

Site: Bells Mill Elementary School **Date of survey:** January 9, 2014

Indicators

1. Consumption of one (1) fruit or vegetable during the current meal.
2. Consumption of at least 75% of meal.

Questions

1. Do you have enough time to eat lunch?
2. Do you like the food you can buy for lunch?
3. Did you eat a fruit or vegetable today at lunch?
4. What food would you like for the cafeteria to serve?

Responses

Question	n	Yes	No
Do you have enough time to eat lunch?	94	65 69%	29 31%
Do you like the food you can buy for lunch?	79	41 52%	38 48%
Did you eat a fruit or vegetable today at lunch?	87	60 70%	27 30%

Table 1

What food would you like for the cafeteria to serve?			
Suggestion		Suggestion	
Cake	1	Fruit bar	2
Mango	1	Tater tots	2
Ravioli	1	Spaghetti	2
Salad	1	Pancakes	2
Cookies	1	Watermelon	2
Eggplant	1	Chicken Nuggets	2
Brownies	1	Pasta	3
Dumplings	1	Bacon	3
Salad bar (a better one)	1	Pomegranates	3
Sandwich bar	1	Grilled Cheese	3
Healthier dessert options	1	Macaroni and Cheese	3
More dairy options (e.g., yogurt)	1	Sushi	4
Ice cream (as a kindergarden snack)	1	Strawberries	4
Chips	2	Candy	10
Pasta	2		

Table 2

Analysis

Students were surveyed during their lunch hour, in the school cafeteria, in group settings. Group sizes varied between 2 and 6 students. Given the setting of an elementary school lunch period, challenges to obtain responses included student distractions and disruptions as well as students completing their meals. Given these challenges, each question in the survey is treated independent of the other questions; therefore, each question provided a unique number of respondents (“n”).

Most students (60%) stated they have enough time to eat lunch. There was no clear majority of opinion regarding the students’ like or dislike of the cafeteria food selection, as 52% said they like the selection and 48% said they dislike the selection.

Most students (70%) stated they had eaten either a fruit or vegetable for lunch. There was a clear majority of students who consumed a fruit or vegetable, as 70% consumed a fruit or vegetable and 30% did not consume a fruit or vegetable.

When asked for foods the students would like the cafeteria to serve, some recommendations were related to the students’ culture and ethnicity and others were result of their exposure to foods. As you can see from Table 2, there is no strong trend regarding preferred food choices. Fruits and vegetables, grains, protein, and dairy options are evenly distributed; the only obvious exception is “candy,” which was mentioned by 10 students.

Regarding the two indicators, we were able to address fruit/vegetable consumption; a clear majority of students consumed a fruit or vegetable during the lunch period, as previously mentioned. We were unable to observe students consumption of their meal; therefore, we are unable to report if students consumed at least 75% of their meal.