

Fruit and vegetables

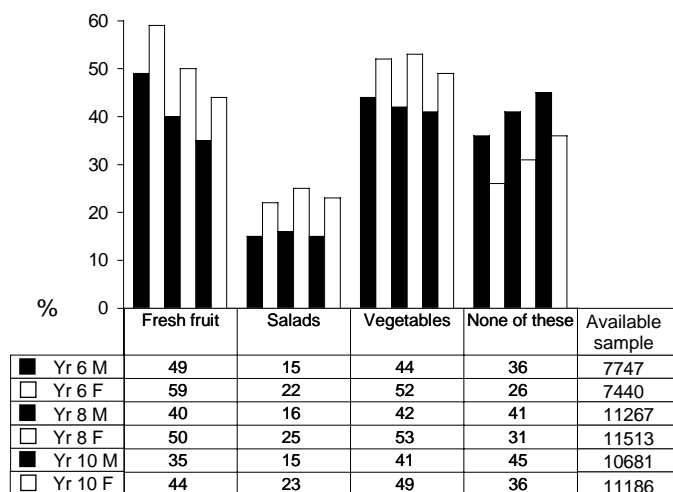
Less fresh fruit and vegetables eaten as pupils get older

Fruit and vegetables in their diet

Responses to eaten 'on most days'.

Please note that all the 'diet' items are offered as a single list, and are not subdivided by content as we have done here.

1. In 2010, less fresh fruit and vegetables were reported eaten as pupils get older. More females than males prefer salads
2. 59% of 10-11 year old females report eating fresh fruit 'on most days' but this has dropped to 44% as reported by 14-15 year old females.
3. 52% of 10-11 year old females report eating vegetables 'on most days' which drops slightly to 49% as reported by 14-15 year old females.



Comments

1. Gender differences are most marked in this section: we may speculate about differences in health and diet consciousness.
2. Up to 25% of the females in secondary school eat salad and up to 53% of them eat vegetables on most days. Is this because they are keen to have a balanced diet or are they choosing food items that have lower calorific content?
3. The tables below show that the more times per. week young people report eating fresh fruit and vegetables they are more likely to report: Having breakfast, Never Smoking, Expecting to achieve 5 A-C GCSEs.

Table % Had breakfast /

	Eating fresh fruit		Eating vegetables	
	%Yr 10 M	%Yr 10 F	%Yr 10 M	%Yr 10 F
Rarely	10	6	8	7
Once a week	21	17	11	13
2-3 times a week	30	29	27	30
On most days	37	48	54	50

Table % Never Smoked /

	Eating fresh fruit		Eating vegetables	
	Year 10 M	Year 10 F	Year 10 M	Year 10 F
Rarely	10	6	8	5
Once a week	20	16	14	11
2-3 times a week	30	28	30	28
On most days	39	50	48	56

Table % 5 A-C GCSE Expectations /

	Eating fresh fruit		Eating vegetables	
	Year 10 M	Year 10 F	Year 10 M	Year 10 F
Rarely	10	6	15	10
Once a week	23	19	21	17
2-3 times a week	31	31	31	32
On most days	34	49	33	41