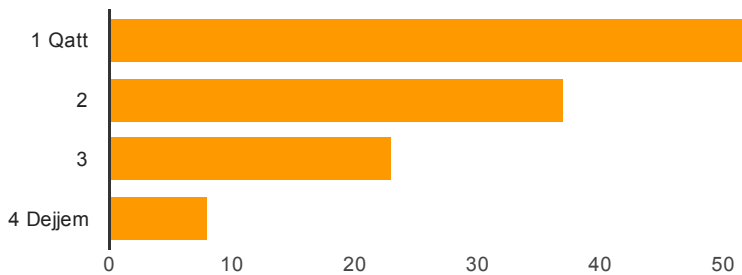
Sezzjoni għall-ġenituri/kustodji

a) Nixtru l-ikel minn hanut. [1. Minn fejn tixtru l-ikel tagħkom?]



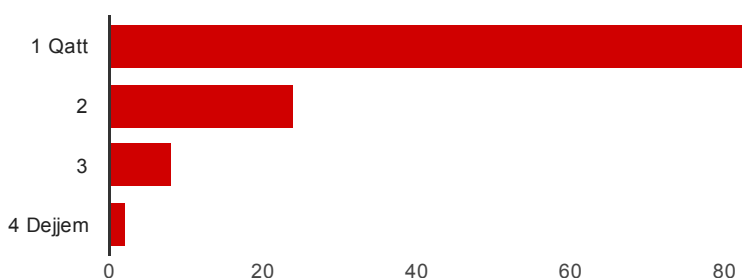
1 Qatt	4	3.1%
2	16	12.4%
3	33	25.6%
4 Dejjem	76	58.9%

b) Nixtru l-ikel mis-suq tal-bdiewa (farmers' market). [1. Minn fejn tixtru l-ikel tagħkom?]



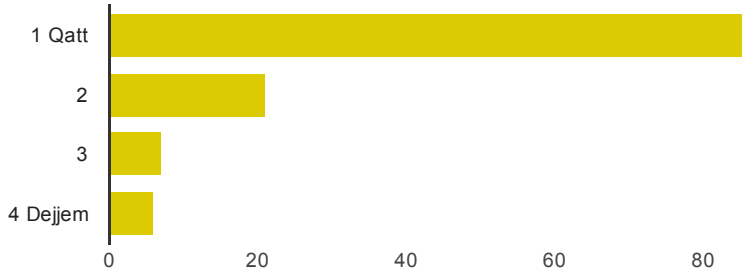
1 Qatt	52	43.3%
2	37	30.8%
3	23	19.2%
4 Dejjem	8	6.7%

ċ) Nixtru l-ikel direttament mill-bidwi. [1. Minn fejn tixtru l-ikel tagħkom?]



1 Qatt	83	70.9%
2	24	20.5%
3	8	6.8%
4 Dejjem	2	1.7%

d) Inkabbru l-ikel taghna. [1. Minn fejn tixtru l-ikel taghkom?]



1 Qatt	86	71.7%
2	21	17.5%
3	7	5.8%
4 Dejjem	6	5%

2. Jekk nizzilt li tkabbru l-ikel taghkom (1d), jekk joghgbok speċifika liema ikel.

/

frott u haxix

Haxix

Frott u haxix, fniek, ghasel, gbejniet, irkotta

Tursin

frott u hxejjex

patata, qarabali u qargha hamra

tadam, patata, rummien

Il-patata

tursin tadam

mil hamrija

herbs u tadam

Laring, Mandolin

Patata

tadam

haxix

ful ,hass , tursin, basal , tewm ...

le

cherry tomatoes

Il-ful, lumi, hawh.l-aring

frott tac citru

patata

Nuggets pizza ice tea spaghetti

hwawar

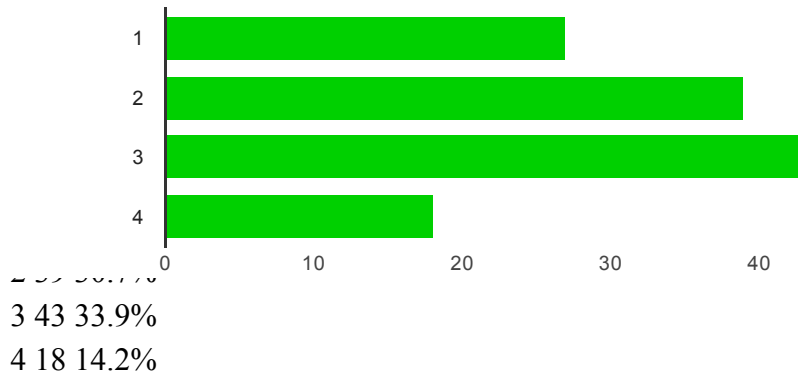
vittamini

patata, pastard.

