



British Nutrition Foundation
National Pupil Survey 2014
UK Survey Results

About the survey

The purpose of the National Pupil Survey was to find out what children and young people know about healthy eating, cooking and where food comes from. It also asked their opinion on a number of food related aspects, as well as some questions about food/drink consumption and their activity level. The survey results are based on what children reported.

In total, 905 of the schools who registered to take part in Healthy Eating Week (2-6 June 2014) took part in the online survey from around the UK – with 13,139 children and young people taking part. Pupils aged between 5 to 16 years took part in England, Northern Ireland, Scotland and Wales.

There were three main sections to the online survey: healthy eating, cooking and where food comes from. The questions were multiple-choice and differentiated by age. Not all questions were completed by the different age groups – however, all questions/answers are provided, along with the number of responses for each question.

The survey was sub-divided into England, Northern Ireland, Scotland and Wales. No personal data about individual pupils was collected – all data is anonymous. The online survey was open between Monday 28 April to Friday 16 May 2014.

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Acknowledgement

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Survey Results

1. Are you a boy or girl/male or female?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|----------------|-----------------|------------------|
| Boy/Male | 50.4% (1165) | 48% (1658) | 44% (2447) | 39% (707) |
| Girl/Female | 49.6% (1145) | 52% (1817) | 56% (3074) | 61% (1126) |
| Total number of responses | 2310 | 3475 | 5521 | 1833 |

2. How many portions of fruit and vegetables did you eat yesterday?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| 0 | 10% (227) | 7% (240) | 8% (433) | 12% (213) |
| 1 | 14% (304) | 9% (293) | 9% (486) | 10% (187) |
| 2 | 14% (310) | 14% (489) | 16% (855) | 19% (340) |
| 3 | 15% (336) | 18% (617) | 23% (1224) | 23% (411) |
| 4 | 10% (229) | 16% (540) | 19% (1029) | 16% (281) |
| 5 | 17% (369) | 18% (599) | 14% (744) | 10% (180) |
| 6 | 7% (156) | 7% (244) | 6% (314) | 5% (83) |
| 7+ | 13% (288) | 11% (363) | 6% (311) | 5% (97) |
| Total number of responses | 2219 | 3385 | 5396 | 1792 |

3. How many portions of fruit and vegetables should we eat each day?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| 0 | 1% (30) | 1% (30) | 2% (82) | 2% (40) |
| 1-2 | 9% (203) | 4% (135) | 3% (146) | 3% (32) |
| 3-4 | 13% (296) | 10% (332) | 5% (290) | 4% (73) |
| 5 | 76% (1677) | 85% (2878) | 90% (4830) | 91% (1617) |
| Total number of responses | 2206 | 3375 | 5348 | 1782 |

4. Which of these is *The eatwell plate*? (4 images of different models)

| Answer | 5-8 year olds |
|----------------------------------|---------------|
| 1 | 3% (70) |
| 2 <i>(correct)</i> | 76% (1663) |
| 3 | 13% (281) |
| 4 | 8% (166) |
| Total number of responses | 2180 |

5. Which picture best shows The eatwell plate?

(Four pie-charts, showing different proportions of food groups that comprise The eatwell plate.)

| Answer | 8-11 year olds |
|----------------------------------|-----------------------|
| 1 <i>(correct)</i> | 43% (1443) |
| 2 | 13% (428) |
| 3 | 11% (370) |
| 4 | 33% (1089) |
| Total number of responses | 3330 |

6. Which of these count towards 5 a day?

| Answer | 11-14 year olds | | 14-16+ year olds | |
|--|-----------------|---------------|------------------|---------------|
| | Yes | No | Yes | No |
| Frozen fruit or vegetables | 78% (4087) | 22% (1133) | 84% (1454) | 16% (272) |
| Dried fruit or vegetables | 82% (4276) | 18% (944) | 85% (1471) | 15% (255) |
| Potatoes | 41% (2132) | 59% (3088) | 42% (724) | 58% (1002) |
| Baked beans | 34% (1784) | 66% (3436) | 41% (700) | 59% (1026) |
| 5 of the same fruit or vegetables | 45% (2330) | 55% (2890) | 42% (717) | 58% (1009) |
| Canned fruit or vegetables | 75% (3914) | 25% (1306) | 80% (1382) | 20% (344) |
| Pulses | 30% (1553) | 70% (3667) | 33% (570) | 67% (1156) |
| Juiced fruit or vegetables | 86% (4493) | 14% (727) | 89% (1535) | 11% (191) |
| Total number of responses | 5220 (per food) | | 1726 (per food) | |

7. Which 3 foods belong to the Fruit and vegetables group?

| Answer | 5-8 year olds |
|----------------------------------|---------------|
| 1) Orange | 94% (2006) |
| 2) Bread | 4% (86) |
| 3) Pork Chop | 5% (109) |
| 4) Carrot | 92% (1952) |
| 5) Yogurt | 8% (165) |
| 6) Chocolate | 2% (38) |
| 7) Strawberry | 90% (1929) |
| 8) Salmon | 5% (114) |
| Total number of responses | 2133 |

