**Analiżi tal-ikel - it-*tuck shop/vending machine* tal-iskola**

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| **Topiks dwar ikel b’responsabbiltà** | **Ikel lokali u staġjonali** | **Metodi ta’ produzzjoni - kummerċ ġust, biedja organika** | **Ikel ipproċessat u ż-żejt tal-palm** | **Ħela ta’ ikel** |
| **Taħlita ta’ ingredjenti**  *(Fil-fillieri l-vojta ikteb f’liema tipi ta’ ikel issibhom, eż. taħt nuts tista’ tikteb fil-cashews, ġellewż, eċċ.)* | **Minn fejn jiġu l-prodotti tat-*tuck shop/vending machine* tal-iskola?**  *Niżżel liema prodotti ġejjin minn Malta u liema huma importati. Fil-każ tal-prodotti ta’ Malta tista’ tiċċekkja jekk humiex mill-istess lokalità jew le. (Fl-aħħar tista’ ssib kemm kilometri vvjaġġa l-ikel.)* | **Liema prodotti huma organiċi jew tal-kummerċ ġust fit-*tuck shop/vending machine*?** | **Liema prodotti fihom iż-żejt tal-palm?** | **Liema prodotti fit- *tuck shop/vending machine* jinbiegħu l-inqas u qed jispiċċaw jintremew minħabba f’hekk?**  *(Numru ta’ prodotti fuq perjodu ta’ żmien li tagħżel int; tista’ tiċċekkja ma’ min hu inkarigat)* |
| **Nuts** |  |  |  |  |
| **Karawett plain** |  |  |  |  |
| **Mielaħ** |  |  |  |  |
| **Lewż moħmi** |  |  |  |  |
| **Lewż nej** |  |  |  |  |
| ***Cashews*** |  |  |  |  |
| **Ġewż** |  |  |  |  |
| **Mixed nuts** |  |  |  |  |
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| **Frott** |  |  |  |  |
| **Tuffieħ** |  |  |  |  |
| **Banana** |  |  |  |  |
| **Larinġ/Mandolin** |  |  |  |  |
| **Għeneb** |  |  |  |  |
| **Bettieħ** |  |  |  |  |
| **Dulliegħ** |  |  |  |  |
| **Frawli** |  |  |  |  |
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| **Ħelu** |  |  |  |  |
| **ċikkulata** |  |  |  |  |
| **crisps** |  |  |  |  |
| **ħelu/lollipops** |  |  |  |  |
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| **Crackers** |  |  |  |  |
| **Plain** |  |  |  |  |
| **Melħin** |  |  |  |  |
| **Wholemeal** |  |  |  |  |
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| **Ikel sħun** (fast food) |  |  |  |  |
| **Pizza** |  |  |  |  |
| **Berger** |  |  |  |  |
| **Ħot dogs** |  |  |  |  |
| **Sausage Rolls** |  |  |  |  |
| **Pastizzi** |  |  |  |  |
| **Qassatat** |  |  |  |  |
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| **Cold snacks** |  |  |  |  |
| **Baguette** |  |  |  |  |
| **Bun** |  |  |  |  |
| **Sandwiches** |  |  |  |  |
| **Ftira** |  |  |  |  |
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| **Xorb** |  |  |  |  |
| **Ilma** |  |  |  |  |
| **Squash** |  |  |  |  |
| **Soft drinks** |  |  |  |  |
| **Meraq tal-larinġ frisk** |  |  |  |  |
| **Juices f’pakketti** |  |  |  |  |
| **Nectar f’pakketti** |  |  |  |  |
| **Te** |  |  |  |  |
| **Ice Tea** |  |  |  |  |
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| **Prodotti mill-ħalib** |  |  |  |  |
| **Ħalib** |  |  |  |  |
| **Smoothie** |  |  |  |  |
| **Hot Chocolate** |  |  |  |  |
| **Jogurt plain** |  |  |  |  |
| **Jogurt plain light** |  |  |  |  |
| **Jogurt tal-frott** |  |  |  |  |
| **Jogurt tal-frott light** |  |  |  |  |
| **Custard** |  |  |  |  |
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| **Oħrajn** |  |  |  |  |
| **Pudina (Bread pudding)** |  |  |  |  |
| **Carrot Cake** |  |  |  |  |
| **Chocolate Muffins** |  |  |  |  |
| **Kejk plain** |  |  |  |  |
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| **Evalwazzjoni** | Mill-prodotti kollha:  …….% huma lokali  .……% huma importati | ……….% huma prodotti organiċi  ……….% huma tal-kummerċ ġust | ……….% prodotti mingħajr żejt tal-palm  ……….% fihom iż-żejt tal-palm | L-inqas li jintremew:  1.  2.  3.  L-iktar li jintremew:  1.  2.  3. |

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| **Kemm qed jintrema ikel mit-*tuck shop* fil-ġimgħa?**  *Niżżel l-ammont f’Kg u xi kemm jiswa bejn wieħed u ieħor f’€.* |  |
| **L-istudenti/għalliema/ġenituri jistgħu jinfluwenzaw il-varjetà ta’ ikel li ssib fit-*tuck shop*/*vending machine*? Jekk iva, għid min. Kemm qed tingħata opportunità biex dan ikun jista’ jsir?** |  |
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