

## Appendix One

### Free Healthy School Meals (FHSM) Children's Survey Outcomes 2014

- 1 The evaluation framework for the FHSM programme set out a number of aims.
- 2 As part of the evaluation, we were looking for changed attitudes to food and nutrition by children, as well as positive child feedback on the impact of the FHSM programme on children's eating habits.
- 3 There were 142 year three (school year 2013/14) children surveyed, of these 134 children had a school lunch (94%).
- 4 The children were asked to rate the lunch, 76% rated the meal as okay, good or very good.
- 5 62% of children confirmed, that they had been encouraged to try new foods at school.
- 6 80% of children confirmed that they eat different food at school than at home.
- 7 As part of the survey, food likes and dislikes were recorded, as this group of children continue through the school, this continues to present opportunities to measure children's changes in attitude to types of food.
- 8 There was a large range of foods identified by the children the most popular food items were chips at 46% (62% last year), burgers at 48% (36% last year) and roast dinners at 46% (36% last year). Vegetables as an unpopular food have dropped from 48% to 37%.
- 9 The likes and dislikes of foods were split by gender, but in fact the results showed there was no difference between girls and boys in their choices of liked and disliked foods.