8. Which 3 foods belong to the Milk and dairy foods group?

| Answer | 5-8 year olds |
|----------------------------------|----------------------|
| 1) Cheese | 87% (1814) |
| 2) Banana | 11% (231) |
| 3) Roast Chicken | 5% (112) |
| 4) Milk | 93% (1948) |
| 5) Yogurt | 79% (1644) |
| 6) Broccoli | 6% (121) |
| 7) Wholegrain Bread | 8% (172) |
| 8) Orange Juice | 11% (240) |
| Total number of responses | 2094 |

9. Which food group do these foods go in?

Pupils to select the correct food group, as depicted on The eatwell plate.

| Answer | 8-11 year olds | | | | | 11-14 year olds | | | | | 14-16+ year olds | | | | |
|-------------------------------|----------------------|---------------------------------|----------------------|----------------------------|---|----------------------|---------------------------------|----------------------|----------------------------|---|----------------------|---------------------------------|----------------------|----------------------------|---|
| | 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 | 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 | 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 |
| Potato | 24% (767) | 74% (2419) | 1% (24) | 1% (26) | 0% (13) | 16% (816) | 82% (4168) | 1% (29) | 0% (18) | 1% (45) | 15% (258) | 83% (1391) | 0% (6) | 0% (14) | 0% (3) |
| Orange | 97% (3152) | 1% (24) | 1% (27) | 0% (13) | 1% (33) | 96% (4865) | 1% (56) | 1% (27) | 1% (28) | 2% (100) | 97% (1615) | 11% (23) | 1% (10) | 1% (11) | 1% (13) |
| Lamb chop | 2% (77) | 1% (32) | 2% (49) | 93% (3008) | 3% (83) | 2% (78) | 1% (56) | 2% (70) | 94% (4791) | 1% (81) | 2% (39) | 1% (20) | 2% (24) | 95% (1582) | 1% (7) |
| Salmon | 3% (91) | 2% (50) | 2% (64) | 92% (2992) | 2% (52) | 2% (82) | 1% (68) | 2% (84) | 94% (4770) | 1% (72) | 2% (33) | 1% (25) | 1% (25) | 95% (1586) | 0% (8) |
| Cheese | 2% (78) | 3% (96) | 90% (2923) | 1% (42) | 3% (110) | 2% (81) | 2% (99) | 94% (4771) | 1% (45) | 2% (80) | 2% (41) | 2% (25) | 94% (1566) | 1% (19) | 1% (21) |
| Carrot | 97% (3143) | 1% (33) | 1% (26) | 1% (25) | 1% (22) | 96% (4902) | 1% (66) | 1% (37) | 1% (39) | 1% (32) | 96% (1612) | 1% (24) | 1% (11) | 1% (13) | 1% (12) |
| Crisps | 3% (96) | 11% (362) | 2% (72) | 1% (27) | 83% (2692) | 2% (95) | 8% (406) | 1% (57) | 1% (27) | 88% (4491) | 3% (47) | 6% (111) | 1% (10) | 1% (10) | 89% (1494) |
| Total no. of responses | 3249 (per food) | | | | | 5076 (per food) | | | | | 1672 (per food) | | | | |

10. Which two of these are mainly provided by the Fruit and vegetables group?

| Answer | 11-14 year olds |
|----------------------------------|------------------------|
| Fibre | 73% (3789) |
| Fat | 3% (163) |
| Vitamin C | 93% (4797) |
| Protein | 30% (1573) |
| Total number of responses | 5161 |

11. Which of the following is an important nutrient provided by the Milk and dairy foods group?

| Answer | 14-16+ year olds |
|----------------------------------|-------------------------|
| Carbohydrate | 3% (46) |
| Calcium | 90% (1533) |
| Vitamin C | 6% (105) |
| Fibre | 2% (26) |
| Total number of responses | 1710 |

12. Which three food groups are in each of these meals?

Pupils to select the correct food group, as depicted on The eatwell plate.

