

2013 Fruit & Veg September student survey results -

Mangos and carrots reign supreme for WA kids!

Approximately 720 Western Australian school children shared their views on fruit and vegetables recently by completing the Cancer Council WA survey for Fruit & Veg September. Here are the results.



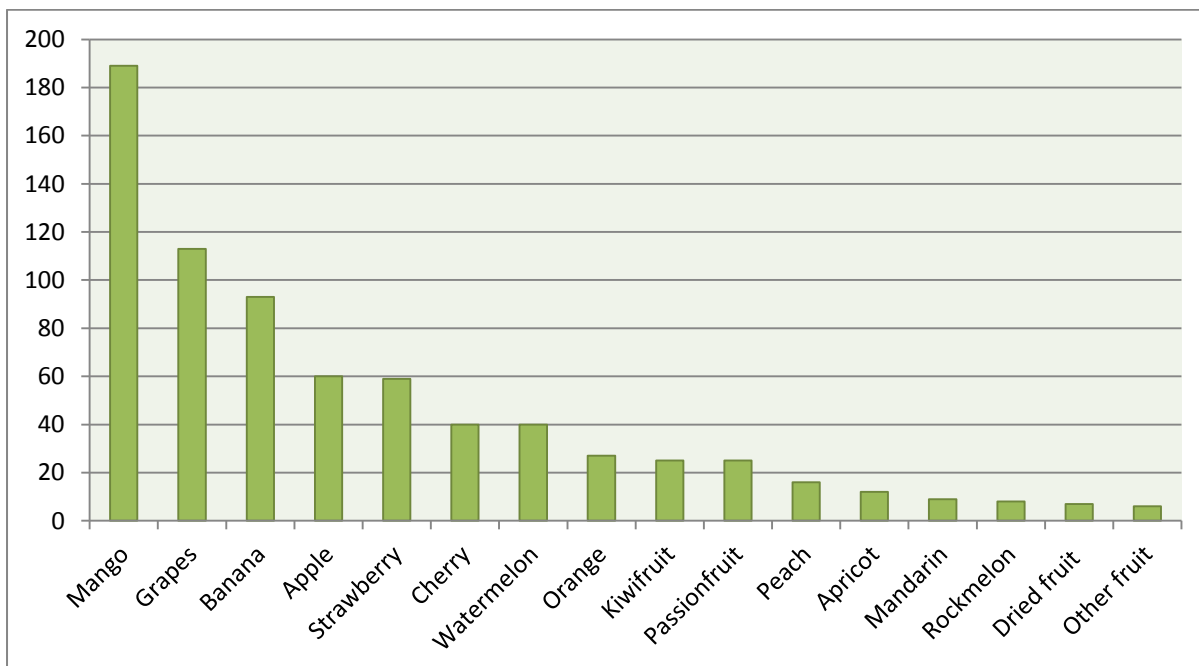
1. What is your favourite fruit?

	Number	Percentage
Mango	189	26%
Grapes	113	15%
Banana	93	13%
Apple	60	8%
Strawberry	59	8%
Cherry	40	5%
Watermelon	40	5%
Orange	27	4%
Kiwifruit	25	3%
Passionfruit	25	3%
Peach	16	2%
Apricot	12	1.5%
Mandarin	9	1%
Rockmelon	8	1%
Dried fruit	7	1%
Other fruit*	6	1%
Total	729	

Mangos were the surprise winners in the 'favourite fruit' category, with over a quarter of respondents to the survey listing it as their favourite. This was not unique to one region – mangos were equally liked in Perth schools as in regional schools.

Questions:

- Where does your favourite fruit rate? Is it a popular choice?
- Do you think people would pick different favourite fruits at another time of year? Such as in the middle of Summer?
- On a few occasions we had responses for foods in both favourite fruit and veg! (such as the tomato). Do you know how to tell between a fruit and a vegetable?



* The other fruit were: pineapple, pear, grapefruit, honeydew melon, nectarine

2. What is your favourite vegetable?

Carrot was the number 1 vegetable for our 2013 survey, with corn coming in second place and cucumber in third. Isn't it strange that the 4 most popular vegies all start with the letter 'C'?



