

FOOD FOR THOUGHT

1. Which vegetable are chips made from?

Choice	%
Cabbage	3.19
Swede	9.63
Potatoes	82.43
Carrots	3.58
Turnips	1.17

2. Where do potatoes come from?

Choice	%
They grow on trees	3.90
They are grown in the ground	82.50
They come from chickens	9.56
They are grown on a vine	2.28
They are made at the supermarket	1.76

3. Which of the following potato dish is your favourite?

Choice	%
Jacket potato	16.01
Mash potato	20.30
Boiled potato	7.81
Roast potato	16.98
Sautéed Potato	3.58
Croquet	2.34
Potato waffles	5.27
Chips	23.42
Potato wedges	3.25
None of the above	1.04

4. How often do you eat potatoes?

Choice	%
Everyday	9.69
5 times a week	21.73
3 times a week	39.62
Twice a week	18.35
Once a week	5.66
A couple of times a month	3.06
Hardly ever	1.37
Never	0.52

5. Do you know how many portions of fruit and vegetables you should eat each day?

Choice	%
1	3.90
2	6.38
3	11.19
4	12.30
5	62.13
6	2.41
7	1.69
Average: 4.36	

6. Do you like vegetables?

Choice	%
Yes	69.29
No	30.71

7. Which of the following vegetables could you identify if you saw them in a shop? (Tick all those you know)

Choice	%
Potatoes	77.42
Carrots	78.66
Cabbage	60.96
Lettuce	64.67
Onion	77.36
Shallot	16.72
Rhubarb	42.29
Broccoli	65.97
Peas	73.19
Mange tout	20.75
Turnip	35.59
Swede	36.82
Parsnips	43.46
Sweet corn	62.13
Sprouts	65.58
Ocra	7.81
Marrow	23.68
Artichoke	13.14
Asparagus	29.93
Radish	32.99
Runner bean	40.99
Aubergine	13.14
Gherkin	22.51
Courgette	33.51
None of the above	0.78

8. Which of the following fruits could you identify if you saw them in a shop? (Tick all those you know)

Choice	%
Strawberries	37.87
Blackcurrant	2.93
Cherries	8.65
Blueberries	2.73
Banana	15.22
Grapefruit	2.02
Melon	2.67
Passion fruit	1.63
Mango	3.25
Star fruit	1.17
Kumquat	0.78
Kiwi fruit	1.24
Plum	1.30
Peach	1.17
Green gage	0.20
Gooseberry	0.59
Grapes	2.47
Pear	1.17
Apples	6.51
Lemon	4.81
Papaya	0.98
None of the above	0.65

9. Is a strawberry a fruit or vegetable?

Choice	%
A fruit	90.31
A vegetable	9.69

10. Where do apples come from?

Choice	%
They grow on trees	79.25
They grow in the ground	9.37
They grown on vines	6.83
They're made by supermarkets	3.19
They're hand made	1.37

11. How are grapes grown?

Choice	%
They grow on trees	18.15
They grown in the ground	11.19
They grow on vines	65.39
They're made by supermarkets	3.45
They're hand made	1.82

12. How are bananas grown?

Choice	%
They grow on trees	77.94
They grow in the ground	9.89
They grow on vines	7.16
They're made by supermarkets	3.58
They're hand made	1.43

13. Where does milk come from?

Choice	%
From cows	81.20
From sheep	9.11
From pigs	4.42
From bottles in the fridge	2.93
From the milkman	2.34

14. What animal does ham come from?

Choice	%
Lamb	5.07
Pig	75.80
Cow	14.31
Horse	3.25
Sheep	1.56

15. What animal does bacon come from?

Choice	%
Lamb	3.58
Pig	84.71
Cow	6.31
Horse	3.51
Sheep	1.89

16. Have your parents ever told you or shown you how to make any meals?

Choice	%
Yes	73.39
No	26.61

17. Which of the following meals could you prepare yourself?

Choice	%
Beans / spaghetti on toast	45.87
Boiled egg and toast	29.93
Scrambled egg	34.16
Omelet	20.10
Jacket Potato (with cheese / beans / tuna etc)	31.29
I could heat up frozen food in the oven like pizza, oven chips, fish fingers, chicken Kiev etc	39.04
Bacon sandwich	24.85
Spaghetti Bolognese	20.17
Mash potato	24.85
Sandwiches	60.83
None of the above	6.51

18. Do you think you have a healthy diet?

Choice	%
Yes	80.55
No	19.45

19. Would you prefer to spend your pocket money on:

Choice	%
Sweets	53.22
Crisps	20.30
A piece of fruit	12.95
Nuts	5.99
A cereal bar	7.55

20. What is your favourite type of food?

Choice	%
Burger & chips	9.76
Pizza	18.67
Fish & Chips	12.95
Home cooked food like casseroles	8.85
Microwave meals	2.41
Pasta dishes	11.97
Chinese or Indian dishes	9.17
Jacket potatoes with toppings	3.64
Salads	1.56
Food you can just grab out the fridge like yoghurts	1.17
School Dinners	0.52
Sunday roast	14.77
Sandwiches, crisps and snacks	2.21
Other	2.34

Other
kfc
sausages
chicken nuggets
Fish
Home made potato wedges and home made chili con carne with cheese on top
Salmon
noodles
sandwiches
Mac Donald's
sausage and mash
rice and duck
lasagna
soup
chicken fajita
Japanese
spaghetti
chips

21. Do you prefer it when you have home cooked food?

Choice	%
Yes	79.12
No	20.88

22. Do you ever help you parents with any of the following things?

Choice	%
Peeling potatoes	34.35
Peeling vegetables	26.48
Laying the table	56.93
Clearing the table	56.08
Growing vegetables	20.10
Helping with the food shopping	44.70
Packing carrier bags	35.00
Putting food away after a big shop	40.86
Stacking the dishwasher	24.85
Emptying the dishwasher	19.78
Washing up	28.24
Drying up	27.46
None of the above	6.96

23. Do you think you know enough about where food comes from?

Choice	%
Yes	72.02
No	27.98

24. Would you like to know more about where food comes from?

Choice	%
Yes	69.23
No	30.77

25. Where do you learn the most about food?

Choice	%
TV programmes with chefs like Jamie Oliver, Gordon Ramsey etc	12.17
School	24.66
Parents	50.10
Grandparents	6.83
Cookery books	3.84
The internet	2.41

26. Are you vegetarian?

Choice	%
Yes	13.47
No	76.58
No - but I have thought about being a vegetarian	9.95

27. Have you ever been to any of the following shops?

Choice	%
Green grocers	58.04
Butchers	55.76
Bakery	66.23
Fishmongers	32.40
A Farmers market or Farm Shop	36.63
None of the above	7.87