

Food Sensations

High School Quiz 2010

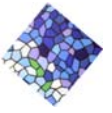
Post Program Survey



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INTRODUCTION

The Food Sensations program is run by Foodbank WA and aims to improve knowledge and understanding of nutritious foods and provide the skills to purchase and prepare healthy foods¹. As part of this program, high schools operating a 'Schools Breakfast Program' can participate in a Food Sensation school session. School sessions include the provision of information and a cooking workshop. At the end of the session, participants complete a Food Sensations quiz. From May to September, eleven Food Sensations sessions were run in high schools by Foodbank WA (n=7 high schools). At the end of each session students were asked to complete a Food Sensations post program survey. In total 146 students completed a survey.

RESULTS

The vast majority of students enjoyed taking part in the Food Sensations workshop (92%). (Table 1)

Table 1: Did you enjoy the workshop today? (Q1)

	N	%
Yes – a lot	74	51.4
Yes – sort of	58	40.3
Unsure	9	6.3
Not really	3	2.0
Not at all	0	0.0
Total	144	100.0

After participating in the session, the vast majority of respondents were able to correctly identify that they should eat vegetables (98%) and fruit (96%) most of the time; and milk, cheese and yoghurt some of the time (90%). The majority of respondents were also able to identify that compared to other types of food that they should eat chocolate/chips/take away (95%) and soft drink/energy drinks (93%) least. Most respondents were able to identify that they should eat meat some of the time (85%); and bread, cereal, rice, pasta and noodles most of the time (72%). (Table 2)



Table 2: Draw a line connecting the food group to the place it goes on the pyramid - eat most, eat some or eat least each day (Q2)

Food/Drink	Answer	N (Total)	Correct Response	
			n	%
Bread, cereal, rice, pasta, noodles	Most	139	100	71.9
Milk, cheese, yoghurt	Some	143	129	90.2
Soft drink and energy drinks	Least	138	128	92.8
Vegetables	Most	144	141	97.9
Fruit	Most	142	136	95.8
Meat and alternatives	Some	143	121	84.6
Chocolate, chips and take away	Least	142	135	95.1

As shown in Tables 3 and 4, the vast majority of students correctly identified that they should eat two fruit (89%) and five vegetables (86%) each day.

Table 3: Fruit – Eat two fruit each day (Q3)

	N	%
Correct	125	89.3
Incorrect	15	10.7
Total	140	100.0

Table 4: Vegetables – Eat five vegetables each day (Q3)

	N	%
Correct	120	85.7
Incorrect	20	14.3
Total	140	100

The highest number of respondents suggested that 'pizza' was their favourite food tasted in the Food Sensation session. (Table 5)



Table 5: Favourite food tasted today (Q4)

	Frequency	% Respondents (n=136)
Pizza	81	59.6
Pasta	14	10.3
Wraps	12	8.8
Toasties	10	7.4
Fruit crumble cups/ yoghurt	7	5.2
Grilled Vegetables/Salad/Vegetables	6	4.4
Dip	4	2.9
Sandwiches	3	2.2
Crackers	2	1.5
Everything	1	0.7
None/Nothing	1	0.7
Fruit	1	0.7
Cheese	1	0.7

**Multiple response question*

Just over half (52%) of all respondents indicated that they tasted something new in their food sensation session (Tables 6a and 6b).

Table 6a: Taste something new today (Q5)

	N	%
Yes	70	51.9
No	65	48.1
Total	135	100.0

Table 6b: Taste anything new today – specified (Q5)

	Frequency	% Respondents (n=70)
Wraps	13	18.6
Everything/all	12	17.1
Toasties	11	15.7
Salad, vegetables (e.g. capsicum, cucumber, pumpkin, sprouts, sweet potato)	10	14.3
Fruit crumble cups/yoghurt	9	12.9
Dip	6	8.6
Pasta	5	7.1
Pizza	4	5.7
Fruit (avocado, pineapple)	3	4.3
Basil	2	2.9
Cheese	1	1.4

**Multiple response question*



Overall, 40% of respondents intended to make the foods that they made in the Food Sensations session at home (Tables 7a and 7b).

Table 7a: Make food at home (Q6)

	N	%
Yes	57	40.4
No	26	18.4
Maybe	58	41.1
Total	141	100.0

Table 7b: Make food at home - specified (Q6)

	Frequency	% Respondents (n=57)
Pizza	25	43.9
Everything/all	8	14.0
Dip	5	8.8
Wraps	5	8.8
Toasties	3	5.3
Fruit crumble cups	3	5.3
Sandwiches	3	5.3
Pasta	3	5.3
Vegetables	2	3.5

The vast majority of students were able to correctly read the nutrition information panels shown in their quiz and identify that ‘chicken breast’ was a healthier choice compared to sausage. (Table 8).

Table 8: Nutrition Information (Q7)

	Answer	N (Total)	Correct Response	
			n	%
Sausage - fat	21.7g	130	116	89.2
Sausage - salt	760mg	130	115	88.5
Sausage - sugar	0.5g	129	120	93.0
Chicken breast – fat	1.2g	128	118	92.2
Chicken breast – salt	65mg	128	112	87.5
Chicken breast -sugar	0g	128	124	96.9
Healthier choice	Chicken	123	118	95.9



Approximately one quarter (24%) of respondents intended to make changes to the foods that they eat (Table 9).

Table 9: Make changes to the foods you eat (Q8)

	N	%
Yes	31	24.0
No	31	24.0
Maybe	67	51.9
Total	129	100.0

SUMMARY OF FINDINGS

- The vast majority of students enjoyed taking part in the Food Sensations session.
- After participating in the session, the majority of respondents were able to correctly read a nutrition panel and identify which foods they should eat least, eat some or eat most. The majority were also able to identify that they should eat two fruit and five vegetables each day.
- Most respondents tasted something new in the Food Sensation session of which two fifths 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.