

11 - 14 year old pupil survey

Healthy eating

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

- 0 1 2 3 4 5 6 7 7+

Healthy eating

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

- 0 1-2 3-4 5 6-7+

Healthy eating

3. Which of these count towards 5 a day?

	Yes	No
Frozen fruit or vegetables	<input type="radio"/>	<input type="radio"/>
Dried fruit or vegetables	<input type="radio"/>	<input type="radio"/>
Potatoes	<input type="radio"/>	<input type="radio"/>
Baked beans	<input type="radio"/>	<input type="radio"/>
5 of the same fruit or vegetables	<input type="radio"/>	<input type="radio"/>
Canned fruit or vegetables	<input type="radio"/>	<input type="radio"/>
Pulses	<input type="radio"/>	<input type="radio"/>
Juiced fruit or vegetables	<input type="radio"/>	<input type="radio"/>

Healthy eating

4. Which two of these are provided by fruit and vegetables?

- Fibre
 Fat
 Vitamin C
 Protein

Healthy eating

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5. Which food group do these foods go in?

	Fruit and vegetables	Bread, rice, potatoes and pasta	Milk and dairy foods	Meat, fish, eggs and beans	Foods and drinks high in fat and/or sugar
Potatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Noodles	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Salmon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrot	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Crisps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Healthy eating

6. Which food groups are included in these dishes?

	Fruit and vegetables	Bread, rice, potatoes and pasta	Milk and dairy foods	Meat, fish, eggs and beans	Foods and drinks high in fat and/or sugar
Chicken and sweetcorn pasta salad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese and salad sandwich	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish, potato wedges and peas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Healthy eating

7. Did you have breakfast this morning?

- Yes No

Healthy eating

8. Do you have breakfast every day?

- Yes I try to! No

Healthy eating

9. How many drinks did you have yesterday?

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

Healthy eating

10. How many drinks should we have each day?

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

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Healthy eating

11. When do we need to drink more? (please select two occasions)

- When it is cold
- When doing physical activity
- When it is hot
- When relaxing

Healthy eating

12. What are carbohydrate, protein and fat?

- Macronutrients
- Big foods
- Micronutrients
- Small foods

Healthy eating

13. Which nutrient provides the most energy?

- Carbohydrate
- Protein
- Fat

Healthy eating

14. True or false? Whole milk provides more calcium than skimmed milk.

- True
- False

Healthy eating

15. What happens if energy intake is greater than energy expenditure over time?

- You gain weight
- You lose weight
- Your weight stays the same

Healthy eating

16. How often do you eat fish?

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

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Healthy eating

17. How many portions of fish should we eat a week?

- 0 portions
- 1 portion of oily fish
- 2 portions, with 1 being oily
- 3 portions, with 2 being oily
- 4 portions, with 3 being oily

Healthy eating

18. Which two of these are oily fish?

- Cod
- Mackerel
- Crab
- Haddock
- Salmon

Healthy eating

19. What is the maximum recommended amount of salt for an adult per day?

- 0 grams
- 2 grams
- 4 grams
- 6 grams
- 8 grams
- 10 grams

Healthy eating

20. Which one of these best describes your opinion about healthy eating?

- I know lots about healthy eating, and I try to follow it.
- I know lots about healthy eating, but I don't always follow it.
- I know lots about healthy eating, but I don't follow it.
- I know a little bit about healthy eating, and I want to find out more.
- I know a little bit about healthy eating, but I am not interested in finding out more.
- I don't know anything about healthy eating, but would like to.
- Healthy eating is not important to me.

Healthy eating

21. Do you ever skip meals?

- Yes
- No

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Healthy eating

22. How active are you?

- Very active
- Active
- A little active
- Not very active
- Not active

Cooking

23. Which three things do you need to do before cooking?

- Wash hands
- Tie long hair back
- Lick fingers
- Have lunch
- Put apron on

Cooking

24. Where should these foods be stored? Pick one place for each food.

	Cupboard	Fridge	Freezer
Ice cream	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Dried pasta	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fresh milk	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Lettuce	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Cooking

25. Why are date marks on food packaging?

- To tell us when the food was grown/packaged.
- To tell us by when the food should be eaten.
- To tell us this is the only day the food can be eaten.
- To tell us the day the food was sold.

Cooking

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26. Do you enjoy cooking?

- Yes No

Cooking

27. Do you think it is important to learn how to cook?

- Yes No

Cooking

28. Which of these have you made before?

- | | |
|---|---|
| <input type="checkbox"/> Toast | <input type="checkbox"/> Sunday roast |
| <input type="checkbox"/> Cakes/Biscuits | <input type="checkbox"/> Dinner/Evening meal |
| <input type="checkbox"/> Sandwiches | <input type="checkbox"/> Fish dish |
| <input type="checkbox"/> Bread | <input type="checkbox"/> I've never made or cooked anything |
| <input type="checkbox"/> Salad | <input type="checkbox"/> I've made something different |
| <input type="checkbox"/> Jacket potato | |

Cooking

29. How often do you cook at home?

- Never
 Sometimes
 Once a week
 Every day

Cooking

30. Would you like to cook more?

- Yes No

Cooking

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31. Which of these would you like to cook?

- | | |
|---|---|
| <input type="checkbox"/> Cakes | <input type="checkbox"/> Main meals |
| <input type="checkbox"/> Biscuits | <input type="checkbox"/> Roast dinner |
| <input type="checkbox"/> Toast | <input type="checkbox"/> Sandwiches |
| <input type="checkbox"/> Salads | <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 | |

Food and farming

32. Where do these foods come from?

	Dairy cows	Chickens	Pigs	Potatoes	Wheat	Cod
Bread	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cheese	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bacon	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish cakes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Butter	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Chips	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Food and farming

33. Where do potatoes grow?

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

Food and farming

34. Where do tomatoes grow?

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

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Food and farming

35. What does this label tell us?

- The food has been produced safely in the UK to certain standards.
- The food is organic and produced in the UK.
- A tractor was used to produce the food in the UK.



Food and farming

36. Where are dairy cows milked?

- Parlour
- Field
- Barn

Food and farming

37. Have you been on a farm visit before?

- Yes
- No

Food and farming

38. Which of these best describes you?

- I like to find out where my food is from and how it is produced.
- I'd like to know more about where my food is from and how it is produced.
- Sometimes I'm interested to know where my food is from.
- I don't mind where my food is from.

The end

Thank you for completing this survey!