| Answer | 8-11 year olds | | | | | 11-14 year olds | | | | | 14-16+ year olds | | | | |
|--|----------------------|---------------------------------|----------------------|----------------------------|---|----------------------|---------------------------------|----------------------|----------------------------|---|----------------------|---------------------------------|----------------------|----------------------------|---|
| | 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 | 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 | 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 | 74% (2377) | 74% (2373) | 4% (122) | 67% (2145) | 3% (108) | 79% (3958) | 79% (3962) | 3% (175) | 76% (3798) | 2% (115) | 82% (1338) | 80% (1316) | 4% (70) | 80% (1309) | 3% (43) |
| Cheese and salad sandwich | 72% (2325) | 52% (1659) | 79% (2553) | 4% (138) | 4% (142) | 77% (3850) | 65% (3248) | 86% (4298) | 3% (152) | 3% (163) | 81% (1318) | 70% (1138) | 87% (1424) | 3% (56) | 4% (67) |
| Fish, mashed potato and peas | 67% (2159) | 65% (2083) | 6% (196) | 81% (2617) | 3% (87) | 64% (3184) | 74% (3715) | 6% (281) | 87% (4352) | 3% (126) | 79% (1293) | 78% (1269) | 6% (102) | 89% (1464) | 3% (41) |
| Total no. of responses | 3219 (per meal) | | | | | 5004 (per meal) | | | | | 1637 (per meal) | | | | |

13. Which one of these provides energy?

| Answer | 8-11 year olds |
|---------------------------|----------------|
| Vitamin C | 44% (1409) |
| Iron | 16% (627) |
| Carbohydrate (correct) | 40% (1274) |
| Total number of responses | 3210 |

14. Which food provides calcium?

| Answer | 8-11 year olds |
|---------------------------|----------------|
| Orange | 12% (384) |
| Ham | 2% (77) |
| Milk | 83% (2641) |
| Oil | 3% (94) |
| Total number of responses | 3196 |

15. Did you have breakfast this morning?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|---------------------------|---------------|----------------|-----------------|------------------|
| Yes | 94% (1953) | 92% (2922) | 77% (3831) | 68% (1111) |
| No | 6% (130) | 8% (269) | 23% (1135) | 32% (522) |
| Total number of responses | 2083 | 3191 | 4966 | 1633 |

16. Do you have breakfast every day?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|---------------------------|-----------------|----------------|-----------------|------------------|
| Yes | 80.5% (1668) | 74% (2362) | 56% (2789) | 45% (737) |
| I try to! | 13.5% (279) | 20% (626) | 25% (1249) | 27% (436) |
| No | 6% (126) | 6% (198) | 19% (917) | 28% (456) |
| Total number of responses | 2073 | 3186 | 4955 | 1631 |

17. How many drinks did you have yesterday?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| 0 | 3% (55) | 1% (44) | 1% (73) | 2% (26) |
| 1 to 3 | 39% (777) | 30% (939) | 27% (1313) | 29% (471) |
| 4 to 5 | 24% (479) | 34% (1074) | 36% (1765) | 36% (588) |
| 6 to 8 | 13% (268) | 20% (636) | 25% (1228) | 22% (355) |
| 9 to 10 | 20% (407) | 15% (487) | 12% (570) | 12% (188) |
| Total number of responses | 1986 | 3180 | 4949 | 1628 |

18. How many drinks should we have each day?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| 0 | 2% (38) | 1% (16) | 1% (60) | 2% (34) |
| 1 to 3 | 25% (522) | 16% (496) | 5% (262) | 5% (82) |
| 4 to 5 | 29% (605) | 35% (1103) | 23% (1144) | 25% (403) |
| 6 to 8 (correct) | 21% (431) | 32% (1007) | 46% (2254) | 49% (796) |
| 9 to 10 | 23% (472) | 17% (554) | 25% (1219) | 19% (311) |
| Total number of responses | 2068 | 1376 | 4939 | 1626 |

19. When do we need to drink more? (Please select two occasions.)

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| When it is cold | 7% (331) | 5% (77) |
| When it is hot | 94% (4598) | 95% (1553) |
| When doing physical activity | 95% (4689) | 96% (1555) |
| When relaxing | 4% (210) | 4% (71) |
| Total number of responses | 4914 | 1618 |

20. What are carbohydrate, protein and fat?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Macronutrients | 32% (1566) | 44% (715) |
| Micronutrients | 34% (1650) | 31% (494) |
| Big foods | 30% (1470) | 23% (369) |
| Small foods | 4% (199) | 2% (33) |
| Total number of responses | 4885 | 1611 |

21. What nutrient provides the most energy per gram?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Carbohydrate | 51% (2461) | 52% (834) |
| Protein | 35% (1695) | 31% (495) |
| Fat | 14% (700) | 17% (276) |
| Total number of responses | 4856 | 1605 |