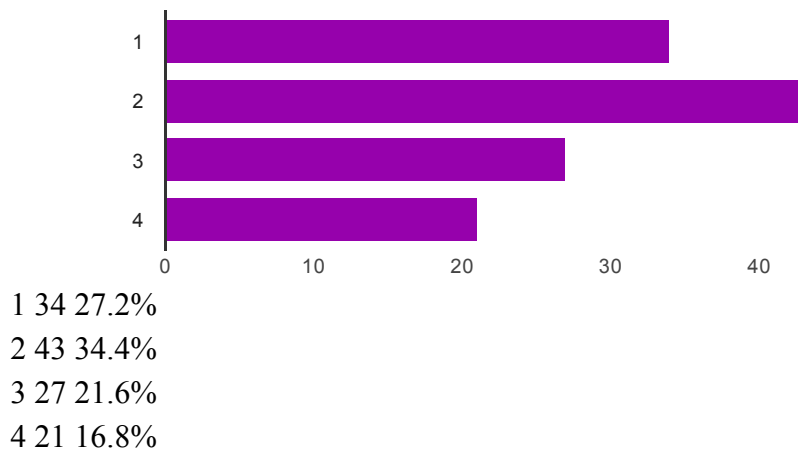
pastard katoti

Gheneb

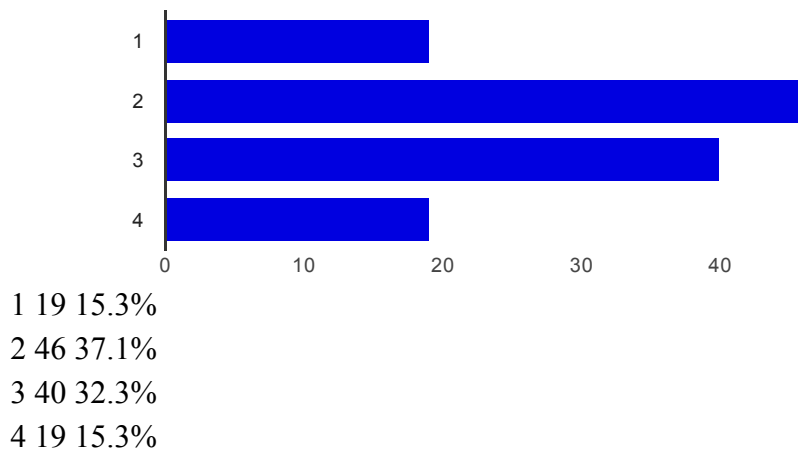
a) Naghti kas tal-prezzijiet biex ma tantx nonfqu. [3. Kif tiddeċiedi x'ikel tixtri?]



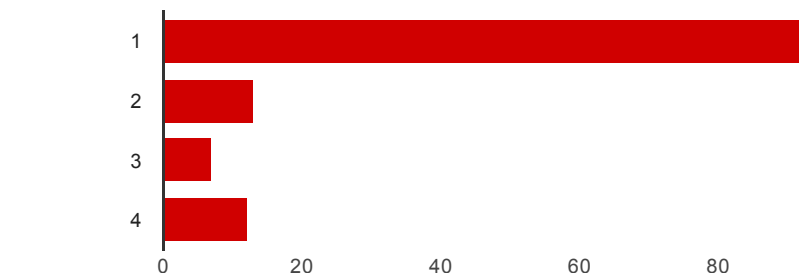
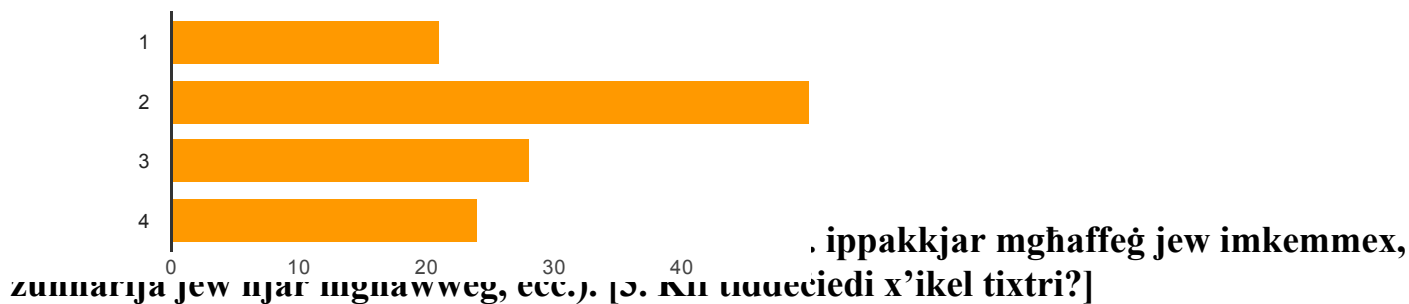
b) Nixtri l-ikel skont ma jkolli aptit dak il-hin. [3. Kif tiddeċiedi x'ikel tixtri?]



ċ) Kemm jista' jkun nixtri ikel lokali (imkabbar qrib minn fejn nixtri). [3. Kif tiddeċiedi x'ikel tixtri?]

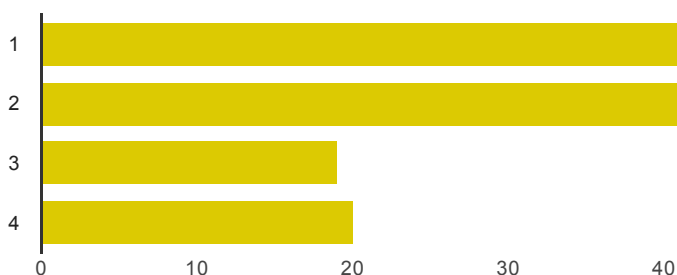


d) Nixtri ikel bit-tikketti fuqu 'kummerċ ġust' jew 'organiku'. [3. Kif tiddeċiedi x'ikel tixtri?]



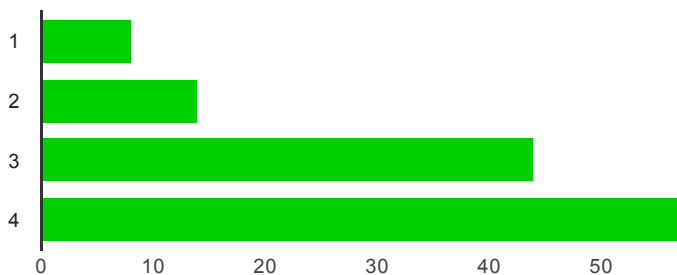
1 92 74.2%
 2 13 10.5%
 3 7 5.6%
 4 12 9.7%

f) Meta jkun possibbli nixtri ikel li ma jkollux żejt tal-palm. [3. Kif tiddeċiedi x'ikel tixtri?]



1 41 33.9%
 2 41 33.9%
 3 19 15.7%
 4 20 16.5%

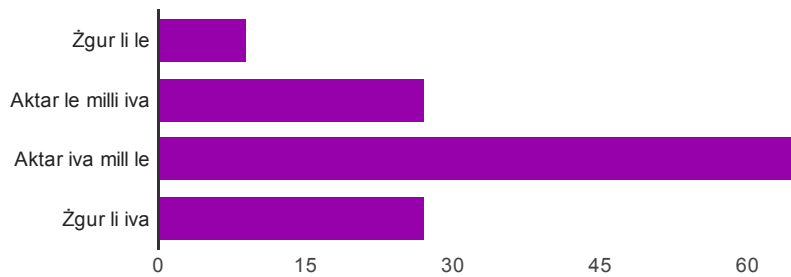
g) Meta nixtri haxix u frott nippreferi nixtri tal-istagun (dawk li jkunu qed jikbru u jsiru lokalment f'dak il-perjodu). [3. Kif tiddeċiedi x'ikel tixtri?]



1 8 6.5%
 2 14 11.4%
 3 44 35.8%

4 57 46.3%

4. Tbidel l-ikel tiegħek skont dak li jkun qed jtkabbar fl-istagun f'Malta? Eżempju, fir-rebbiegħa tiekol il-qaqoċċ u l-ful, waqt li fil-ħarifa ssajjar il-qargħa hamra, eċċ.?



