



The Food You Eat at School Survey Template

Introduction:

Thank you for taking part in this short survey. It should take you around ten minutes to complete.

This survey has been sent to all pupils at XXXXX. It asks you what you think about the food you eat and the dining experience at school.

We would really like to hear your views. This will help us make important choices around the school's food and dining environment.

Your answers will be anonymous, we don't ask for your name, and won't identify you in any reports.

There are no right or wrong answers, so please tell us your views. If you can't answer a question, please skip it, and move to the next one.

This survey has been sent out by XXXXX. It has been shaped by the school with help from North Yorkshire Public Health and North Yorkshire Healthy Schools.

The survey closes on XXXXX. If you have any questions, please speak with XXXXX

The food you eat at school:

We are interested in your views on food provided at school.

Please tell us your view about each of the following statements: (Please tick one answer per statement)

(table / matrix format - Tick options - Strongly agree, agree, neither agree/disagree, disagree, strongly disagree, don't know).

	Strongly agree	Agree	Neither agree / disagree	Disagree	Strongly Disagree	Don't know
I enjoy / like school meals						
School meals offer healthy options						
School break times offer healthy options						
There are always fruit and vegetables on offer						
School meals offer a variety of choices each day .						
School meals offer a variety of choices across the week .						
I can always access free drinking water						
School offers choices for different dietary requirements / allergies.						

Which of the following descriptions fits you best? (Please tick one)

- I mainly eat school lunches
- I mainly eat a packed lunch from home
- I eat a mixture of packed lunches and school lunches
- I buy / bring in food from shops on the way to school

Lunchtime: school meals / food

If you have school meals / school food at lunchtime, what do you usually choose? (Tick all that apply)

- A sandwich

- A panini
- A hot dinner
- Grab and go food (e.g. pizza)
- Traybakes
- Fruit
- I don't have school meals / food at lunch time.
- Other (please tell us more) (Open ended box to follow)

If you have school meals /school foods at lunchtime, why do you choose them (Tick all that apply)

- Easy / quick to eat
- Cost
- Taste
- More filling
- More healthy
- My parents / family tell me to
- My friends do the same
- I don't have school food / meals at lunch time.
- Other (Please tell us more)

If you have school meals / food at lunchtime do you choose the same school food every day? (Tick one)

- Yes,
- No,
- Some of the time
- I don't have school food / meals at lunch time

Packed lunches

If you bring a packed lunch from home, why do you have a packed lunch? (Tick all that apply)

- My family tell me to
- I can have food I like
- I can sit with my friends
- My family say it's cheaper
- I don't like school meals
- I don't bring a packed lunch
- Other (please tell us more) (open ended response box)

If you don't choose to buy food from school, or only buy this some of the time - what stops you? (Tick all that apply)

- Don't like the atmosphere
- Slow service

- Not enough choice of food
- Too expensive
- Payment process –e.g. I don't know how much money is on my account / can't use the machines easily
- Food not healthy
- Food doesn't cater to my dietary requirements
- Don't like food on offer
- Friends don't buy food
- Portions too small
- Parents don't want me to
- Queues are too long
- Not applicable – none of the above stop me
- Other (please tell us below) (include open ended response box)

Drinks

Do you have a drink with lunch / food? (Tick one)

- Yes, everyday
- Yes, some days
- No
- Unsure

If yes (every day / some days), what drink do you have at school? (Tick all that apply)

- I have water provided by the school
- I buy a bottled drink from the canteen
- I buy a drink in a carton from the canteen
- I buy a hot drink from the canteen
- I bring my own drink from home
- I buy a drink from the shops on the way to school
- Other (please tell us below) (include open ended response box)

Food other than lunch: Breaktimes

Thinking about eating food at breaktimes:

Do you eat food at break time at school? (Tick one)

- Yes,
- No,
- Sometimes

If yes / sometimes, do you: (Tick all that apply)

- Buy this at school
- Bring this from home

- Buy food on the way into school from shops.