22. Match the main micro-nutrient.

| Red meat | 11-14 year olds | 14-16+ year olds |
|----------------------------------|------------------------|-------------------------|
| Calcium | 11% (543) | 8% (134) |
| Folate | 21% (1008) | 16% (256) |
| Iron | 64% (3067) | 72% (1132) |
| Vitamin C | 3% (159) | 3% (55) |
| Total number of responses | 4777 | 1577 |

| Citrus fruit | 11-14 year olds | 14-16+ year olds |
|----------------------------------|------------------------|-------------------------|
| Calcium | 9% (407) | 7% (109) |
| Folate | 13% (633) | 13% (203) |
| Iron | 6% (3455) | 4% (65) |
| Vitamin C | 72% (3455) | 76% (1200) |
| Total number of responses | 4777 | 1577 |

| Milk, cheese & yogurt | 11-14 year olds | 14-16+ year olds |
|----------------------------------|------------------------|-------------------------|
| Calcium | 80% (3805) | 87% (1368) |
| Folate | 7% (346) | 5% (81) |
| Iron | 7% (345) | 4% (62) |
| Vitamin C | 6% (281) | 4% (66) |
| Total number of responses | 4777 | 1577 |

| Green leafy vegetables | 11-14 year olds | 14-16+ year olds |
|---------------------------|-----------------|------------------|
| Calcium | 8% (381) | 6% (90) |
| Folate | 52% (2461) | 58% (917) |
| Iron | 19% (898) | 21% (235) |
| Vitamin C | 22% (1037) | 16% (245) |
| Total number of responses | 4777 | 1577 |

23. What happens if energy intake is greater than energy expenditure over time?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------|-----------------|------------------|
| You gain weight | 77% (3620) | 82% (1293) |
| You lose weight | 16% (759) | 12% (183) |
| Your weight stays the same | 7% (352) | 6% (93) |
| Total number of responses | 4731 | 1569 |

24. How often do you eat fish?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|---------------------------|---------------|----------------|-----------------|------------------|
| Twice a week | 15% (306) | 14% (458) | 19% (916) | 16% (250) |
| Once a week | 16% (331) | 19% (599) | 23% (1092) | 24% (373) |
| Sometimes | 49% (1015) | 53% (1674) | 39% (1845) | 40% (625) |
| Never | 20% (409) | 14% (442) | 18% (863) | 20% (318) |
| Total number of responses | 2061 | 3173 | 4716 | 1566 |

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

| Answer | 8-11 year olds |
|----------------------------------|----------------|
| 0 | 4% (133) |
| 1 | 33% (1057) |
| 2 <i>(correct)</i> | 45% (1424) |
| 3 | 12% (383) |
| 4 | 5% (172) |
| Total number of responses | 3169 |

26. How many portions of fish (and oily fish) should we eat a week?

| Answer | 11-14 year olds | 14-16+ year olds |
|--|-----------------|------------------|
| 0 portions | 5% (237) | 6% (90) |
| 1 portion of oily fish | 22% (1054) | 20% (214) |
| 2 portions, with 1 being oily <i>(correct)</i> | 57% (2684) | 59% (919) |
| 3 portions, with 2 being oily | 12% (582) | 12% (194) |
| 4 portions, with 3 being oily | 3% (144) | 3% (42) |
| Total number of responses | 4701 | 1559 |

27. Which two of these are oily fish?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Cod | 43% (2006) | 37% (571) |
| Mackerel | 58% (2733) | 67% (1047) |
| Crab | 12% (542) | 11% (168) |
| Haddock | 39% (1841) | 39% (609) |
| Salmon | 48% (2244) | 46% (717) |
| Total number of responses | 4683 | 1556 |

28. What is the maximum recommended amount of salt per day for an adult?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| 0 grams | 2% (79) | 1% (19) |
| 2 grams | 22% (1014) | 25% (394) |
| 4 grams | 32% (1501) | 27% (423) |
| 6 grams | 31% (1459) | 35% (549) |
| 8 grams | 8% (351) | 6% (94) |
| 10 grams | 6% (260) | 4% (68) |
| Total number of responses | 4664 | 1547 |

29. Which one of these best describes your opinion about healthy eating?

| Answer | 11-14 year olds | 14-16+ year olds |
|---|-----------------|------------------|
| I know lots about healthy eating, and I try to follow it | 36% (1649) | 29% (454) |
| I know lots about healthy eating, but I don't always follow it | 38% (1766) | 38% (585) |
| I know lots about healthy eating, but I don't follow it | 7% (331) | 10% (149) |
| I know a little bit about healthy eating, and I want to find out more | 9% (404) | 9% (132) |
| I know a little bit about healthy eating, but I am not interested in finding out more | 6% (270) | 8% (123) |
| I don't know anything about healthy eating, but would like to | 1% (47) | 1% (19) |
| Healthy eating is not important to me | 4% (167) | 5% (81) |
| Total number of responses | 4634 | 1543 |

30. Do you ever skip meals?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Yes | 47% (2160) | 59% (906) |
| No | 53% (2468) | 41% (636) |
| Total number of responses | 4628 | 1542 |

31. Which of these is most like you at break time?

| Answer | 5-8 year olds | 8-11 year olds |
|--|---------------|----------------|
| Very active – I always move about and play. | 63% (1288) | 63% (1984) |
| Active – I sometimes move about and play. | 27% (1545) | 31% (979) |
| Not active – I sit and talk to friends. | 11% (217) | 6% (200) |
| Total number of responses | 2050 | 3163 |