Żgur li le	9	7.1%
Aktar le milli iva	27	21.3%
Aktar iva mill le	65	51.2%
Żgur li iva	27	21.3%

5. Semmi 5 tipi ta' ikel differenti li kiltu mid-dar f'gurnata tas-Sibt jew tal-Ħadd u iktibhom fil-kategorji t'hawn taht, skont minn fejn xtrajthom.

a) Direttament minn xi bidwi li taf, xi hadd li jipproduċih lokalment, jew mill-ġnien/ghalqa tiegħek

patata
 Patata
 Tadam
 ma nafx
 pastard
 Piżelli
 Basal, tadam, laring,
 Fenek.
 Pastard, patata, brokkoli, laring, ful, piżelli.
 Broccoli
 patata, zunnarjia , basla, tadam u qarabalija
 Tadam, Karrotti, frawli, Banana, Hass
 frawli, banana, tadam, hass, karrotti
 frott
 qargħa hamra
 patata, zunnarija, qarabalija, tadama u basla
 patata, laring, gheneb, hass,
 bajda
 patata karotti banana
 Patata, frott
 Fenek + Haxix
 tortellini , haruf u tigieg
 ġnien tagħna laring u tuffieħ
 banana
 haxix u gbejniet
 Laring
 Karotti, banana, tuffieħ, laring, kabocci
 Qarabali

ghalqa tieghek

..

xi hadd li jipproduċih

patata ta' Malta

patata il-forn

tuffiha

ghagin lokalment

laham - lokalment

Xejn

Laham

Frawli

patata, frott, ful, pizelli, bzar ahmar.

xejn

haxix

GHALQA TIEGHEJ

brodu, tigieg

il- frott ta malta aktar u tajjeb

il frott u il haxix

watermelon

mandolin

kabocci, hass tadam u patata

Patata, basal

b) Malta (imma ma nafx min hu l-bidwi/ min jipproduċih)

Frawli

Laham

laham

patata

gbejniet

Laring

Patata.

Laham

Pastard

chicken

Lumi u langas , patata

lumi, patata

pineapple, apple

patata, laham, tigieg

Haxix, Frott, Laham, pizza

tigieg

cerna

patata, laring, gheneb frawli, banana

laham, bacon

Hobz, tigieg

Lasagna Karrotti Patata Banana Tadam

Tadam

Patata

Patata + Laham

Chicken, Potatoes, Bread

frawli

zunnarija

Haxix

jekk jista ikun prodot malti

pastard u tigieg

chiken,

lol

tuffiegħa

tuffieħ

Varjeta ta' Haxix Differenti

Tigieg

manafx min hu il bidwi partikolari

..

imma ma nafx min hu l-bidwi

haxix varjat għas soppa qarabali, qarahamra, ecc

fenek

banana

Hxejjex, hobz, halib, laham, galettini

Tadam, Hobz

laham, haxix,

Halib

Tigieg u haxix imma ma nafx il bidwi min hu u tigieg malti ukoll min għand wiehed irrabijhom hu

patata,

patata u frott

Iva

veru

Pitravi, tadam, zunnarija, hjar, basal, canga, hut

Minestra

Qargħa hamra, pastarda, beetroot, tadam

patata, basal, tadam

MALTA FEJN NOQOD JIEN HEMM WIHED BIDWI IMMA INSEJT X JISMHU IMMA GILLI NIXTRI
MIN GHANDU

yogart

halib hobz

bidwi

milk

qargħa hamra, patata, zunnarija, għeneb, faqqiegh

bajd tigieg laham u hut

Laring

Gbejniet

Kawlata, imqarrun,

ċ) Pajjiż iehor Ewropew

ghagin

Italja

tuffieħ

Ghagin

Tuffieħ

italija

Għagin

klementin

Banana, tuffieħ, zunnarija u qarabaghli.

Biskuttini

ma nafx

pineapple , pizelli , patata

ghagin, laring, għeneb, patata

oranges

chips, burgers

helu

pizza

Pizza

pizza, chicken nuggets, chips

zejt

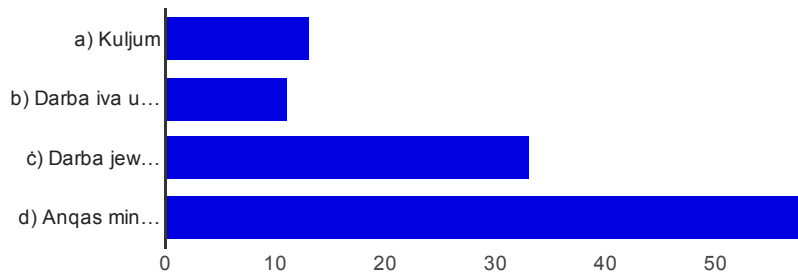
laham,tigieg,ghagin,ikel tal-bahar u chips
 Insalata mhallta
 l ewwel ta malta jekk ma ninqedix nixtri prodot min barra
 gobon
 chips,
 hahaah
 frawla
 peanut butter
 Banana zunnarija basal patata
 le
 ..
 ma nafx
 spanja-it-tewm
 paketti
 Cereali, frozen pizzas, cikkulata, savoury snacks, frozen vegetables
 Langas
 ghagin, frott, gelati, ross
 Frott u Haxix
 klementin, banana, laham
 Iva
 veru
 Sweet potato, salamun,
 tigieg
 INGRITERRA
 italy
 cips
 ingliz
 nuts
 Italja / Germanja
 cornbeef, zalzett tal-bott, fazola
 laring sqallija
 italja

d) Id-dinja (ikteb minn liema pajjiz/i)

Italja
 /
 italja
 malta
 banana
 Italja jew Germanja
 Malta
 italia
 spanja : laring u basal
 hawaii,banana
 Fried Chicken (USA)
 Blueberries
 seafood
 Italja - Tadam
 Bananas
 gobon - italja
 mediteranji jekk jista ikun
 lolol
 coconut-hawaii
 white noodles
 Ma nafx
 spanja

