

Food Sensations 2011

High School 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 food. As part of this program, high schools operating a 'Schools Breakfast Program' can participate in a Food Sensation session. School sessions include the provision of information and a cooking workshop. At the end of the session, participants complete an evaluation survey. From February to September 2011, eight Food Sensations sessions were run in high schools by Foodbank WA (n=5 high schools, 109 students) of which 35 completed an evaluation survey (response fraction = 32%).

RESULTS

Session Effectiveness

The vast majority of students that responded to the survey enjoyed taking part in the Food Sensations session (91%). Over half (54%) indicated that during the session they tasted something new. The highest number of respondents nominated 'fruit crumble cups' and 'wraps/toasties' as their favourite Food Sensations recipe/food (Table 1a to 1d).

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

	n	%
Yes (a lot / sort of)	32	91.4
Unsure	3	8.6
Not really / Not at all	0	0.0
Total	35	100.0

Table 1b: Taste something new today (Q5a)

	n	%
Yes	19	54.3
No	16	45.7
Total	35	100.0

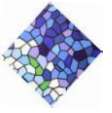


Table 1c: Taste anything new today – specified (Q5b)

	Frequency	% Respondents (n=19)
Wraps/Toasties	4	21.1
Mexicorn salad	3	15.8
Fruit crumble cups/yoghurt	3	15.8
Salad, vegetables	3	15.8
Dip	3	15.8
Everything	3	15.8
Pasta	2	10.5

**Multiple response question*

Table 1d: Favourite food tasted today (Q4)

	Frequency	% Respondents (n=35)
Fruit crumble cups/yoghurt	7	20.0
Wraps/Toasties	6	17.1
Pizza	5	14.3
Dip	5	14.3
Sandwiches	5	14.3
Tomato and bean pasta	4	11.4
Grilled Vegetables/Salad/Vegetables	2	5.7
Mexicorn salad	1	2.9
Crackers	1	2.9

**Multiple response question*

Intention

After participating in the Food Sensations session, 49% of students intended to make the foods prepared (in the session) at home. Approximately one in five students (21%) intended to make changes to the foods that they eat (Table 2a to 2c).

Table 2a: Make Food Sensations foods at home (Q6a)

	n	%
Yes	17	48.6
No	4	11.4
Maybe	14	40.0
Total	35	100.0



Table 2b: Make food at home - specified (Q6b)

	Frequency	% Respondents (n=17)
Wraps/Toasties	5	29.4
Dip	3	17.6
Fruit crumble cups	3	17.6
Sandwiches	3	17.6
Pasta	3	17.6
Pizza	2	11.8
Everything/all	1	5.9
Mexicorn salad	1	5.9

Table 2c: Make changes to the foods you eat (Q8)

	n	%
Yes	7	20.6
No	8	23.5
Maybe	19	55.9
Total	34	100.0

Knowledge

(N.B. A pre-post survey was not conducted therefore initial knowledge before participating in the session was not measured)

After participating in the session, most respondents were able to correctly identify that they should eat vegetables (89%), fruit (89%) and bread/cereal/rice/pasta/noodles (71%) most of the time; and meat (97%) or milk/cheese/yoghurt some of the time (77%). The vast majority of respondents were also able to identify that compared to other types of food that they should eat chocolate/chips/take away (94%) and soft drink/energy drinks (89%) least. All respondents were aware that they should eat two fruit (100%) and the majority were aware that they should eat five vegetables (91%) each day for good health (Table 3a, 3b and 3c).



Table 3a: Food group to their place on the food 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	34	24	70.6
Milk, cheese, yoghurt	Some	35	27	77.1
Soft drink and energy drinks	Least	35	31	88.6
Vegetables	Most	35	31	88.6
Fruit	Most	35	31	88.6
Meat and alternatives	Some	35	34	97.1
Chocolate, chips and take away	Least	35	33	94.3

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

	n	%
Correct	35	100.0
Incorrect	0	0.0
Total	35	100.0

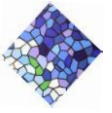
Table 3c: Vegetables – five vegetables each day (Q3)

	n	%
Correct	32	91.4
Incorrect	3	8.6
Total	35	100.0

The vast majority of students were able to correctly read various aspects of the nutrition information panels shown in their survey and all (100%) identify that a 'chicken breast' was a healthier choice compared to 'sausages' (Table 4).

Table 4: Nutrition Information per 100g (Q7)

	Answer	n (Total)	Correct Response	
			n	%
Sausage - fat	21.7g	35	33	94.3
Sausage - salt	760mg	35	32	91.4
Sausage - sugar	0.5g	35	34	97.1
Chicken breast – fat	1.2g	35	34	97.1
Chicken breast – salt	65mg	35	31	88.6
Chicken breast -sugar	0g	35	33	94.3
Healthier choice	Chicken	34	34	100.0



SUMMARY OF FINDINGS

- The vast majority of high school students enjoyed taking part in the Food Sensations session. Approximately half tasted something new and intended to make the recipes/foods at home.
- After participating in the Food Sensations session, the majority of respondents were able to correctly read a nutrition panel and identify which foods they should consume least/some/most. All respondents were aware that they should eat two fruit and the majority were aware that they should eat five vegetables each day for good health.