32. How active are you?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Very active | 36% (1644) | 25% (378) |
| Active | 38% (1769) | 36% (549) |
| A little active | 19% (865) | 26% (403) |
| Not very active | 5% (213) | 9% (139) |
| Not active | 2% (112) | 4% (62) |
| Total number of responses | 4603 | 1531 |

33. Which 3 things do you need to do before you start cooking?

| Answer | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|----------------|-----------------|------------------|
| Wash hands | 99% (3100) | 96% (4419) | 97% (1469) |
| Tie back long hair | 96% (3027) | 97% (4437) | 96% (1467) |
| Lick fingers | 3% (103) | 6% (263) | 6% (88) |
| Have lunch | 5% (162) | 5% (237) | 5% (79) |
| Put apron on | 96% (3025) | 96% (4400) | 96% (1463) |
| Total number of responses | 3140 | 4585 | 1522 |

34. Which type of school lunch do you have?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| Packed lunch | 48% (973) | 56% (1781) | 51% (2358) | 51% (780) |
| School lunch/dinner | 52% (1065) | 44% (1377) | 49% (2257) | 49% (760) |
| Total number of responses | 2038 | 3158 | 4615 | 1540 |

35. Do you like your school lunch?

| Answer | 5-8 year olds | 8-11 year olds |
|----------------------------------|---------------|----------------|
| Yes | 76% (1546) | 66% (2087) |
| It's OK | 21% (431) | 31% (964) |
| No | 3% (57) | 3% (104) |
| Total number of responses | 2034 | 3155 |

36. Please rate your school lunch.

| Answer | 11-14 year olds | 14-16 year olds |
|----------------------------------|------------------------|------------------------|
| Very good | 18% (848) | 12% (182) |
| Good | 34% (1584) | 30% (467) |
| OK | 32% (1462) | 38% (576) |
| Poor | 8% (347) | 9% (144) |
| Very poor | 8% (370) | 11% (166) |
| Total number of responses | 4611 | 1535 |

37. Which of these must be cooked before being eaten?

| Answer | 5-8 year olds | | 8-11 year olds | |
|----------------------------------|-----------------|----------------------|-----------------|----------------------|
| | Yes – Cook | No – No need to cook | Yes – Cook | No – No need to cook |
| Potatoes | 92% (1832) | 8% (169) | 89% (2766) | 11% (348) |
| Rice | 85% (1709) | 15% (292) | 89% (2776) | 11% (338) |
| Beef Mince | 93% (1863) | 7% (138) | 96% (2991) | 4% (123) |
| Apples | 8% (156) | 92% (1845) | 4% (119) | 96% (2995) |
| Raw Chicken | 93% (1861) | 7% (140) | 94% (2938) | 6% (176) |
| Cucumber | 11% (211) | 89% (1790) | 5% (155) | 95% (2959) |
| Total number of responses | 2001 (per food) | | 3114 (per food) | |

38. Why are date marks on food packaging?

| Answer | 11-14 year olds | 14-16+ year olds |
|---|-----------------|------------------|
| To tell us when the food was grown/packaged | 6% (283) | 4% (62) |
| To tell us by when the food should be eaten | 85% (3879) | 89% (1338) |
| To tell us this is the only day the food can be eaten | 6% (282) | 5% (83) |
| To tell us the day the food was sold | 3% (114) | 2% (27) |
| Total number of responses | 4558 | 1510 |

39. Do you enjoy cooking?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|---------------------------|---------------|----------------|-----------------|------------------|
| Yes | 87% (1736) | 88% (2736) | 86% (3917) | 79% (1199) |
| No | 13% (261) | 12% (375) | 14% (634) | 21% (311) |
| Total number of responses | 1997 | 3111 | 4551 | 1510 |

40. Do you think it is important to learn how to cook?

| Answer | 11-14 year olds | 14-16+ year olds |
|---------------------------|-----------------|------------------|
| Yes | 94% (4253) | 92% (1394) |
| No | 6% (291) | 8% (115) |
| Total number of responses | 4544 | 1509 |

41. Which of these have you made before?

| Answer | 5-8 year olds |
|------------------------------------|---------------|
| Toast | 53% (1046) |
| Cakes/biscuits | 65% (1301) |
| Sandwiches | 59% (1177) |
| Bread | 30% (594) |
| Salad | 35% (702) |
| Smoothie | 38% (766) |
| I've made something different | 31% (624) |
| I've never made or cooked anything | 6% (111) |
| Total number of responses | 1990 |

42. Which of these have you made before?

| Answer | 8-11 year olds |
|------------------------------------|----------------|
| Toast | 79% (2443) |
| Cakes/biscuits | 78% (2430) |
| Sandwiches | 79% (2458) |
| Bread | 44% (1354) |
| Salad | 56% (1744) |
| Jacket potato | 34% (1057) |
| Smoothie | 56% (1741) |
| Fish dish | 23% (718) |
| I've made something different | 50% (1536) |
| I've never made or cooked anything | 3% (105) |
| Total number of responses | 3102 |

