

Fruit and vegetables

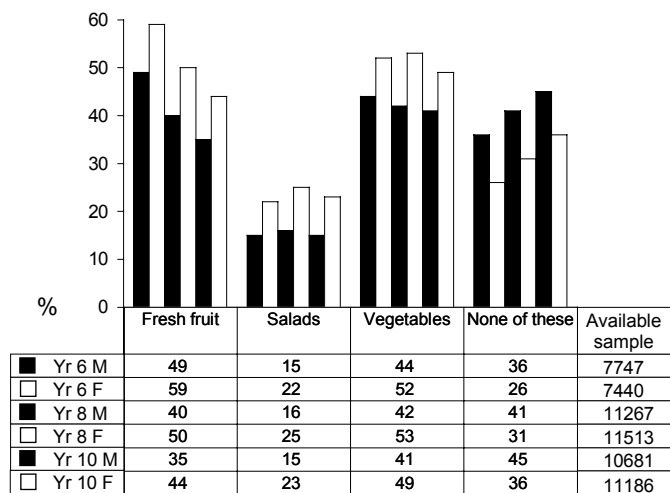
Less fresh fruit and vegetables eaten as pupils get older

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. Less fresh fruit and vegetables eaten as pupils get older. More females than males prefer salads
2. 59% of 10-11 year olds 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 olds 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. We find that the young people who report eating fresh fruit are more likely to eat other healthy items like fish and wholemeal bread.
3. The noticeable decline in consumption of fresh fruit, as they get older, has been reversed since 2004.

Chart: 10-15 year olds who report eating fresh fruit on most days 1999-2010

