

Apples, spuds and roast dinners top of the class with children, new survey reveals

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Roast dinners, apples and spuds come out on top as the firm favourites with children when it comes to what they like to eat, with curries, sprouts and pineapples at the bottom of the pile, according to a new survey released today by The Stroke Association.

The Stroke Association conducted a survey of children aged 4 to 16 years old to understand what foods they polished off their plates, how often, and what they pushed to one side. The survey sampled over 900 children across England and Wales over eight weeks.

The survey was conducted as part of The Stroke Association's forthcoming Stroke Awareness Week, which runs from 4th-10th October 2004. This year's theme is 'Eat a Rainbow-Beat a Stroke' and is particularly aimed at children aged 4-11 years old. Eating at least five portions of fruit and vegetables a day has been shown to reduce a person's risk of stroke by a third. Stroke Awareness Week aims to help children understand the benefits of eating a colourful diet full of fruit and vegetables and gives them the tools to do it.

Summarising the questions asked:

Children's favourite fruit?

1. 23% of respondents chose Apples
2. 20% of respondents chose Grapes
3. 12% of respondents chose Bananas

Children's least favourite fruit?

1. 29% of respondents chose Tomatoes
2. 17% of respondents chose Pineapples
3. 16% of respondents chose Kiwi

Children's favourite vegetable?

1. 32% respondents chose Potatoes
2. 30% of respondents chose Carrots
3. 13% of respondents Broccoli

Children's least favourite vegetable?

1. 37% of respondents chose Brussel Sprouts

2. 16% of respondents chose Spinach
3. 14% of respondents chose Broccoli

How many different kinds of fruit do children eat daily?

1. 29% of respondents eat two different kinds of fruit daily
2. 22% of respondents eat either one or three different kinds of fruit daily
3. 10% of respondents eat four different kinds of fruit daily

How many different kinds of vegetables do children eat daily?

1. 25% of respondents eat either two or three different kinds of vegetables daily
2. 15% of respondents eat one kind of vegetable daily
3. 14% of respondents eat four different kinds of vegetables daily

What are children's favourite meals?

1. 20% of respondents chose Roast dinners
2. 15% of respondents chose either Chinese meals or pasta meals
3. 10% of respondents chose fish and chips

What are children's least favourite meals?

1. 17% of respondents chose curries
2. 15% of respondents chose either baked beans on toast or salads
3. 11% of respondents chose Chinese meals

Where do children learn about healthy eating?

1. 52% of respondents learn from their parents
2. 22% of respondents learn from their teachers
3. 13% of respondents learn from TV programmes

What foods do children think form part of a healthy diet?

1. 29% of respondents think fruit is healthy
2. 27% of respondents think vegetables are healthy
3. 12% of respondents think fish is healthy

What foods do children think form part of an unhealthy diet?

1. 33% of respondents think chocolate is unhealthy
2. 21% of respondents think red meat is unhealthy
3. 17% of respondents think cheese is unhealthy

"It's encouraging to see that children have a good awareness of healthy eating. What's important now is to help them understand why maintaining a healthy diet is a vital part of their future well-being." commented Sam Harding of The Stroke Association.

Members of the public wishing to get further information on Stroke Awareness Week should contact The Stroke Association on 01604 623919, e-mail strokeawareness@stroke.org.uk or visit The Stroke Association's website on www.stroke.org.uk

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For media enquiries, please contact the Media team at The Stroke Association on 020 7566 0328, e-mail [Media Office](#)

Please note that we have an ISDN facility

Stroke Information Help line: 0845 30 33 100

Notes to editor

1. The Stroke Association conducted a survey on children's eating habits across England and Wales. 949 children participated in the survey. A full breakdown of results is attached.

2. Each year over 130,000 people in England and Wales have a stroke. Of all people who suffer from a stroke, about a third are likely to die within the first 10 days, about a third are likely to make a recovery within one month and about a third are likely to be left disabled and needing rehabilitation. Stroke has a greater disability impact than any other medical condition. A quarter of a million people are living with long-term disability as a result of stroke in the UK.

3. The Stroke Association is the only national charity solely concerned with combating stroke in people of all ages. It funds research into prevention, treatment and better methods of rehabilitation and helps stroke patients and their families directly through its community services. These include dysphasia support, family support, information services, welfare grants, publications and leaflets. We also campaign, educate and inform to increase knowledge of stroke at all levels of society and we act as a voice for everyone affected by stroke.

4. A stroke happens when the blood supply to the brain is disrupted. Most strokes occur when a blood clot blocks the flow of blood to the brain. Some strokes are caused by bleeding in or around the brain from a burst blood vessel. When the blood supply is disrupted, parts of the brain become damaged or destroyed. Some strokes are fatal whilst others can cause permanent or temporary paralysis to one side of the body and loss of the ability to speak, read or write. Recovery may be slow and can vary from person to person.