43. Which of these have you made before?

| Answer | 11-14 year olds | 14-16+ year olds |
|---|-----------------|------------------|
| Toast | 91% (4132) | 93% (1403) |
| Cakes/biscuits | 87% (3934) | 87% (1313) |
| Sandwiches | 90% (4077) | 92% (1384) |
| Bread | 62% (2829) | 70% (1052) |
| Salad | 73% (3286) | 75% (1129) |
| Jacket potato | 47% (2145) | 59% (893) |
| Sunday roast | 28% (1271) | 36% (538) |
| Dinner/Evening meal | 52% (2351) | 65% (985) |
| Rice or pasta dish | 68% (3073) | 80% (1197) |
| Fish dish | 32% (1439) | 43% (777) |
| I've made something different | 54% (2451) | 51% (1534) |
| I've never made or cooked anything | 4% (161) | 3% (50) |
| Total number of responses | 4530 | 1505 |

44. How often do you cook at home?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| Every day | 16% (326) | 11% (340) | 13% (601) | 19% (281) |
| Once a week | 12% (235) | 20% (620) | 31% (1383) | 30% (440) |
| Once a month | n/a | n/a | 12% (552) | 10% (150) |
| Sometimes | 59% (1179) | 61% (1891) | 35% (1580) | 33% (483) |
| Never | 12% (243) | 8% (245) | 8% (357) | 9% (132) |
| Total number of responses | 1983 | 3096 | 4473 | 1486 |

45. How often do you cook at school?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| Every day | n/a | n/a | 2% (80) | 2% (333) |
| Once a week | 9% (186) | 9% (284) | 39% (1584) | 28% (392) |
| Once a month | 7% (138) | 5% (149) | 12% (497) | 6% (79) |
| Sometimes | 59% (1161) | 52% (1621) | 35% (1427) | 17% (244) |
| Never | 25% (494) | 34% (1040) | 12% (505) | 47% (666) |
| Total number of responses | 1979 | 3094 | 4093 | 1414 |

46. Would you like to cook more?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| Yes | 85% (1673) | 86% (2672) | 82% (3653) | 69% (1038) |
| No | 15% (302) | 14% (420) | 18% (825) | 31% (458) |
| Total number of responses | 1975 | 3092 | 4478 | 1496 |

47. Which of these would you like to cook?

| Answer | 5-8 year olds |
|--|---------------|
| Cakes | 50% (985) |
| Biscuits | 67% (1325) |
| Toast | 35% (684) |
| Jacket Potato | 34% (668) |
| Rice or pasta dish | 35% (681) |
| Roast dinner | 42% (818) |
| Sandwiches | 35% (696) |
| Fruit salad | 40% (795) |
| I would like to cook something else | 30% (592) |

| | |
|--|------------|
| I would not like to cook anything | 5% (91) |
| Total number of responses | 1971 |

48. Which of these would you like to cook?

| Answer | 8-11 year olds |
|--|-----------------------|
| Cakes/Biscuits | 55% (1704) |
| Pizza | 72% (2212) |
| Toast | 31% (958) |
| Jacket potato | 35% (1092) |
| Rice or pasta dish | 44% (1369) |
| Fish dish | 33% (1003) |
| Roast dinner | 59% (1828) |
| Sandwiches | 37% (2256) |
| Fruit salad | 34% (1052) |
| I would like to cook something else | 47% (1464) |
| I wouldn't like to cook anything | 5% (149) |
| Total number of responses | 3085 |

49. Which of these would you like to cook?

| Answer | 11-14 year olds |
|---------------------------------------|-----------------|
| Cakes/Biscuits | 56% (2521) |
| Pizza | 64% (2866) |
| Toast | 28% (1234) |
| Salad | 28% (1270) |
| Jacket potato | 35% (1540) |
| Rice or pasta dish | 42% (1881) |
| Fish dish | 37% (1640) |
| Main meals | 61% (2725) |
| Roast dinner | 55% (2441) |
| Sandwiches | 28% (1264) |
| Fruit salad | 37% (1648) |
| I would like to cook something else | 45% (2017) |
| I wouldn't like to cook anything else | 6% (259) |
| Total number of responses | 4465 |

50. Which of these would you like to cook?

| Answer | 14-16+ year olds |
|-------------------------------------|------------------|
| Cakes/Biscuits | 51% (760) |
| Pizza | 59% (869) |
| Toast | 27% (403) |
| Salad | 25% (369) |
| Jacket potato | 29% (428) |
| Rice or pasta dish | 42% (616) |
| Fish dish | 33% (482) |
| Main meals | 59% (866) |
| Roast dinner | 52% (762) |
| Sandwiches | 26% (387) |
| Fruit salad | 32% (478) |
| I would like to cook something else | 40% (590) |
| I wouldn't like to cook anything | 9% (129) |
| Total number of responses | 1476 |