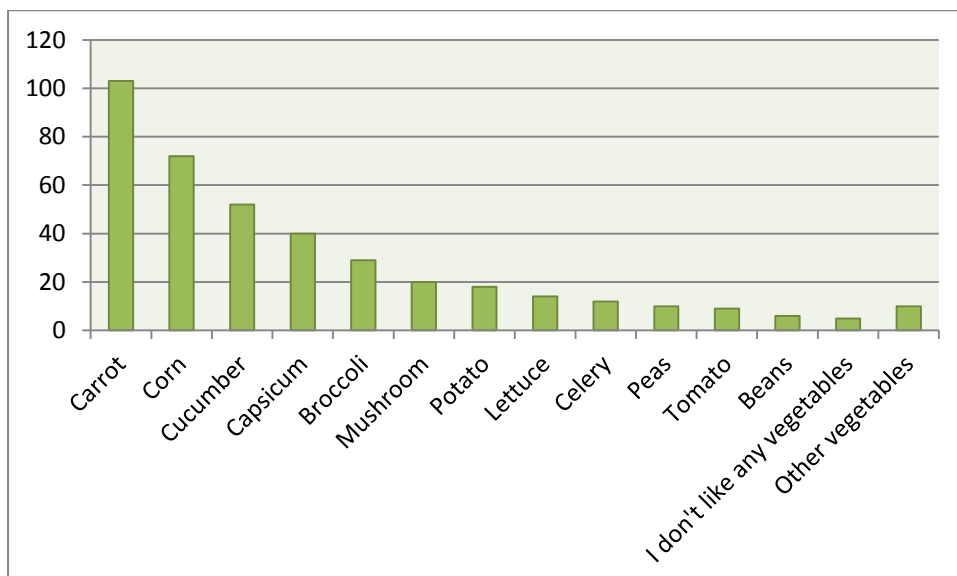
Carrots are the perfect snack for Crunch&Sip® because they're cheap all year round and have a huge crunch factor!

We were pleased to see that only 1.5% of kids surveyed don't like any vegetables (but maybe their favourite vegie just hasn't been tasted yet?)

Questions:

- Do you know where your favourite fruit or vegetable is grown? Are popular choices grown in the same regions?
- Do you know how much fruit and veg you should eat each day? [Click here](#) to find out.
- What part of the plant do different types of fruit and veg come from? Does your favourite come from the ground, a vine or up high in a tree?

	Number	Percentage
Carrot	103	26%
Corn	72	18%
Cucumber	52	13%
Capsicum	40	10%
Broccoli	29	7%
Mushroom	20	5%
Potato	18	4.5%
Lettuce	14	3.5%
Celery	12	3%
Peas	10	2.5%
Tomato	9	2.5%
Beans	6	1.5%
I don't like any vegetables	5	1.5%
Other vegetables*	10	2.5%
Total	400	



* The other vegetables listed were: spinach, pumpkin, sweet potato, sweet corn, snow peas

3. What do you usually eat during recess at school?

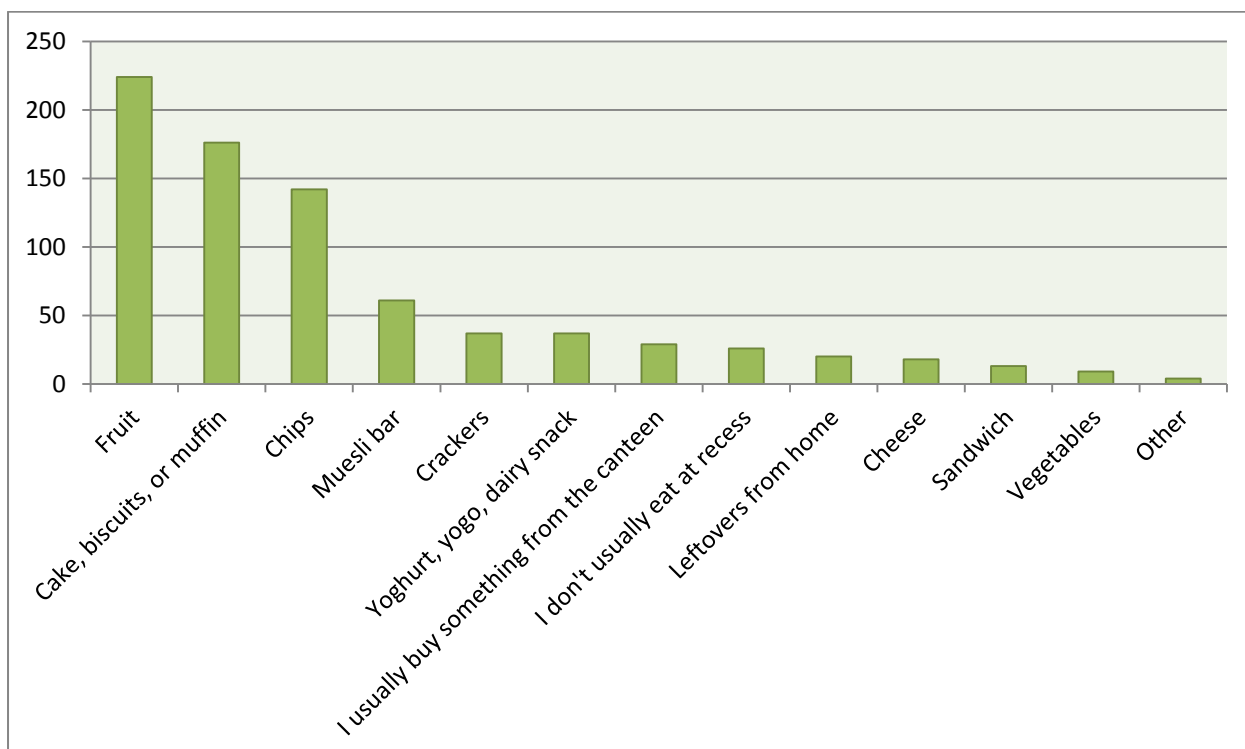
This question may have been a tricky one to answer for WA kids. Your recess might be different every day, or you might have more than one thing for recess (such as a yoghurt AND a piece of fruit). It was pleasing to see that fruit was the most commonly eaten food at recess, and it's also possible that kids buy fruit from the canteen or have healthy fruit muffins.