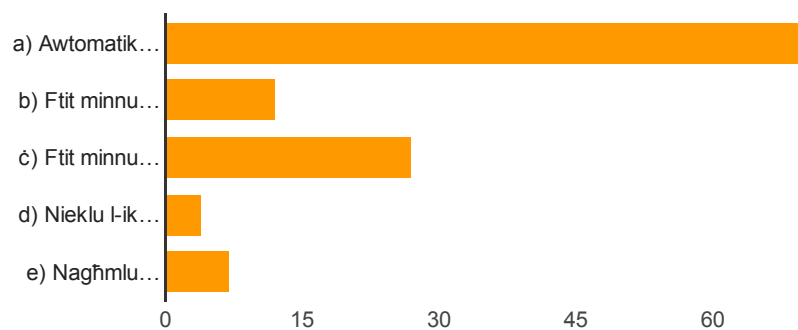
..
 ma nafx
 gewz-amerika
 buggets tal forn mil litalja
 Tonn taz zejt, corned beef
 Ton taz-zejt
 matla
 soy sauce
 sqallija hu cipru
 MALTA
 fenek malta
 australia
 amerika
 chicken
 Frawli uk
 banana america
 tuna- Amerika
 tuna-amerika

6. Kemm-il darba tarmi ikel li jkun baqa' d-dar?



a) Kuljum	13	11.4%
b) Darba iva u darba le	11	9.6%
c) Darba jew darbtejn fil-gimgħa	33	28.9%
d) Anqas minn darba fil-gimgħa	58	50.9%

7. X'tagħmel bl-ikel li tkun skadietlu d-data tal-'best before'?



a) Awtomatikament narmuh mill-ewwel.	70	61.4%
b) Ftit minnu narmuh, u ftit minnu nagħtuh lill-annimali.	12	10.5%
c) Ftit minnu narmuh, imma dak li naħsbu li jkun għadu tajjeb nikluh.	27	23.7%
d) Nieklu l-ikel kollu. Ma nagħtux kas tad-dati tal-'best before'.	4	3.5%
e) Nagħmlu xi haġa oħra bih*	7	6.1%

***Jekk jogħġbok specifika kif tużah:**

insajru

narmih

narmuh

skond xi ikun l ewwel ticekja jekk ghadux tajjeb hafna prodoti ikunu tajbin wara id data ffit granet ohra

narmih

nihduh lalqa u natuh lil papri mal ikel tagghom

ma nafx

zalza

Natuh l-animali li jkunu qed jigrú fit-toroq

narmuh ghax ma jkunx tajjeb biec tieklu

In a soup or dish

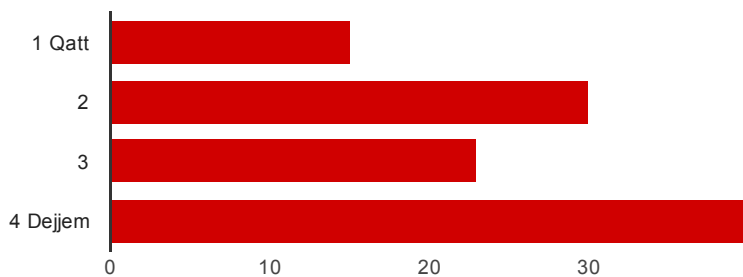
NORMALI

nsajru

Jien nuzah bix ezempju namlu qamh

natuh kollu lil l-animali

a) Jehzjen [8. Liema huma l-aktar raġunijiet komuni għalfejn tarmu l-ikel id-dar?]



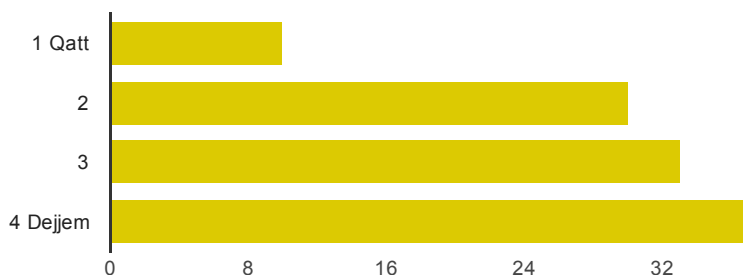
1 Qatt 15 13.9%

2 30 27.8%

3 23 21.3%

4 Dejjem 40 37%

b) Tiskadi d-data tal-best before [8. Liema huma l-aktar raġunijiet komuni għalfejn tarmu l-ikel id-dar?]



