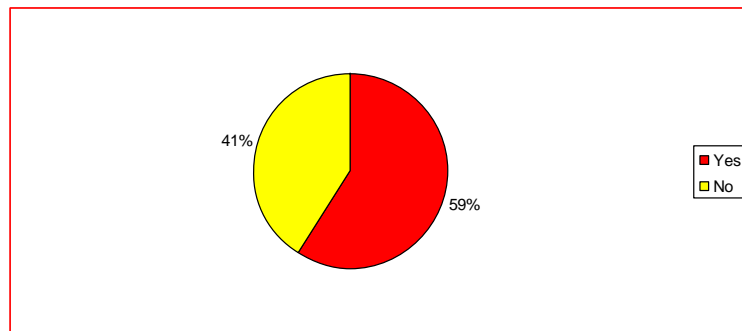


## Results from 'Healthy Eating' questionnaires Key Stage 1.

### Can you tell me one fact you have learnt about healthy eating:

- ◆ Makes you stronger;
- ◆ Gives your body vitamins;
- ◆ Helps you to grow big and strong;
- ◆ Gives you energy and makes you feel better;
- ◆ You must eat 5 portions of fruit and vegetables every day;
- ◆ If you are poorly the good things in healthy food can make you better;
- ◆ Try to eat some dairy products everyday;
- ◆ Eat 5 a day of all colours;
- ◆ Gives you lots of energy;
- ◆ Healthy foods taste good;
- ◆ Makes your brain work for the whole day.

### Did you try any of the foods or recipes from healthy eating week at home?



### Can you draw and label some foods that are good for you?

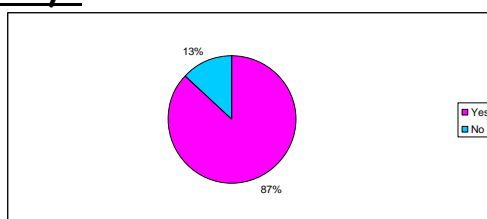
The children mainly drew pictures of the most common fruit and vegetables, i.e. oranges, apples, strawberries, carrots, cucumber, bananas. A minority of children also included milk, fish, potatoes and meat.

## Results from 'Healthy Eating' questionnaires Key Stage 2 Year 3 and 4.

### Can you tell me one fact that you have learnt about healthy eating?

- ◆ The more healthy food you eat the fitter you will be;
- ◆ Fruits give you vitamins to heal cuts and bruises;
- ◆ You can have sugary foods if you don't have too many;
- ◆ Healthy food makes you bigger and stronger;
- ◆ Try to eat fruit as a snack rather than fatty food;
- ◆ Eat healthy foods but you can have some fats, like chocolate or cakes, as a treat;
- ◆ Healthy foods give you energy to exercise/Some foods make you more active;
- ◆ We have to have a balanced diet;
- ◆ You should eat different types of fruit and vegetables;
- ◆ Some healthy foods are less healthy than others;
- ◆ You should eat from all the food groups;
- ◆ Meat have fish have protein and there are lots of foods with carbohydrates in;
- ◆ You are allowed to eat more than 5 fruits and vegetables in a day!

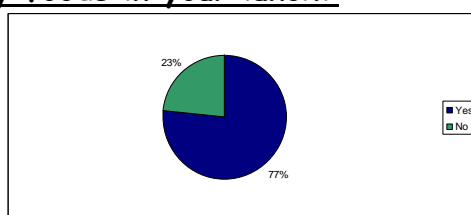
### Did the breakfast activities in healthy eating week encourage you to eat breakfast regularly?



50% of the children who felt encouraged to eat breakfast regularly said that they had tried some of the breakfast recipes at home.

The most popular foods to try at home were smoothies; followed by fruit kebabs and flapjacks.