51. What do you think about the food room and cooking equipment in your school?

| Answer | 11-14 year olds | 14-16 year olds |
|---|------------------------|------------------------|
| Very good – modern and well equipped | 40% (1815) | 34% (509) |
| OK – getting a bit old, but we have everything we need | 48% (2151) | 53% (793) |
| Not very good – old and not much | 7% (316) | 9% (131) |
| We don't have a food room | 5% (204) | 3% (50) |
| Total number of responses | 4486 | 1483 |

52. Do these foods come from animals or plants?

| Answer | 5-8 year olds | | 8-11 year olds | |
|----------------------------------|-----------------|---------------|-----------------|---------------|
| | Animal | Plant | Animal | Plant |
| Bread | 25% (486) | 75% (1458) | 14% (417) | 86% (2647) |
| Salmon | 88% (1715) | 12% (229) | 98% (2989) | 2% (75) |
| Chicken | 95% (1844) | 5% (100) | 99% (3027) | 1% (37) |
| Cheese | 74% (1443) | 26% (501) | 78% (2377) | 22% (687) |
| Pasta | 23% (443) | 77% (1501) | 12% (353) | 88% (2711) |
| Potatoes | 19% (374) | 81% (1570) | 8% (231) | 92% (2833) |
| Total number of responses | 1944 (per food) | | 3064 (per food) | |

53. Where do these foods come from?

| Answer | 11-14 year olds | | | | | | 14-16+ year olds | | | | | |
|----------------------------------|-----------------|---------------|---------------|---------------|---------------|---------------|------------------|---------------|---------------|---------------|---------------|---------------|
| | Dairy cows | Chickens | Pigs | Potatoes | Wheat | Cod | Dairy cows | Chickens | Pigs | Potatoes | Wheat | Cod |
| Bread | 6% (244) | 1% (59) | 1% (35) | 1% (33) | 91% (4001) | 1% (41) | 5% (72) | 2% (23) | 2% (31) | 1% (9) | 90% (1322) | 0% (5) |
| Cheese | 94% (4168) | 2% (99) | 1% (54) | 1% (39) | 0% (19) | 1% (34) | 94% (1376) | 2% (32) | 2% (28) | 1% (15) | 0% (2) | 1% (9) |
| Bacon | 3% (121) | 2% (80) | 94% (4112) | 1% (35) | 0% (22) | 1% (43) | 3% (42) | 2% (28) | 93% (1360) | 1% (16) | 0% (5) | 1% (1) |
| Fish cakes | 3% (122) | 2% (78) | 1% (61) | 2% (72) | 1% (91) | 91% (8056) | 3% (47) | 2% (26) | 2% (31) | 1% (21) | 1% (0) | 91% (1328) |
| Butter | 93% (4061) | 2% (82) | 1% (61) | 2% (72) | 2% (91) | 1% (46) | 92% (1352) | 2% (24) | 2% (35) | 1% (19) | 2% (18) | 1% (14) |
| Eggs | 8% (357) | 87% (3857) | 1% (64) | 1% (43) | 1% (39) | 1% (63) | 7% (106) | 88% (1280) | 2% (35) | 1% (11) | 1% (12) | 1% (17) |
| Chips | 3% (122) | 1% (61) | 2% (53) | 91% (4015) | 2% (88) | 2% (74) | 3% (46) | 2% (21) | 2% (36) | 90% (1320) | 1% (28) | 1% (11) |
| Total number of responses | 4413 (per food) | | | | | | 1462 (per food) | | | | | |

54. Where does milk come from?

| Answer | 5-8 year olds |
|----------------------------------|----------------------|
| Pigs | 3% (64) |
| Chickens | 2% (32) |
| Dairy cows | 95% (1841) |
| Total number of responses | 1937 |

55. Where does bacon come from?

| Answer | 5-8 year olds |
|----------------------------------|----------------------|
| Pigs | 84% (1618) |
| Cows | 6% (121) |
| Sheep | 10% (194) |
| Total number of responses | 1933 |

56. Where do fish fingers come from?

| Answer | 5-8 year olds |
|----------------------------------|----------------------|
| Chicken | 17% (330) |
| Cod/Salmon | 76% (1472) |
| Pigs | 7% (127) |
| Total number of responses | 1929 |

57. What is cheese made from?

| Answer | 8-11 year olds |
|----------------------------------|-----------------------|
| Yogurt | 4% (129) |
| Milk | 95% (2890) |
| Rice | 1% (38) |
| Total number of responses | 3057 |

58. What is bread made from?

| Answer | 8-11 year olds |
|---------------------------|----------------|
| Potatoes | 3% (78) |
| Wheat | 96% (2927) |
| Grass | 1% (44) |
| Total number of responses | 3049 |