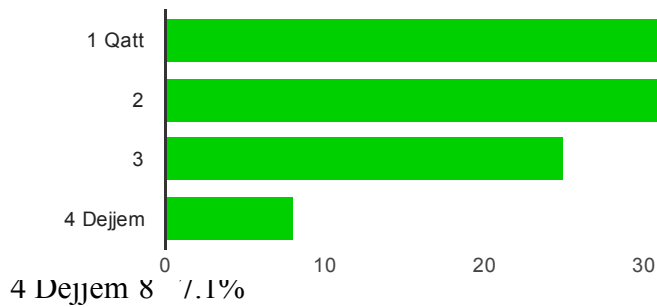
1 Qatt 10 9.1%

2 30 27.3%

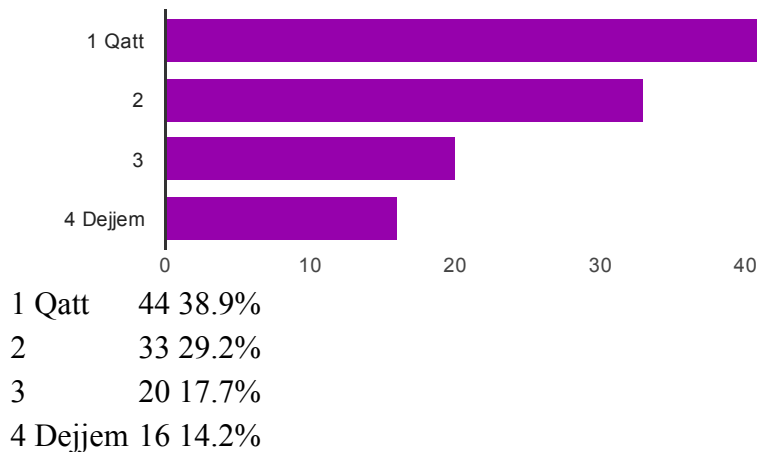
3 33 30%

4 Dejjem 37 33.6%

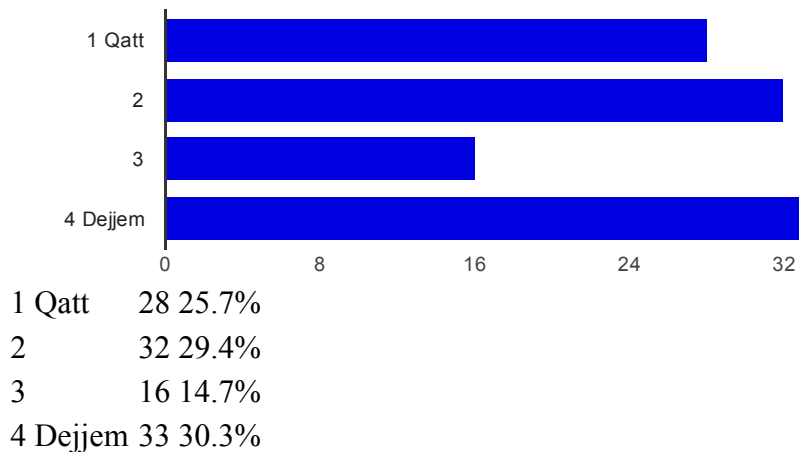
ç) Insajru hafna ikel u jibqa' zżejjed [8. Liema huma l-aktar raġunijiet komuni għalfejn tarmu l-ikel id-dar?]



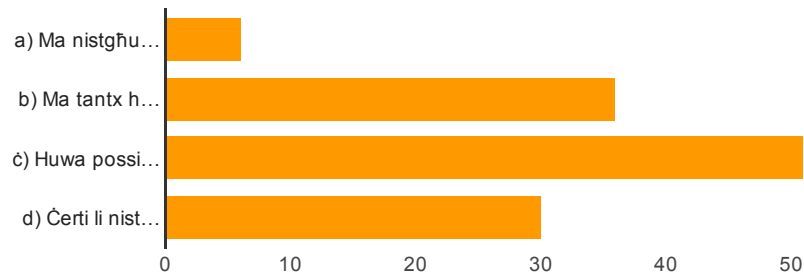
d) Hadd ma jkun irid jieklu aktar [8. Liema huma l-aktar raġunijiet komuni għalfejn tarmu l-ikel id-dar?]



e) Ikun hemm xi incident (jaqa' mal-art, jinħaraq, eċċ) [8. Liema huma l-aktar raġunijiet komuni għalfejn tarmu l-ikel id-dar?]



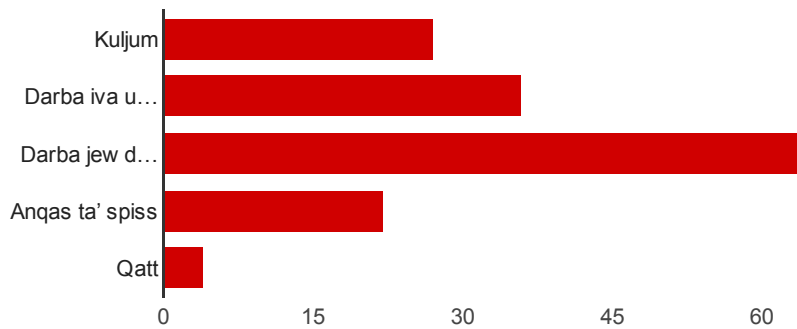
9. Kemm taħseb li nistgħu nhallu impatt fuq id-dinja jekk inbiddu daww l-affarijiet li semma dan il-kwestjonarju? Jekk inbiddu daww l-affarijiet:



- a) Ma nistgħu bl-ebda mod ninfluwenzaw lid-dinja. 6 5.3%
- b) Ma tantx huwa possibbli li ninfluwenzaw lid-dinja. 36 31.9%
- ċ) Huwa possibbli li nistgħu ninfluwenzaw lid-dinja. 51 45.1%
- d) Ċerti li nistgħu ninfluwenzaw hafna lid-dinja. 30 26.5%

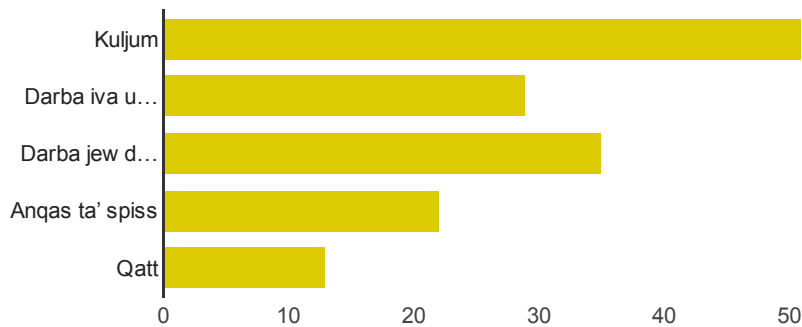
Sezzjoni għall-istudenti

a) Laħam jew prodotti magħmulin mil-laħam (inkluż perżut, bejken, hot dogs, xaħam tal-ikel, eċċ.) [10. Kemm-il darba tiekol dan li ġej mid-dar?]



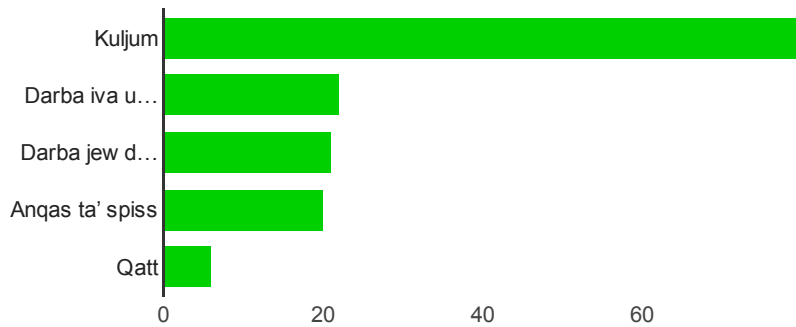
Kuljum	27	17.6%
Darba iva u darba le	36	23.5%
Darba jew darbtejn fil-ġimgħa	64	41.8%
Anqas ta' spiss	22	14.4%
Qatt	4	2.6%

b) Ħaxix [10. Kemm-il darba tiekol dan li ġej mid-dar?]

