

Approach: One to one

Focus: Nutrition

Resources: Menu, recording book

Year: 4 &amp; 8

**Questions / instructions:**

Sunny buys lunch most days, so it's important that he buys healthy food.

**Show menu.**

This list shows all the foods available at lunchtimes.

School Canteen 2006 Menu		
Baked Potatoes (with filling)		Potties of Noodles/Rice
Muesli Bars		Fruit
Hot Dogs		Hot Chips
Yoghurt		Fruit Juice
Meat Pies		Hamburgers
Potato Crisps		Milkshakes
Pizza Slices		Sausage Rolls
Muffins		Ice Creams
Sandwiches		Spaghetti Buns
Biscuits		Chocolate Bars
Filled Rolls (salad)		Sushi
Cakes		Nuts and Raisins

**Marking Criteria****Most healthy list:  
(most often)**

Yoghurt  
Sandwiches  
Filled rolls (salad)  
Fruit  
Sushi  
Nuts and Raisins

**Least healthy list:  
(least often)**

Potato crisps  
Biscuits  
Cakes  
Hot chips  
Sausage rolls  
Icecreams  
Chocolate bars

1. Which foods would give Sunny a healthy lunch?

**Number of foods mentioned from "most healthy" list:**

	year 4	year 8
6	30 (7)	44 (36)
5	27 (26)	30 (29)
4	26 (33)	15 (17)
3	13 (24)	8 (15)
0-2	4 (10)	3 (3)

**Number of foods mentioned from "least healthy" list:**

	year 4	year 8
0	81 (61)	88 (82)
1	17 (29)	11 (17)
2-7	2 (10)	1 (1)

2. Why do you say that? not marked

3. Which foods shouldn't Sunny buy too often because they are not so healthy?

**Number of foods mentioned from "least healthy" list:**

	year 4	year 8
7	15 (10)	25 (11)
6	22 (12)	20 (21)
5	21 (20)	19 (25)
4	22 (25)	19 (14)
3	11 (21)	10 (16)
0-2	9 (12)	7 (13)

**Number of foods mentioned from "most healthy" list:**

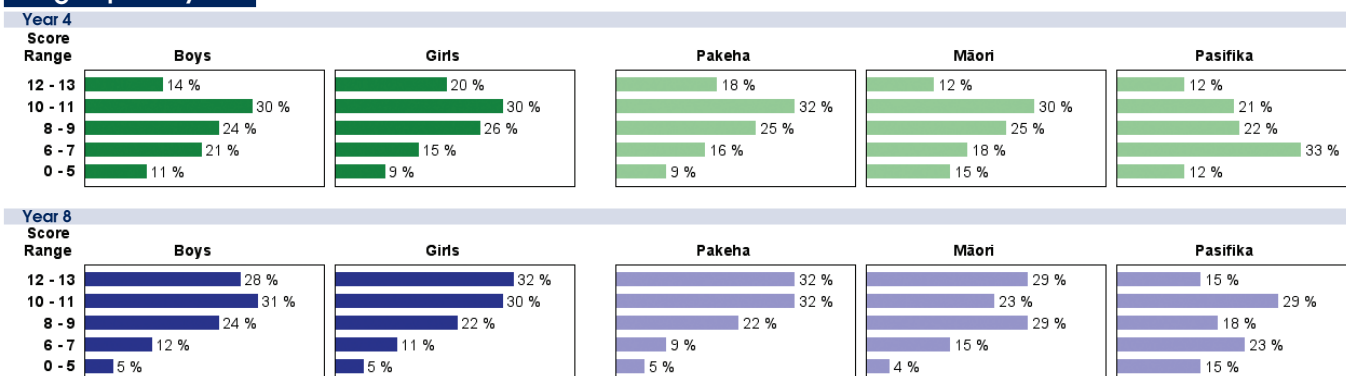
	year 4	year 8
0	78 (72)	93 (91)
1	17 (21)	6 (9)
2-7	5 (7)	1 (0)

4. Why do you say that? not marked

5. You've told me which foods would give Sunny a healthy lunch, but are they your favourite foods on the list? not marked

6. If you were given a free choice to buy whatever you like, what would you buy? not marked

Total score:	12-13	17 (7)	30 (16)
	10-11	30 (14)	30 (31)
	8-9	25 (26)	23 (29)
	6-7	18 (30)	12 (16)
	0-5	10 (23)	5 (8)

**Subgroup Analyses:****Commentary:**

Most students scored well on this task. Muesli bars and fruit juice were often put in the most healthy list, while attention to fat content had many students putting hot dogs, hamburgers and pizza slices into the least healthy list. Year 8 Pasifika students scored distinctly lower than other year 8 groups. There was a marked improvement from 2002 to 2006, especially for year 4 students.