

# 8 - 11 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+

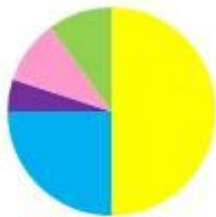
## Healthy eating

3. Which picture best shows The eatwell plate?

- 1     2     3     4



1



2



3



4

## Healthy eating

4. 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

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### 5. Which food groups do the dishes ingredients in these dishes 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
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

### 6. Which one of these nutrients provides energy?

- Vitamin C                       Iron                       Carbohydrate

### Healthy eating

### 7. Which food provides calcium?

- Orange  
 Ham  
 Milk  
 Oil

### Healthy eating

### 8. Did you have breakfast this morning?

- Yes                                       No

### Healthy eating

### 9. Do you have breakfast every day?

- Yes                                       I try to!                                       No

### Healthy eating

### 10. How many drinks did you have yesterday?

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

### Healthy eating

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**11. How many drinks should we have each day?**

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

### Healthy eating

**12. How often do you eat fish?**

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

### Healthy eating

**13. How many portions of fish should we eat each week?**

- 0                       1                       2                       3                       4

### Healthy eating

**14. 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

**15. Which three things do you need to do before you start cooking?**

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

### Cooking

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### 16. 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

### 17. 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"/>

## Cooking

### 18. Do you enjoy cooking?

- Yes  No

## Cooking

### 19. Which of these have you made before?

- |   |   |
|---|---|
| <input type="checkbox"/> Toast          | <input type="checkbox"/> Jacket potato                      |
| <input type="checkbox"/> Cakes/Biscuits | <input type="checkbox"/> Smoothie                           |
| <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      |

## Cooking

### 20. How often do you cook at home?

- Never  
 Sometimes  
 Once a week  
 Every day

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### Cooking

#### 21. Would you like to cook more?

- Yes  No

### Cooking

#### 22. Which of these would you like to cook?

- Cakes  Roast dinner  
 Biscuits  Sandwiches  
 Toast  Fruit salad  
 Jacket potato  I wouldn't like to cook anything  
 Rice or pasta dish

### Where food comes from

#### 23. 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

#### 24. What is cheese made from?

- Yogurt  Milk  Rice

### Where food comes from

#### 25. What is bread made from?

- Potatoes  
 Wheat  
 Grass

### Where food comes from

## 8 - 11 year old pupil survey

### 26. Where do carrots and potatoes grow?

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

### Where food comes from

### 27. Have you been on a farm visit before?

- Yes
- No

### The end

Thank you for completing this survey!