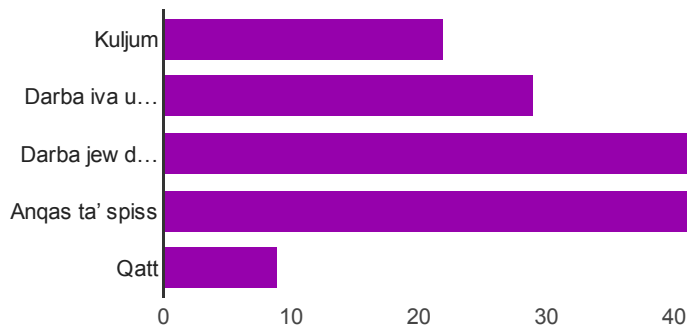


Kuljum	51	34%
Darba iva u darba le	29	19.3%
Darba jew darbtejn fil-ġimgħa	35	23.3%
Anqas ta' spiss	22	14.7%
Qatt	13	8.7%

ċ) Frott [10. Kemm-il darba tiekol dan li ġej mid-dar?]

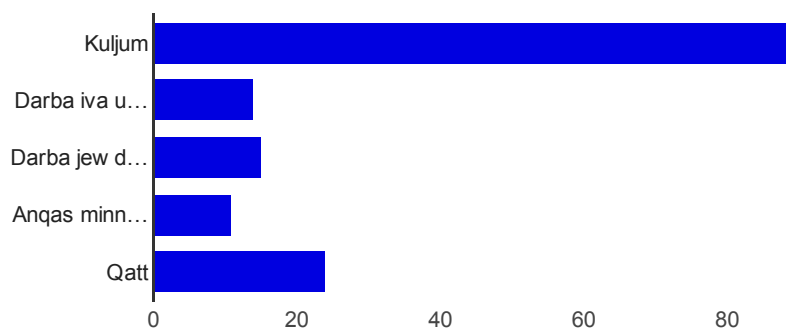


d) Ikel lest (pizza ffrizata, sopop tal-pakketti, zlazi lesti, dadi 'cubes' tal-brodu, ikel lest kemm issahhnu, eċċ.) [10. Kemm-il darba tiekol dan li ġej mid-dar?]



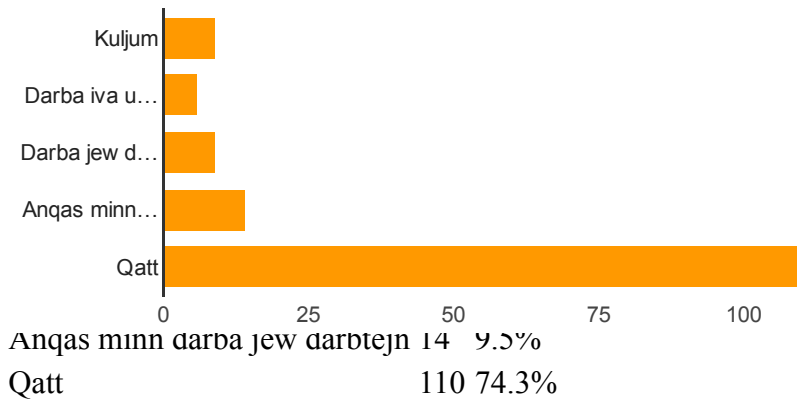
Kuljum	22	14.6%
Darba iva u darba le	29	19.2%
Darba jew darbtejn fil-ġimgħa	50	33.1%
Anqas ta' spiss	41	27.2%
Qatt	9	6%

a) ...mid-dar. [11. Kemm-il darba fil-ġimgħa tiehu l-kolazzjon ('breakfast')?]

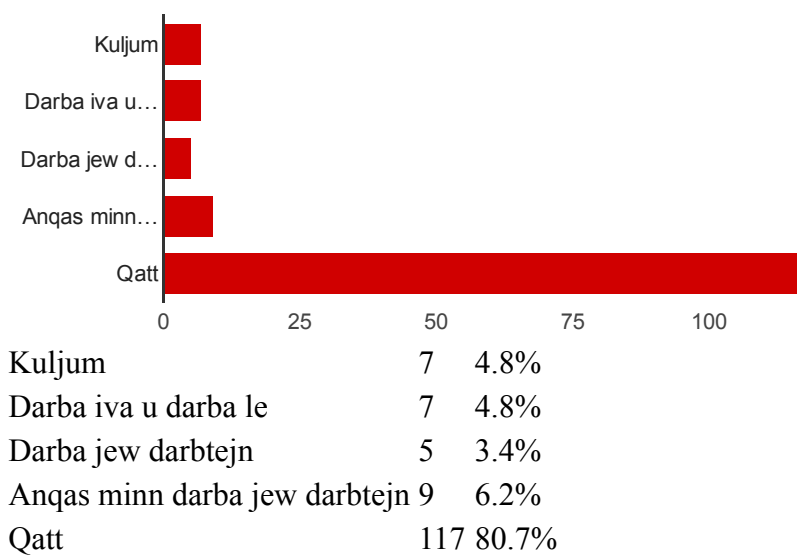


Kuljum	89	58.2%
Darba iva u darba le	14	9.2%
Darba jew darbtejn	15	9.8%
Anqas minn darba jew darbtejn	11	7.2%
Qatt	24	15.7%

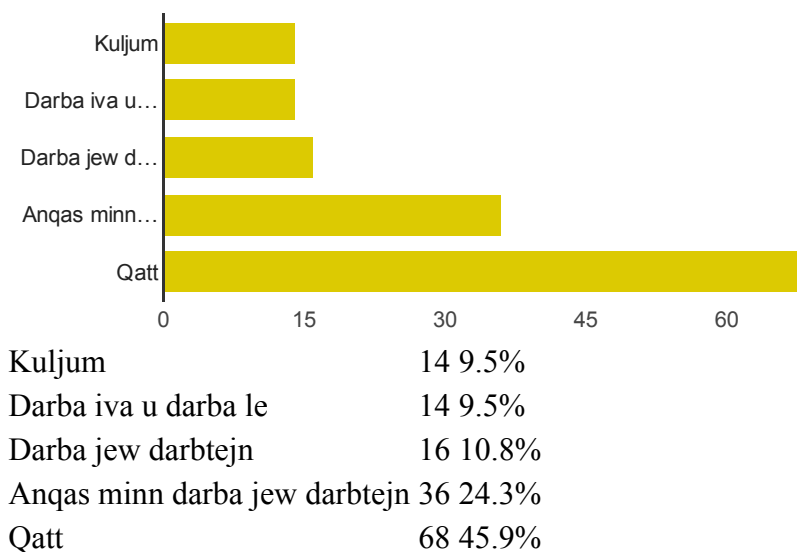
b) ...fi triqtek għall-iskola minn xi hanut tal-merċa/supermarkit jew 'convenience store'. [11. Kemm-il darba fil-ġimgħa tiehu l-kolazzjon ('breakfast')?]



