

Food Sensations Quiz

(Primary Schools –2010)

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INTRODUCTION

The Food Sensations program is run by Foodbank WA and aims to improve knowledge and understanding of nutritious food and provide the skills to purchase and prepare nutritious food¹. As part of this program, schools operating a 'Schools Breakfast Program' can participate in a Food Sensation school session. School sessions include an information and cooking workshop and run for 90 minutes. At the end of the workshop, participants complete a Food Sensations quiz.

METHOD

From March to December 2010, 580 primary school students (16 school; multiple sessions) completed a Food Sensations quiz. The Food Sensations quiz contained six questions. A descriptive analysis of the data was conducted on behalf of Foodbank WA.

RESULTS

Students were given a list of ten foods/drinks and asked to indicate where on the food pyramid the food/drink should be placed i.e. consumed 'most', 'some', 'least'. As shown in Figure 1, the majority of students were able to correctly identify that carrots (97%), tomatoes (96%) and peaches (95%) should be eaten 'most' and that lollies (96%) and energy drinks (95%) should be consumed 'least'. Most students had difficulty identifying where butter (59% correct) and rice (72% correct) fit on the food pyramid. (Table 1 to 10)

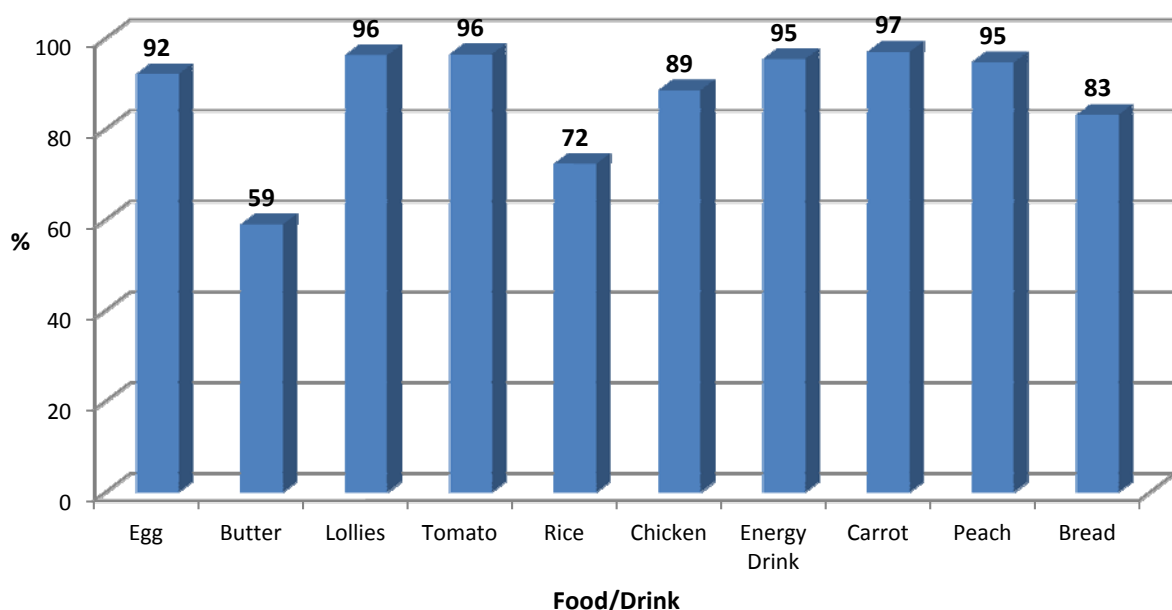


Figure 1: Proportion of students who correctly matched a specified food/drink with its place on the food pyramid (Q1).

Table 1: Egg – Eat Some (Q1)

	N	%
Correct	528	92.1
Incorrect	45	7.9
Total	573	100.0

Table 2: Butter – Eat Least (Q1)

	N	%
Correct	334	59.0
Incorrect	232	41.0
Total	566	100.0

Table 3: Lollies – Eat Least (Q1)

	N	%
Correct	548	96.3
Incorrect	21	3.7
Total	569	100.0

Table 4: Tomato – Eat Most (Q1)

	N	%
Correct	551	96.5
Incorrect	20	3.5
Total	571	100.0

Table 5: Rice – Eat Most (Q1)

	N	%
Correct	411	72.4
Incorrect	157	27.6
Total	568	100.0

Table 6: Chicken – Eat Some (Q1)

	N	%
Correct	504	88.6
Incorrect	65	11.4
Total	569	100.0

Table 7: Energy Drinks – Drink Least (Q1)

	N	%
Correct	544	95.4
Incorrect	26	4.6
Total	570	100.0

Table 8: Carrot – Eat Most (Q1)

	N	%
Correct	555	97.0
Incorrect	17	3.0
Total	572	100.0

Table 9: Peach – Eat Most (Q1)

	N	%
Correct	541	94.7
Incorrect	30	5.3
Total	571	100.0

Table 10: Bread – Eat Most (Q1)

	N	%
Correct	474	83.2
Incorrect	96	16.8
Total	570	100.0

As shown in Tables 11 and 12, the vast majority of students correctly identified that they should eat two fruit (92%) and five vegetables (88%) each day.

