

Food Sensations 2011

Primary 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 skills to prepare healthy food. As part of this program, primary 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 containing six questions. From February to December 2011, 1177 primary school students participated in a Food Sensations session, of which 1011 completed a survey (response fraction = 86%).

RESULTS

Session Effectiveness

Overall, 73% of respondents indicated that they tasted something new in their Food Sensation session. The highest number of students nominated the ‘wraps/toasties’ and the ‘fruit crumble cups’ as their favourite Food Sensation recipe/food (Table 1a to 1c).

Table 1a: Taste something new today (Q4)

	n	%
Yes	718	73.0
No	266	27.0
Total	984	100.0

Table 1b: Taste anything new today – specified (Q4)

	Frequency	% Respondents (n=718)
Fruit crumble cups/Yoghurt	163	22.7
Vegetables/Salad (e.g. carrot, tomato, alfalfa, spring onion, pumpkin, cucumber, capsicum, avocado, sweet potato, corn).....	143	19.9
Wrap/cooked wrap/toasties	136	18.9
Everything/all	87	12.1
Dip.....	82	11.4
Sandwiches/mini sandwiches/rolls/bread	52	7.2
Mexicorn salad	46	6.4
Fruit (e.g. pear).....	12	1.7
Juice.....	3	0.4
Pasta salad / pasta.....	3	0.4
Sweet chilli	3	0.4
Other (Cream cheese, crackers)	2	0.3

**Multiple response question*

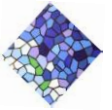


Table 1c: Favourite food tasted today (Q3)

	Frequency	% Respondents (n=1011)
Wraps/Toasties/Pita bread.....	301	29.8
Fruit crumble cups/yoghurt.....	264	26.1
Sandwiches / bread / mini sandwiches.....	94	9.3
Vegetables - capsicum, carrot, tomato, grilled, cucumber, salad, potato, pumpkin, sweet potato, snow peas	86	8.5
Dip.....	66	6.5
Mexicorn salad	40	4.0
Crackers.....	14	1.4
Everything / All	14	1.4
Fruit - apple, lemon, mango, banana, orange, pear, pineapple.....	14	1.4
Pasta salad / pasta.....	6	0.6

**Multiple response question*

Knowledge

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

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 Table 2, the vast majority of students were able to correctly identify that carrots (96%), tomatoes (93%) and peaches (95%) should be eaten 'most' and that lollies (95%) and energy drinks (94%) should be consumed 'least'. The highest number of students had difficulty identifying where rice (33% incorrect) and butter (30% incorrect) fit in relation to the food pyramid.

Table 2: Draw a line to match the food with where it goes in the food pyramid (Q1)

Food/Drink	Correct response (most, some or least)	Student responses		
		n	n correct	% correct
Eggs	Some	963	832	86.4
Butter	Least	969	675	69.7
Lollies	Least	966	915	94.7
Tomato	Most	967	903	93.4
Rice	Most	966	649	67.2
Chicken	Some	955	845	88.5
Energy Drinks	Least	968	909	93.9
Carrot	Most	963	922	95.7
Peach	Most	970	920	94.8
Bread	Most	971	740	76.2



The majority of students identified that they should eat two fruit (86%) and five vegetables (86%) each day (Table 3a and 3b).

Table 3a: Fruit – Eat two fruit each day (Q2)

	n	%
Correct	805	85.9
Incorrect	132	14.1
Total	937	100.0

Table 3b: Vegetables – Eat five vegetables each day (Q2)

	n	%
Correct	798	86.1
Incorrect	129	13.9
Total	927	100.0

Intention

Almost half of all respondents (49%) intended to make the foods that they tasted in the Food Sensations session at home (Tables 4a and 4b).

Table 4a: Make food at home (Q5)

	n	%
Yes	485	48.9
No	126	12.7
Maybe	381	38.4
Total	992	100.0

Table 4b: Make food at home - specified (Q5)

	Frequency	% Respondents (n=485)
Wrap/cooked wrap/toasties.....	193	39.8
Fruit crumble cups/Yoghurt.....	159	32.8
Sandwiches/mini sandwiches/rolls/bread.....	62	12.8
Everything/all	55	11.3
Dip	47	9.7
Grilled Vegetables/Salad (e.g. carrot, tomato, alfalfa, spring onion, pumpkin, cucumber, capsicum, avocado, sweet potato, corn).....	26	5.4
Mexicorn salad.....	21	4.3
Other (crackers, egg, fruit, pasta salad).....	4	0.8

**Multiple response question*



Almost one out of three respondents (32%) intended to make changes to the foods that they eat (Table 5).

Table 5: Make changes to the foods you eat (Q6)

	n	%
Yes	316	32.0
No	322	32.6
Maybe	350	35.4
Total	988	100.0

SUMMARY OF FINDINGS

- Most primary school students tasted something new in the Food Sensation session of which half had an intention to make the foods at home. One third of respondents also intended to make changes to the foods that they eat.
- After participating in the Food Sensations session, the majority of respondents were able to correctly identify which foods they should consume least, some or most. As students had difficulty identifying where rice and butter fit in relation to the food pyramid it is suggested that these foods be given more emphasis in the Food Sensation information session. The majority of respondents indicated that they should eat two fruit and five vegetables each day for good health.