Questions:

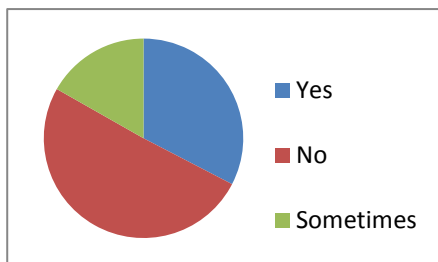
- Why is it important to eat a nutritious snack at recess?
- What things would students or parents consider when packing lunchboxes (e.g. cost, taste, storage etc.?)
- What conclusions can you make from this data? What further questions does it raise?

	Number	Percentage
Fruit	224	28%
Cake, biscuits, or muffin	176	22%
Chips	142	18%
Muesli bar	61	8%
Crackers	37	5%
Yoghurt, yogo, dairy snack	37	5%
I usually buy something from the canteen	29	4%
I don't usually eat at recess	26	3%
Leftovers from home	20	2.5%
Cheese	18	2.5%
Sandwich	13	1.5%
Vegetables	9	1%
Other	4	>1%
Total	796	



4. Are you allowed to eat in your classroom (for example, for Crunch&Sip®)?

	Number	Percentage
Yes	239	33%
No	371	51%
Sometimes	123	18%
Total	733	



5. What did you have the last time you ate in your classroom (like for Crunch&Sip®)?

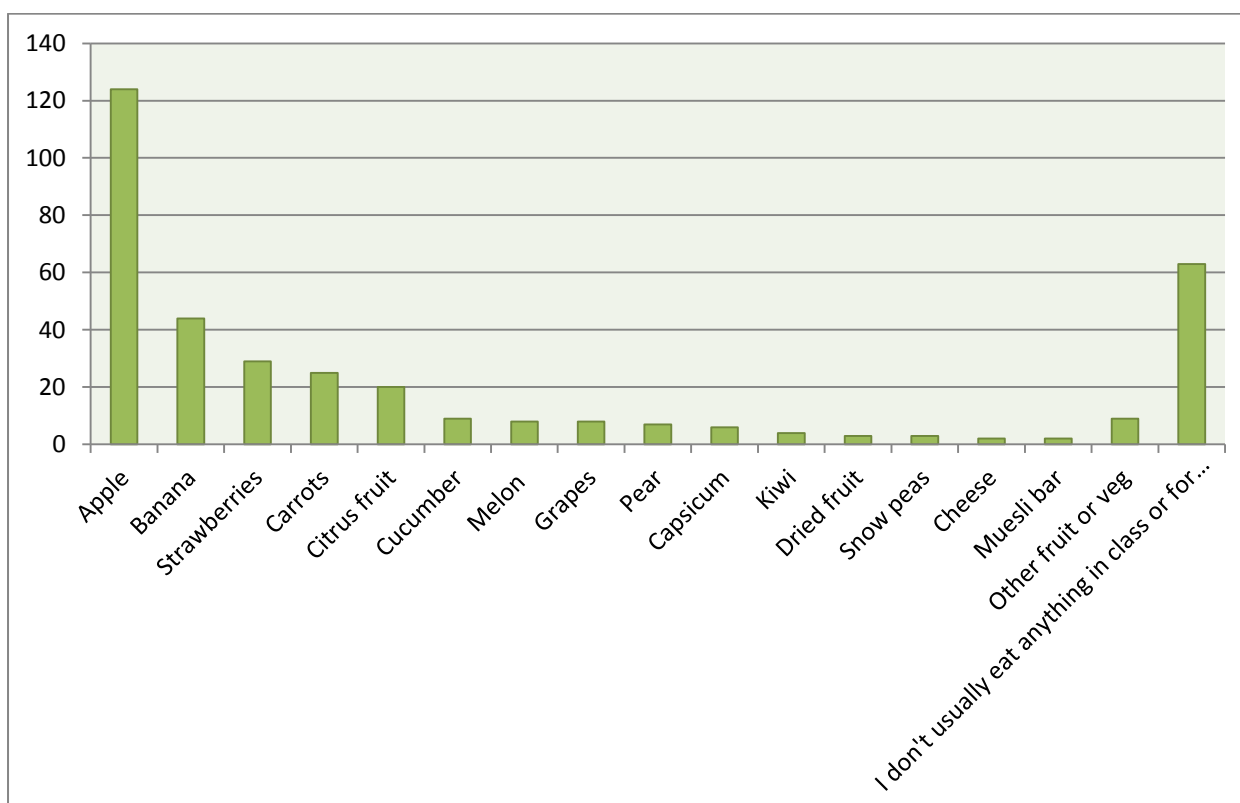
	Number	Percentage
Apple	124	34%
Banana	44	12%
Strawberries	29	8%
Carrots	25	7%
Citrus fruit	20	5%
Cucumber	9	2%
Melon	8	2%
Grapes	8	2%
Pear	7	2%
Capsicum	6	1.5%
Kiwi	4	1%
Dried fruit	3	>1%
Snow peas	3	>1%
Cheese	2	>1%
Muesli bar	2	>1%
Other fruit or veg	9	2%
I don't usually eat anything in class or for Crunch&Sip	63	17%
Total	366	

Apples were the clear winner when it came to most commonly eaten classroom snack. With a heap of different varieties with changing colours and flavours, there's an apple on offer to please everyone!