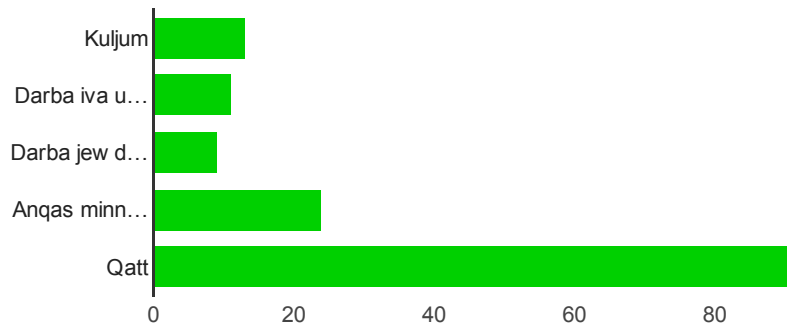
ċ) ...fi triqtek għall-iskola f'hanut tal-'fast food'. [11. Kemm-il darba fil-gimgha tiehu l-kolazzjon ('breakfast')?]



d) ...tixtrih mill-iskola ('tuckshop/vending machine'). [11. Kemm-il darba fil-gimgha tiehu l-kolazzjon ('breakfast')?]

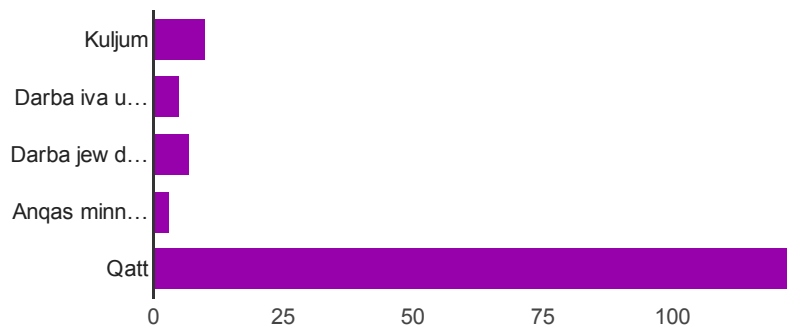


e) ...imsajjar fil-'canteen'. [11. Kemm-il darba fil-gimgha tiehu l-kolazzjon ('breakfast')?]



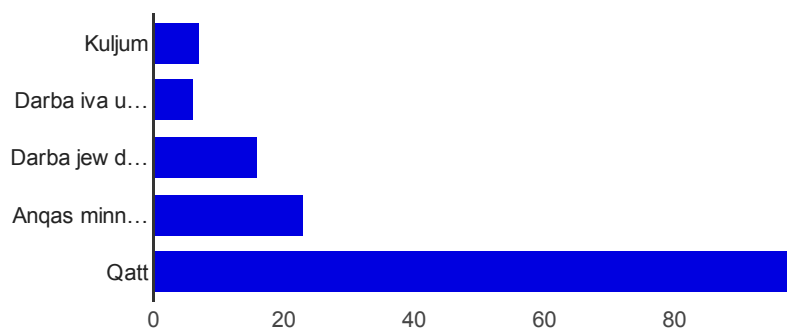
Kuljum	13	8.8%
Darba iva u darba le	11	7.4%
Darba jew darbtejn	9	6.1%
Anqas minn darba jew darbtejn	24	16.2%
Qatt	91	61.5%

f) ...tiehdu minn xi klabb tal-kolazzjon fl-iskola. [11. Kemm-il darba fil-gimgha tiehu l-kolazzjon ('breakfast')?]

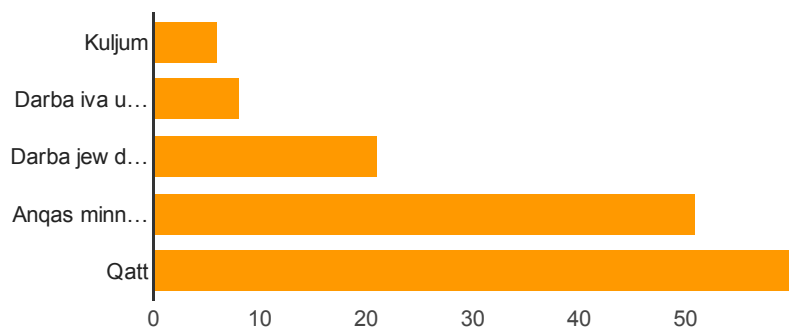


Kuljum	10	6.8%
Darba iva u darba le	5	3.4%
Darba jew darbtejn	7	4.7%
Anqas minn darba jew darbtejn	3	2%
Qatt	123	83.1%

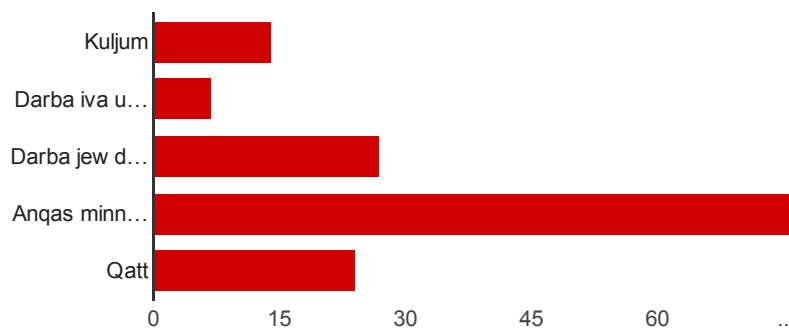
a) wahdek [12. Kemm-il darba tmur go hanut tal-'fast food'?]



Kuljum	7	4.7%
Darba iva u darba le	6	4%
Darba jew darbtejn fil-gimgha	16	10.7%
Anqas minn darba fil-gimgha	23	15.3%
Qatt	98	65.3%

b) mal-hbieb [12. Kemm-il darba tmur ġo hanut tal-'fast food'?]

Kuljum	6	4.1%
Darba iva u darba le	8	5.5%
Darba jew darbtejn fil-ġimgħa	21	14.4%
Anqas minn darba fil-ġimgħa	51	34.9%
Qatt	60	41.1%

ċ) mal-ġenituri [12. Kemm-il darba tmur ġo hanut tal-'fast food'?]

