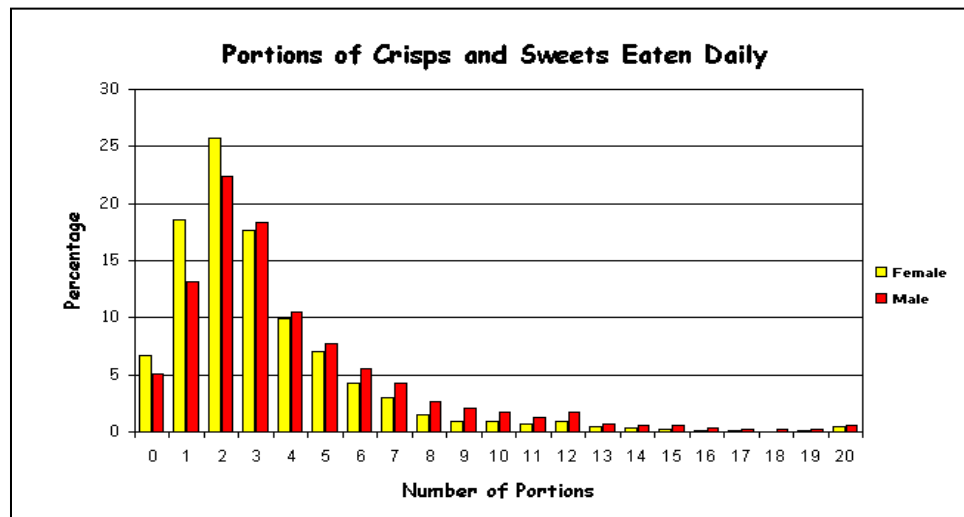
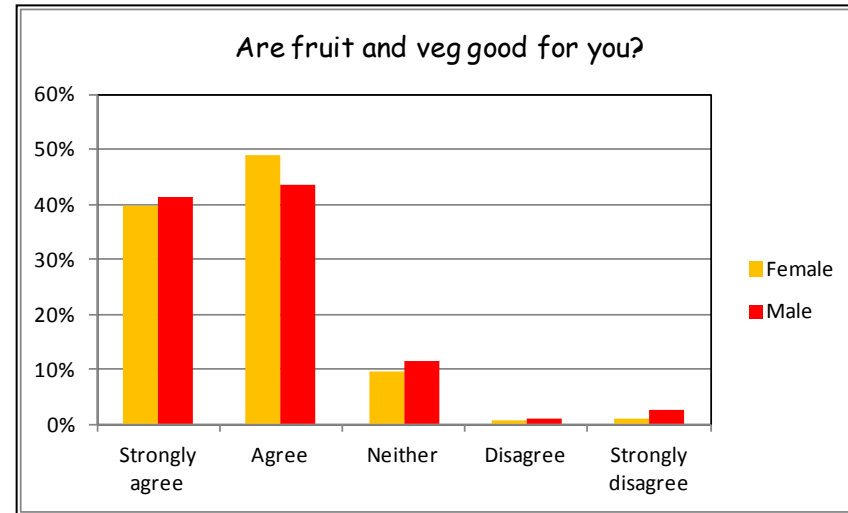
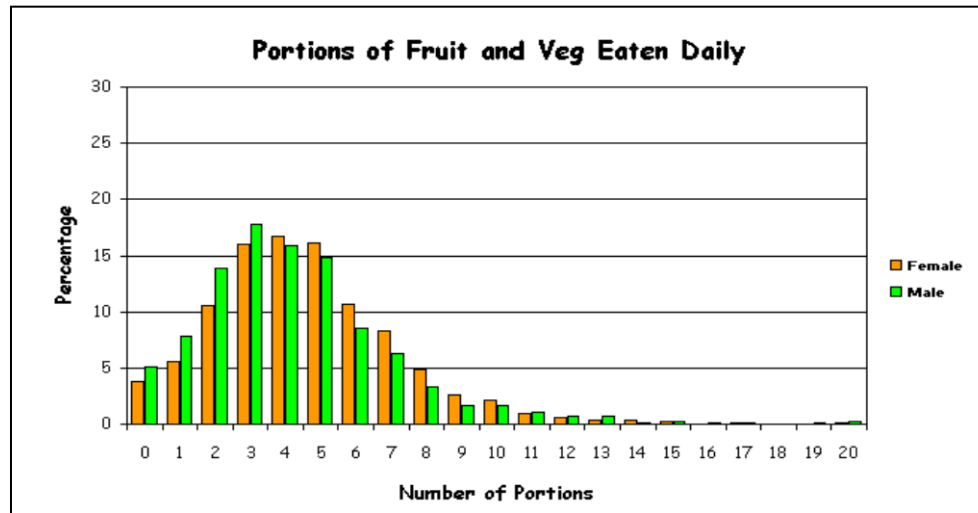




Healthy Eating

In *CensusAtSchool* 2002/03 pupils were asked about their regular eating habits and opinions on fruit and veg. The following three graphs show you the responses of over 6000 boys and girls. To view the 2002/03 questionnaire click www.censusatschool.org.uk/take-part/questionnaires/phase-3 .



TASK A

1. What do these graphs tell you about children's eating habits in 2002/03?
2. Are there differences between boys and girls?
3. Do you think that if someone agrees that fruit and veg are good for you, that they will eat a lot of them?



Healthy Eating

TASK B

1. Find out how your class answers these questions.

How many portions of the following do you regularly eat per day?

- Fruit
- Vegetable
- Sweet
- Crisps

How much do you agree with this statement?

FRUIT & VEG ARE GOOD FOR YOU

- Agree strongly
- Agree
- Neither agree nor disagree
- Disagree
- Disagree strongly

2. Compare, using graphs, your class's results to those on the previous page. What are your conclusions?

3. The Department of Health have been promoting the consumption of fruit and veg. Follow the link and find out about healthy eating: www.dh.gov.uk/en/Publichealth/Healthimprovement/FiveADay/FiveADaygeneralinformation/index.htm

Write a short report on your findings linking this to what you have found out and make some recommendations.