### Have the 'thank you notes' given in your lunchboxes encouraged you to include more healthy foods in your lunch?



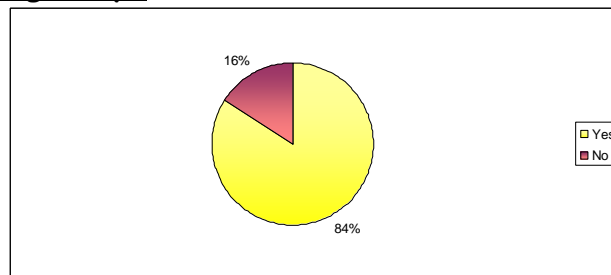
- ◆ It makes me think about my health;
- ◆ I now have 2 pieces of fruit instead of 1;
- ◆ I eat healthy bread now;
- ◆ I have healthy drinks with my lunch;
- ◆ I have added cheese to clean my teeth;
- ◆ "So when I get home my mum will feel good";
- ◆ I don't have crisps for my lunch anymore;
- ◆ It has helped me to make healthier choices.

## Results from 'Healthy Eating' questionnaires Key Stage 2 Year 5 and 6.

### Can you tell me one fact that you have learnt about healthy eating?

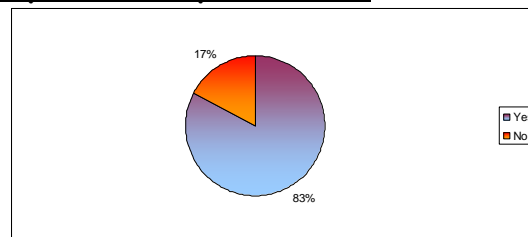
- ◆ Fruit juice only counts as '1 a day', no matter how much you have;
- ◆ Being healthy is not just about exercise but eating healthy too;
- ◆ It helps you to stay in shape;
- ◆ You can have a smoothie for breakfast;
- ◆ Keeps you fit, happy and healthy;
- ◆ Don't eat lots of sweets and sugar;
- ◆ A healthy breakfast wakes you up for the day;
- ◆ Eating healthily helps you to concentrate;
- ◆ You must have certain amounts of food from each food group;
- ◆ Lots of junk food makes you tired;
- ◆ Healthy foods give you more energy than sugary ones;
- ◆ Eating nothing is not healthy;
- ◆ Drink 8 glasses of water every day.

### Did the breakfast activities in healthy eating week encourage you to eat breakfast regularly?



Out of the children who answered yes to the above question only 30% tries a recipe at home. Again the smoothies were the most popular.

### Have the 'thank you notes' given in your lunchboxes encouraged you to include more healthy foods in your lunch?



- ◆ They are like a prize for healthy eating/Slips are like achievements;
- ◆ So I know what is good for me and I can keep bringing it in;
- ◆ Encourages you to eat healthy;
- ◆ They were persuasive and made me want to bring fruit;
- ◆ They made you feel proud/they make your parents feel happy and proud;
- ◆ I now don't have sugary drinks;
- ◆ They make you feel like you should make the effort to bring healthy foods;
- ◆ They give you confidence.

## Summary

The children across both key stages have a very good understanding of what it means to eat healthily. The children are all aware of ways in which they can be healthy and foods they can eat which will be healthy.

I was pleased with how positive the children's responses were. The children gave lots of things that should be done in order to have a healthy diet without a list of don'ts, which shows that they see healthy eating as a positive experience.

As the children get older they have a firmer understanding of what it means to have a healthy diet. They understand that it is not just eating fruit and vegetables that make a person healthy but that it is important to have a balanced, varied diet where they eat foods from all of the food groups.

The breakfast activities encouraged the majority of children to think about the importance of eating a healthy breakfast.

The thank you notes given to the children in their lunchboxes were very well viewed as extremely positive. The children gave a wide range of reasons for why they liked receiving them.

## *Next Steps*

- ◆ Continue to raise awareness of healthy eating across the school.
- ◆ All classes will deliver at least one food activity this year.
- ◆ We will be focusing our food technology lessons on the age specific skills that the children should acquire and will be choosing foods to cook based on these.
- ◆ As a school we are hoping to involve our parents more in food activities in school.
- ◆ Staff will make recipes for all foods cooked available on Moodle-Do or as a paper copy. It would be wonderful if the children took their new cookery skills home and passed them onto others.
- ◆ We will continue to use the eatwell plate with children to promote the importance of eating a well balanced diet.
- ◆ We will make all children aware that there are people who require different diets in order to be healthy and will encourage tolerance and understanding of their needs.

Keep up the good work on healthy eating!