Other fruit and veg that topped the list all had a common theme of being simple and mess-free.

Questions:

- Why do you think mango does not appear on this list although being the most popular fruit?
- What makes a good Crunch&Sip® snack?
- How many fruit and veg can you think of that don't need any chopping, peeling or preparing before eating?



6. Tell us what you like or don't like about eating in your classroom or Crunch&Sip®

The most common response was that they enjoyed the taste of fruit and veg, other common answers included solving hunger problems during class and giving students a rest and chance to refocus. Many students also listed that they liked Crunch&Sip® because they got to eat healthy foods.

Here's what a few students had to say:

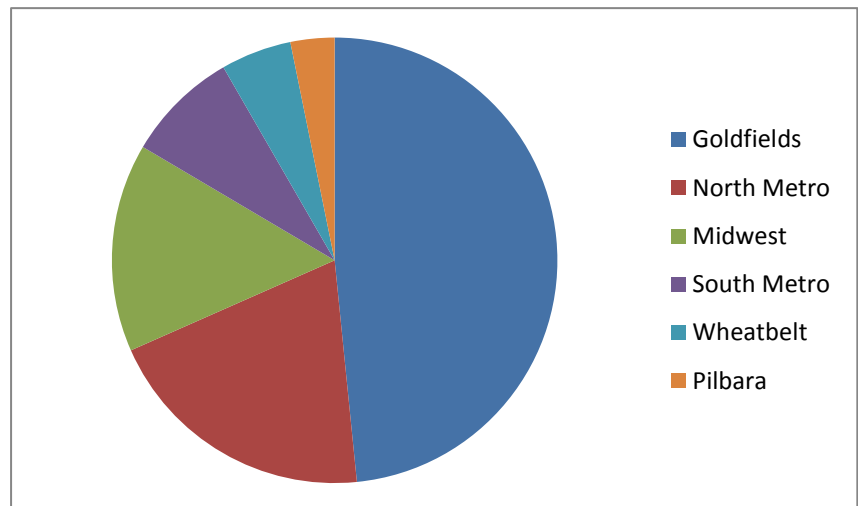
- "I like crunch and sip because when I get hungry I can eat."
- "I like to eat in my class room because then we don't get as hot"
- "It is relaxing and you get to talk with your friends"
- "It helps your brain gain focus"
- "I like that you get time off and you have a rest and eat fruit."
- "I like my fruits all the time because they are yummy :)"



Not all kids like eating in the classroom! Some students were concerned about making a mess or getting sticky fingers. Our recommendation is to bring non-mess fruit and veg into the classroom, such as carrot or cucumber sticks or apple slices.

