

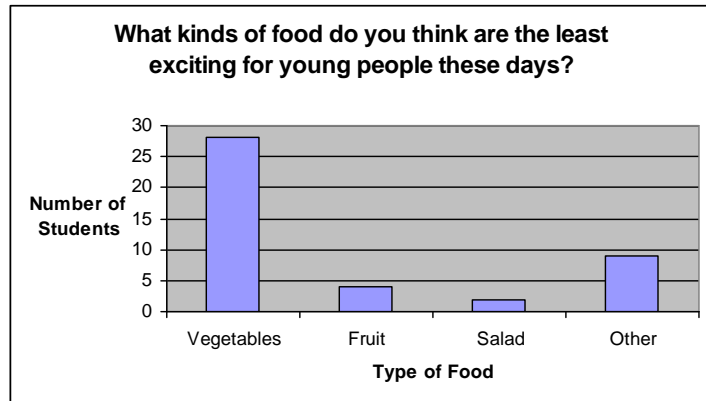
Young People's Food Survey – The Results

Young people of second year at The Berwickshire High School were asked to fill out food survey questionnaires in their Home Economics classes on the 17th December 2008. 47 questionnaires were completed in total.

QUESTION 1

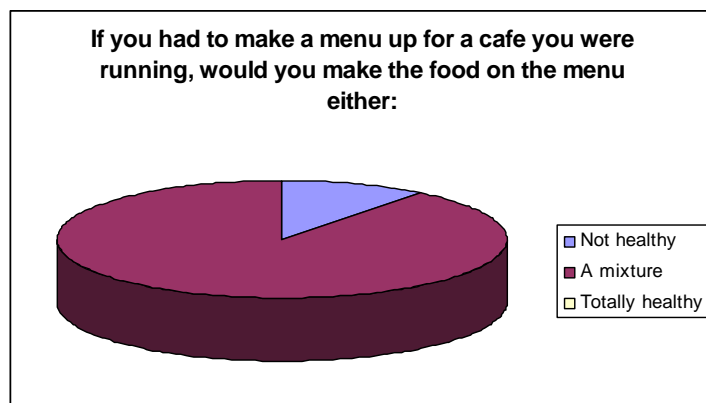
As you can see, a huge majority least favour vegetables in their diets.

Maybe we can find a way of making vegetables more exciting and appealing.



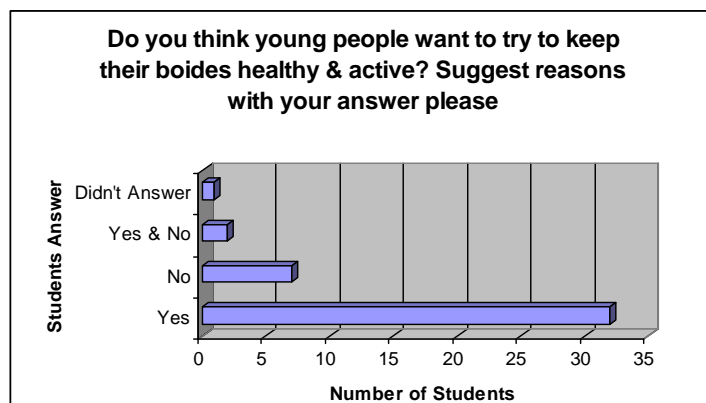
QUESTION 2

It was felt that students obviously like to be able to decide what they eat. Factors which could influence this are: mood, time of year, peer pressure, advertisements etc...



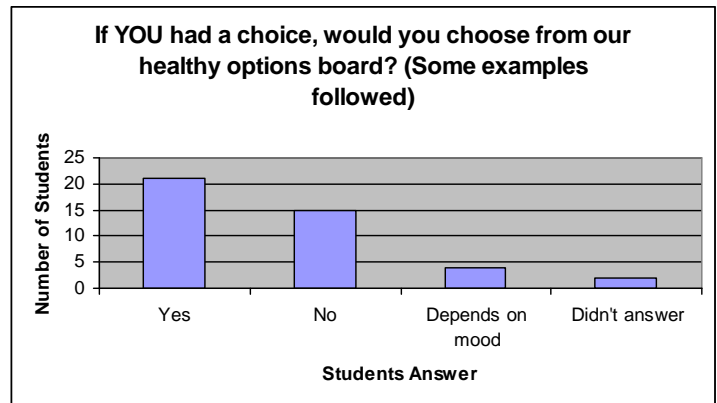
QUESTION 3

Students mainly felt strongly for yes. Main reasons included looking good and to avoid bullying. Students who answered yes and no felt that they needed a mixture of lifestyles to be healthy and students who answered no felt that they are who they are!



QUESTION 4

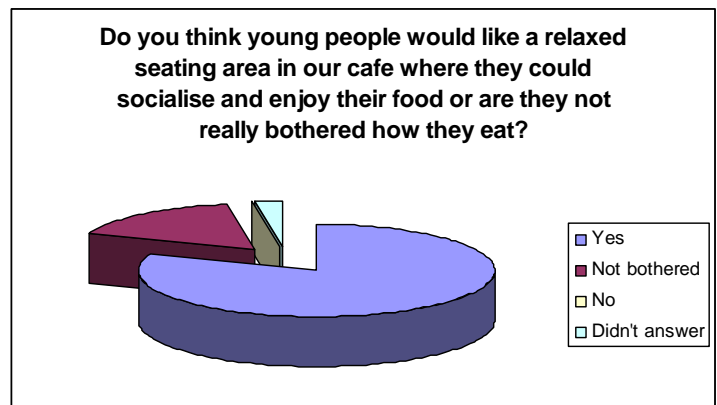
The gap between yes and no is tight. Comments from students answering yes were "Yummy" and "Delicious". The choice of food mainly comes from family eating habits. Development could take place pushing 'healthy options' for our young people's benefit.



QUESTION 5

Relaxed seating area it is! Reasons being: place to socialise, chat etc... Reason for not bothered was because it depends how the food is.

This proves a relaxed seating area could draw some more young people into the café.



This survey was carried out as evidence of improving our food services for **NHS Borders: Community Food Grant**. Our thanks go to NHS Borders for supporting The Connect Café at Coldstream Youth Project.



Thank you to all who took part in this survey. More information about Coldstream Youth Project's services can be found at www.coldstreamyouthproject.org