59. Where do potatoes grow?

| Answer | 5-8 year olds |
|---------------------------|---------------|
| Under the ground | 81% (1567) |
| On a tree | 5% (105) |
| Above the ground | 9% (170) |
| On a bush | 4% (86) |
| Total number of responses | 1928 |

60. Where do carrots and potatoes grow?

| Answer | 8-11 year olds | 11-14 year olds |
|----------------------------------|----------------|-----------------|
| Under the ground | 89% (2719) | 91% (3990) |
| On a tree | 2% (56) | 3% (121) |
| Above the ground | 7% (214) | 4% (173) |
| On a bush | 1% (32) | 1% (57) |
| On a vine | 1% (26) | 1% (53) |
| Total number of responses | 3047 | 4394 |

61. Where do tomatoes grow?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Under the ground | 8% (346) | 8% (120) |
| On a tree | 15% (659) | 13% (190) |
| Above the ground | 18% (788) | 15% (212) |
| On a bush | 19% (854) | 13% (190) |
| On a vine | 40% (1739) | 51% (740) |
| Total number of responses | 4386 | 1452 |

62. Where does broccoli grow?

| Answer | 14-16+ year olds |
|---------------------------|------------------|
| Under the ground | 25% (360) |
| On a tree | 7% (101) |
| Above the ground | 56% (813) |
| On a bush | 7% (105) |
| On a vine | 7% (761455) |
| Total number of responses | 2928 |

63. What does this label tell us? (image of Red Tractor label)

| Answer | 8 -11 year olds | 11-14 year olds | 14-16+ year olds |
|--|-----------------|-----------------|------------------|
| The food has been produced safely in the UK to certain standards | 62% (1867) | 68% (2957) | 68% (987) |
| The food is organic and produced in the UK | 22% (675) | 24% (1031) | 23% (338) |
| A tractor was used to produce the food in the UK | 16% (490) | 8% (355) | 8% (118) |
| Total number of responses | 3032 | 5004 | 1443 |

64. Where are dairy cows milked?

| Answer | 11-14 year olds | 14-16+ year olds |
|----------------------------------|-----------------|------------------|
| Parlour | 38% (1678) | 43% (626) |
| Field | 10% (421) | 8% (119) |
| Barn | 52% (2272) | 49% (704) |
| Total number of responses | 4371 | 1449 |

65. Would you like to visit a farm? (age 11+ ... to see how food is produced?)

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|----------------------------------|---------------|----------------|-----------------|------------------|
| Yes | 84% (1620) | 79% (2407) | 55% (2417) | 46% (2298) |
| No | 16% (306) | 21% (623) | 45% (1950) | 54% (784) |
| Total number of responses | 1926 | 3030 | 4367 | 1443 |

66. Have you grown food at school or at home?

| Answer | 5-8 year olds |
|----------------------------------|---------------|
| Yes | 79% (1519) |
| No | 21% (398) |
| Total number of responses | 1917 |

67. Have you grown or reared food at school or at home?

| Answer | 8 - 11 year olds | 11-14 year olds | 14-16 year olds |
|----------------------------------|------------------|-----------------|-----------------|
| Yes, at school | 42% (1262) | 48% (2090) | 9% (131) |
| Yes, at home | 12% (364) | 9% (391) | 42% (604) |
| Yes, at both | 26% (791) | 17% (731) | 14% (201) |
| No | 20% (602) | 26% (1112) | 35% (502) |
| Total number of responses | 3019 | 1917 | 1438 |

68. How do you learn about food and farming?

| Answer | 5-8 year olds | 8-11 year olds | 11-14 year olds | 14-16+ year olds |
|---------------------|---------------|----------------|-----------------|------------------|
| At school | 62% (1186) | 60% (1823) | 72% (3123) | 57% (824) |
| At home | 32% (619) | 39% (1167) | 49% (2108) | 36% (525) |
| Internet | 21% (404) | 27% (805) | 32% (1395) | 31% (453) |
| In books | 27% (512) | 33% (997) | n/a | n/a |
| Social media | n/a | n/a | 13% (568) | 15% (215) |
| TV | n/a | n/a | 51% (2223) | 50% (725) |
| I do not | 11% (209) | 13% (394) | 8% (333) | 20% (295) |

| | | | |
|----------------------------------|------|------|------|
| Total number of responses | 1923 | 4333 | 1441 |
|----------------------------------|------|------|------|

69. Which of these best describes you?

| Answer | 11-14 year olds | 14-16+ year olds |
|---|------------------------|-------------------------|
| I find out where my food is from and how it is produced | 19% (838) | 14% (202) |
| I'd like to know more about where my food is from and how it is produced | 23% (1015) | 21% (304) |
| Sometimes I'm interested to know where my food is from | 36% (1541) | 38% (547) |
| I don't mind where my food is from | 21% (927) | 27% (385) |
| Total number of responses | 4321 | 1438 |