**If you buy food from school at break time, please tell us the items you usually choose:
(Open response)**

If you buy food from school at break time do you choose the same food every day? (Tick one)

- Yes,
- No,
- Some of the time
- I don't buy food from school at break time

Do you ever eat your lunch at break time? (Tick one)

- All the time,
- Most of the time,
- Some of the time,
- Rarely,
- Never.

If you choose to eat your lunch at break time, why is this? (Tick all that apply)

- Lack of time at lunchtime
- Queues are too long at lunchtime
- Want to spend more time with friends at lunchtime
- I'm hungry by breaktime
- Better choice of food
- Cost / how much money I have to spend
- Timing of lunch break
- I don't eat my lunch at break time
- Other (please tell us below) **(Include open response box)**

Food other than lunch: Breakfast clubs

Do you eat breakfast / have a drink before you go to school? (Tick one per line)

	Yes	No	Sometimes
Eat breakfast before school			
Have a drink before school			

Would you like to be able to have breakfast at school at the start of the school day? (Tick one)

- Yes,

- No,
- Unsure

What would encourage you to use a breakfast club? (Tick all that apply)

- Variety of food
- Healthy foods such as toast, cereals and fruit
- Cheap food
- Parents wanting me to go
- Friends going
- Activities / social space
- Nothing - I wouldn't use a breakfast club
- Other (please tell us below) **include open response box**

Food other than lunch: Food from shops

- **Do you buy food from shops on the way to and from school? (Tick one)**
 - Yes,
 - No,
 - Sometimes.
- ***If Yes / sometimes (filter), What types of food do you buy? (Tick all that apply)***
 - Sandwiches
 - Sweets
 - Crisps,
 - Fruit,
 - Chocolate,
 - Sausage rolls / pastries
 - Fast food
 - Fizzy drinks
 - Juice
 - Water
 - Hot drinks
 - Other (please tell us) **(include response box)**
- ***If yes / sometimes (filter) Why do you choose to buy food from shops? (Tick all that apply)***
 - Cost,
 - Taste,
 - Convenience,
 - Hunger / thirst
 - Friends do the same
 - Choice
 - Other (Please tell us) **(include response box)**

Food you would like to see at school.

Thinking about how food at school could be improved:

Would you use a salad bar? (Tick one)

- Yes,
- No,
- Unsure

Would you be interested in a meal deal option for cold foods (e.g. sandwiches, yogurts, salads, traybakes, drinks etc) (Tick one)

- Yes
- No,
- Unsure

If yes (filter), what items would you like to see in a meal deal? (Pick top 3)

- Sandwich / panini
- Fruit pots
- Traybakes
- Yogurts
- Salad
- Drink
- Other (please state)

Would meal deals encourage you to try new sandwiches / healthier options? (Tick one)

- Yes,
- No,
- Unsure

Have you got anything else you would like to see on the menu at school? (Open ended)

The dining / lunch time experience:

Do you get enough time to eat lunch? (Tick one)

- Yes,
- No,
- Unsure

Do you think you have lunch time at the right time of the day? (Tick one)

- Yes,
- No,
- unsure

If No (follow on)– should this be earlier or later?

- Earlier
- Later
- Don't know

Please tell us your view about each of the following statements (Tick one answer per statement): (Table / matrix format)

	Strongly agree	agree	Neither agree / disagree	disagree	Strongly disagree	Don't know
The dining hall is too noisy						
The dining hall is good to eat in						
The dining hall is a good social space						
The dining hall is too busy						
The dining hall has enough seating						
There should be more space to eat						
The outside space is good to eat in						
Queues are too long						

Food in schools – pupils knowledge and feedback

Are you taught about food and health in school? (Tick one)

- Yes,
- No,
- Not sure

Do you get a chance to try tasters of new foods at school? (Tick one)

- Yes
- No,
- Not sure.

Would you like to do this? (Tick one)

- Yes,
- No,
- Not sure

Have you been taught about the relationship between food and climate change in school?

(Tick one)

- Yes,
- No,
- Not sure

Have you considered changing your diet to help the environment? (Tick one)

- Yes,
- No,
- Not sure

If *yes (filter)* What do you think a planet friendly diet might look like? (Open response)