Kuljum	14	9.5%
Darba iva u darba le	7	4.7%
Darba jew darbtejn fil-ġimgħa	27	18.2%
Anqas minn darba fil-ġimgħa	76	51.4%
Qatt	24	16.2%

13. Taf issajjar xi haġa?

Iva	133	87.5%
Le	21	13.8%

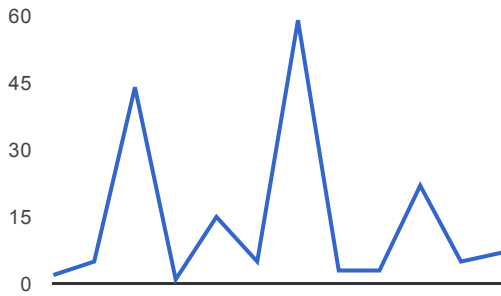
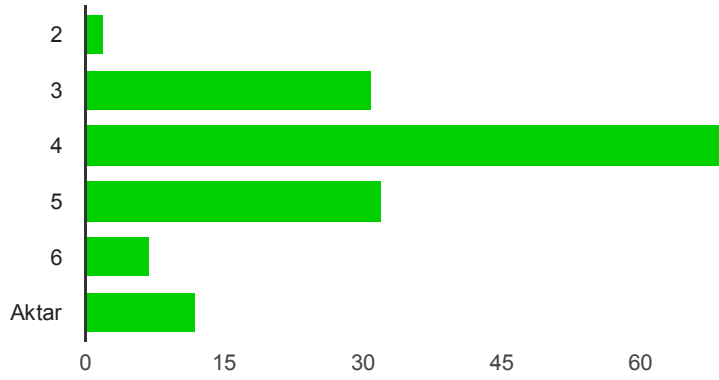
b) Jekk iva, x'taf issajjar?

kollox
pizza
ghagin
Ghagin
spaghetti

pasta bi chicken
 Ghagin, affarjiet il-forn u brodu
 ghagin, laham, tigieg u helu
 Ghagin bit-tigieg u t-tadam imqadded
 Toast, Torta (gol-griglioso), Pizza (gol-griglioso).
 Ghagin, insalati.
 Pizza, ghagin
 ghagin plain
 Deserti, Salmon, Chicken.....
 Ghagin , pizza
 affarijiet facli
 Noodles u pizza
 noodles, pizza (tkun lesta)
 ghagin, li ssahhan (tal-freezer: chips, chicken nuggets etc...), instant noodles, helu.
 soppa, omlet, ross, ghagin, burgers, chicken.
 laham, agin, froga bhalek
 pizza u noodles u cake
 Ghagin, toast
 toast
 chicken risotto
 Ghagin, laham.
 Platt ghagin bil haxix u chicken
 pudina
 Toast, pizza, burger.
 English breakfast
 Ghagin bil haxix u t-tigieg
 Scrambled Eggs
 ghagin noodles haxix gol forn
 Noodles salad chicken nuggets toast.
 ghagin, patata, froga u laham
 Jiena naf insajjar: faqqieh bit tewm
 ghagin bil-hwhite sos
 zallzett, corden blue, salad, kake, cookies u frott
 Kwazi kollox
 hobz biz-zejt
 platt agin
 bajda ,pasta, chips, cake
 kejk tal pakkett
 ghagin
 Smoothie tal banana, toast
 kollox barra hut
 Affarijiet sempliċi bħal laham u kejkijiet...
 kollox imma imbasta kjkolli ir-ricetta hdejja; ma nafx insajjar is-sopop, u il-minestra.
 ghagin, noodles, nuggets, bovril
 pizza, ghagin, froga,.....
 chicken nuggets
 Ghagin, Sopop, Minestri, Pizza u dak l-ikel kollu kemm titfu fil-forn u jkun lest
 Kollox
 Hot dog, toast
 tigieg
 Ross il-Forn u ghagin
 pasta pizza burger soppa min kollox
 noodles , ghagin , nuggets , chips
 ghagin, junk food, torti
 froga, ghagin, salad, pizza, roast chicken
 kwazi kollox
 ghagien, laham, reaps, breakfast ecc ecc
 noodles , bajd , chicken nuggets pizez, ghagin , brodu

ghagin laham,pizza ,noodles,froga
 toast , bajda, ghagin , noodles
 Ghagin
 bajd,tost ,ghagin,
 spagetti bolonese
 ghagin,laham,sopop,zlazi,kejkijiet,breakfasts 'english breakfast', affarjiet tal-friza ect...
 noddles cake ghagin kiesah
 Ghagin bajd, chips, pancakes. cake.
 il-bajd,noodles,pancakes
 toast,noodles,soppa tal packet,froga,bajda,zalzet
 pasta
 ghagin, bajd, chicken
 pizza margherita
 Toast u Pizza
 pizza u ceral
 ghagin biz-zalza
 Ghagin, Fenek, Ross il-Forn, Imqarun, Brodu
 Salads,pizza.
 Scrambled eggs
 li hemm bzonn biex tiekol il- familja mhux kemm timxi ma r-ricetta
 ghagin,brodu,haxix u affarijiet ohra
 cakeijiet
 niprova naghmel kollox b supervisjoni tal mama jew papa
 Toast u Ghagin
 ghagin ,noodles,cake
 Qali, pan cakes,
 Pasta
 Omelette, Pancakes, Brodu tal-laham
 omlettes, ghagin u nzid pesto lest tal vazett, ravjul.
**HAFNA GHAFARIJET BHAL PEREZEMPJU LAHAM BAJDA PATATTA TORTELLINI FTIRA WIDIS
 BERGURS U HAFNA IZJED**
 Min kollox.
 bajda
 gahgin biz zalza hamra
 pasta
 Noodles
 Cjicken wrap
 ghagin biz-zalza, pizza,brodu,salad,chicken bil gravy
 ghagin, affarijiet tal-friza, kejkijiet u dezerti ohra, haxix ect...
 ghagin,
 Pizza Margherita u froga tal-bajd
 bajd u salad
 Ghagin, soppa, laham
 Bajda , froga, Haxix
 pizza,ghagin,bajd,froga u noodels

14. Kemm qeghdin persuni fil-familja?



Date **Count**

December 3, 2016	2
December 4, 2016	5
December 5, 2016	44
December 6, 2016	1
December 7, 2016	15
December 8, 2016	5
December 9, 2016	59
December 10, 2016	3
December 11, 2016	3
December 12, 2016	22
December 13, 2016	5
December 14, 2016	7