Table 11: Fruit – Eat two fruit each day (Q2)

	N	%
Correct	484	91.3
Incorrect	46	8.7
Total	530	100.0

Table 12: Vegetables – Eat five vegetables each day (Q2)

	N	%
Correct	464	88.0
Incorrect	63	12.0
Total	358	100.0

The highest number of respondents indicated that ‘pizza’ was their favourite food tasted in the Food Sensation session. (Table 13)

Table 13: Favourite food tasted today (Q3)

	Frequency	% Respondents (n=487)
Pizza	197	40.5
Toasties	85	17.5
Wrap/cooked wrap	63	12.9
Fruit crumble cups	54	11.1
Dip	40	8.2
Sandwiches/mini sandwiches	35	7.2
Grilled Vegetables/Salad/Vegetables (e.g. Beetroot, capsicum, carrot, cherry tomato, pumpkin, cucumber, sweet potato)	27	5.5
Everything/all of them	16	3.3
Mexican salad/Mexican corn	8	1.6
Yoghurt	8	1.6
None/Nothing	4	0.8
Fruit (e.g. apple, banana, peach)	3	0.6
Muesli	3	0.6
Bread	2	0.4

**Multiple response question*

Overall, 73% of respondents indicated that they tasted something new in their food sensation session (Tables 14a and 14b).

Table 14a: Taste something new today (Q4)

	N	%
Yes	408	72.7
No	153	27.3
Total	561	100.0

Table 14b: Taste anything new today – specified (Q4)

	Frequency	% Respondents (n=392)
Fruit or Vegetables (e.g. alfalfa, avocado, beetroot, cabbage, capsicum, carrot, cherry tomatoes, cucumber, bean sprouts, grapes, pumpkin, peach snow peas, spinach, spring onion, strawberry, sweet potato, tomato)	95	24.2
Dip	55	14.0
Everything/all	53	13.5
Toasties	48	12.2
Wrap/cooked wrap	35	8.9
Fruit crumble cups	25	6.4
Pizza	23	5.9
Mexican salad/Mexican corn	20	5.1
Sandwiches/mini sandwiches	18	4.6
Yoghurt	7	1.8
Salad	7	1.8
Other	4	1.0
Cream cheese	2	0.5
Dressing	1	0.3
Rice crackers	1	0.3

**Multiple response question*

Approximately half (52%) of all respondents intended to make the foods that they tasted in the Food Sensations session at home (Tables 15a and 15b).

Table 15a: Make food at home (Q5)

	N	%
Yes	289	52.2
No	59	10.6
Maybe	206	37.2
Total	554	100.0

Table 15b: Make food at home - specified (Q5)

	Frequency	% Respondents (n=276)
Pizza	77	27.9
All of them/everything/most things	46	16.7
Toasties	36	13.0
Dip	33	12.0
Wrap/cooked wrap	31	11.2
Fruit crumble cups	23	8.3
Sandwiches/mini sandwiches	19	6.9
Yoghurt	4	1.4
Mexican salad / Mexican corn	3	1.1
Chicken	2	0.7
Vegetables	2	0.7
Salad	2	0.7
Chicken	2	0.7
Muesli	2	0.7

Approximately one third (29%) of respondents intended to make changes to the foods that they eat (Table 16).

Table 16: Make changes to the foods you eat (Q6)

	N	%
Yes	164	29.3
No	207	37.0
Maybe	189	33.8
Total	560	100.0

SUMMARY OF FINDINGS

- The vast majority of students were aware that they should eat two fruit and five vegetables each day. The majority of students were able to correctly identify that carrots, tomatoes and peaches should be eaten 'most' and that lollies and energy drinks should be consumed 'least'. As many students had difficulty identifying where butter and rice fit on the food pyramid it is suggested that these foods be given more emphasis in the Food Sensation information session.
- Most respondents tasted something new in the Food Sensation session of which half had an intention to make the foods at home. Pizza was found to be the food that students enjoyed the most.

REFERENCES

1. Foodbank WA (2010). Foodbank: An Australia without hunger (booklet). Foodbank WA: Welshpool.