

5 - 8 year old pupil survey

Healthy eating

1. How many fruit and vegetables did you eat yesterday?

- 0 1 2 3 4 5 6 7+

Healthy eating

2. How many fruit and vegetables should we eat a day?

- 0 1-2 3-4 5+

Healthy eating

3. Which of these is The eatwell plate?

- 1 2 3 4



1



2



3



4

Healthy eating

4. Which three foods belong to the Fruit and vegetables group?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> 1) Orange | <input type="checkbox"/> 5) Yogurt |
| <input type="checkbox"/> 2) Bread | <input type="checkbox"/> 6) Chocolate |
| <input type="checkbox"/> 3) Pork Chop | <input type="checkbox"/> 7) Strawberry |
| <input type="checkbox"/> 4) Carrot | <input type="checkbox"/> 8) Salmon |

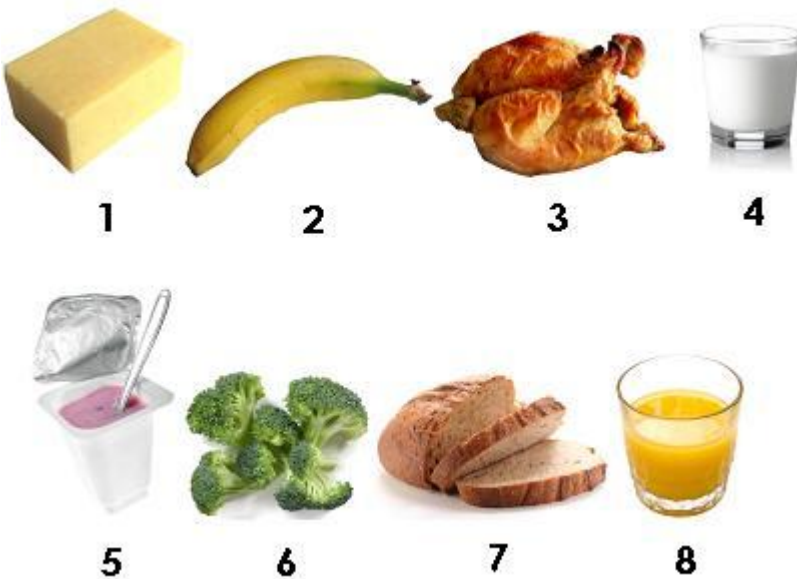
5 - 8 year old pupil survey



Healthy eating

5. Which three foods belong to the Milk and dairy foods group?

- | | |
|---|--|
| <input type="checkbox"/> 1) Cheese | <input type="checkbox"/> 5) Yogurt |
| <input type="checkbox"/> 2) Banana | <input type="checkbox"/> 6) Broccoli |
| <input type="checkbox"/> 3) Roast Chicken | <input type="checkbox"/> 7) Wholegrain Bread |
| <input type="checkbox"/> 4) Milk | <input type="checkbox"/> 8) Orange Juice |



Healthy eating

6. Did you have breakfast this morning?

- Yes No

Healthy eating

5 - 8 year old pupil survey

7. Do you have breakfast every day?

- Yes I try to! No

Healthy eating

8. How many drinks did you have yesterday?

- 0 1-3 4-5 6-8 9-10

Healthy eating

9. How many drinks should we have each day?

- 0 1-3 4-5 6-8 9-10

Healthy eating

10. How often do you eat fish?

- Twice a week
 Once a week
 A few times a month
 Never

Healthy eating

11. Which of these is most like you at break time?

- Very active - I always move about and play.
 Active - I sometimes move about and play.
 Not active - I sit and talk to friends.

Cooking

12. Which of these must be cooked before being eaten?

	Yes - cook	No - no need to cook
Potatoes	<input type="radio"/>	<input type="radio"/>
Rice	<input type="radio"/>	<input type="radio"/>
Beef mince	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>
Raw chicken	<input type="radio"/>	<input type="radio"/>
Cucumber	<input type="radio"/>	<input type="radio"/>

5 - 8 year old pupil survey

Cooking

13. Do you enjoy cooking?

- Yes No

Cooking

14. Which of these have you made before?

- | | |
|---|---|
| <input type="checkbox"/> Toast | <input type="checkbox"/> Salad |
| <input type="checkbox"/> Cakes/biscuits | <input type="checkbox"/> Smoothie |
| <input type="checkbox"/> Sandwiches | <input type="checkbox"/> I've never made or cooked anything |
| <input type="checkbox"/> Bread | <input type="checkbox"/> I've made something different |

Cooking

15. How often do you cook at home?

- Never Once a week
 Sometimes Every day

Cooking

16. Would you like to cook more?

- Yes No

Cooking

17. Which of these would you like to cook?

- | | |
|---|---|
| <input type="checkbox"/> Cakes | <input type="checkbox"/> Roast dinner |
| <input type="checkbox"/> Biscuits | <input type="checkbox"/> Sandwiches |
| <input type="checkbox"/> Toast | <input type="checkbox"/> Fruit salad |
| <input type="checkbox"/> Jacket potato | <input type="checkbox"/> I wouldn't like to cook anything |
| <input type="checkbox"/> Rice or pasta dish | |

Where food comes from

5 - 8 year old pupil survey

18. Do these foods come from animals or plants?

	Animal	Plant
Bread	<input type="radio"/>	<input type="radio"/>
Salmon	<input type="radio"/>	<input type="radio"/>
Chicken	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>
Spaghetti	<input type="radio"/>	<input type="radio"/>
Potatoes	<input type="radio"/>	<input type="radio"/>

Where food comes from

19. Where does milk come from?

- Pigs
- Chickens
- Dairy cows

Where food comes from

20. Where does bacon come from?

- Pigs
- Cows
- Sheep

Where food comes from

21. Where do fish fingers come from?

- Chicken
- Cod
- Pigs

Where food comes from

22. Where do potatoes grow?

- Under the ground
- On a tree
- Above the ground
- On a bush

5 - 8 year old pupil survey

Where food comes from

23. Have you been on a farm visit before?

Yes

No

The end

Thank you for completing this survey!