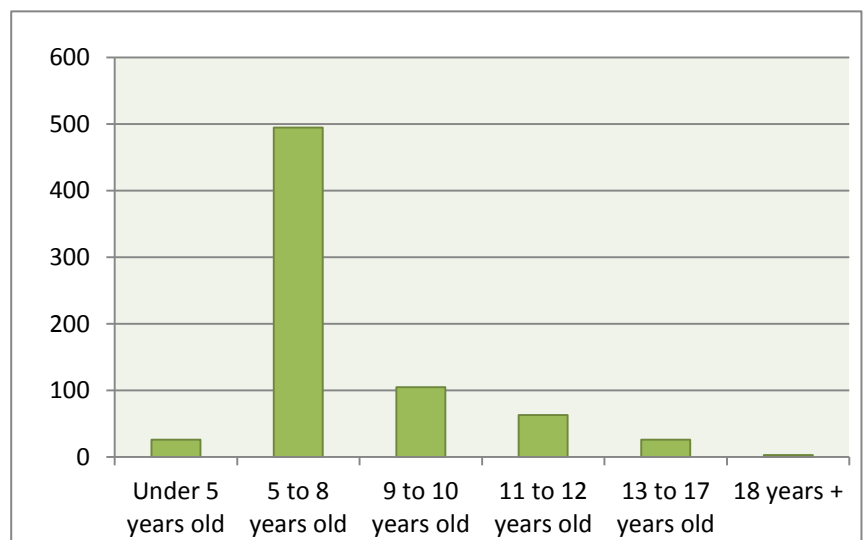
7. School location

Education District	Number	Percentage
Goldfields	349	48%
North Metro	144	20%
Midwest	109	15%
South Metro	59	8%
Wheatbelt	37	5%
Pilbara	23	3%
Total	721	



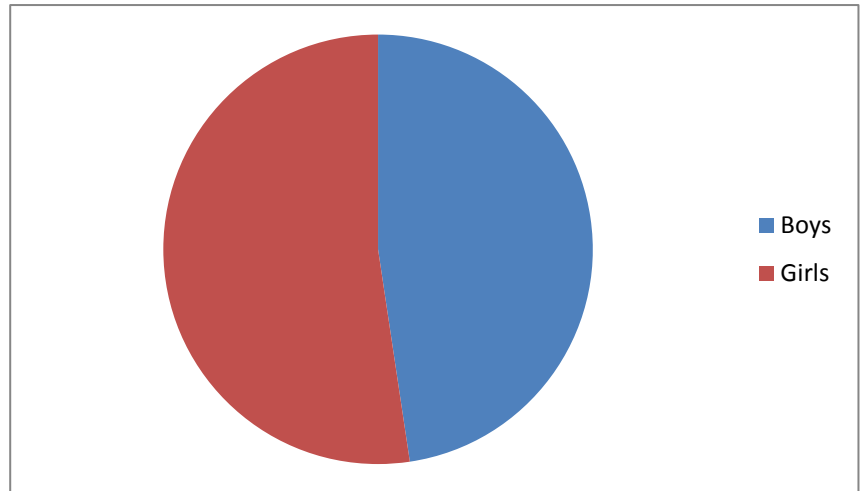
8. Age of respondents

	Number	Percentage
Under 5 years old	26	4%
5 to 8 years old	495	69%
9 to 10 years old	105	15%
11 to 12 years old	63	9%
13 to 17 years old	26	4%
18 years +	3	>1%
Total	718	



9. Gender of respondents

	Number	Percentage
Boys	342	47.6%
Girls	376	52.4%
Total	718	



To *generalise* means to infer or conclude from information. Can you make some generalisations from the Fruit & Veg September student survey data?

Here's some that we made:

- Respondents were generally aged between 5 and 8 years of age
- Many respondents were from the Goldfields
- Apples are a popular choice for eating in the classroom

What other generalisations or conclusions can you make?

After making some generalisations, how do you or your class compare?