



The Department of Health recommends that everyone eats at least five portions of fruit and vegetables each day. This reduces the risks of cancer, coronary heart disease, and many other chronic diseases.

In this activity you will investigate to what extent people follow this advice, and how diet varies with age, gender or other characteristics.

Information sheet

One adult portion of fruit or vegetables weighs 80 grams.

One portion for a child is roughly the amount they can fit in the palm of their hand.

What counts towards your five a day?

- fresh fruit
- dried fruit
- tinned fruit in natural juice
- green vegetables
- cooked vegetables
- salad vegetables
- tinned and frozen vegetables
- fruit juices and smoothies
- fruit and vegetables in ready-made foods.

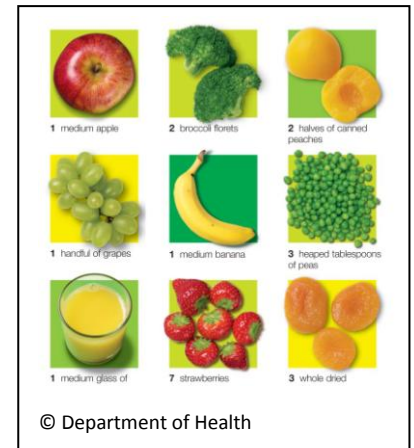
What does not count towards your five a day?

- potatoes
- pulses and beans count as a maximum of one of your five a day
- fruit juice counts as a maximum of one of your five a day
- smoothies count as a maximum of two of your five a day.

National Health Service plan

The National Health Service plan highlights diet and nutrition for action to improve people's health. Many people need to reduce fat, sugar and salt in their diet, and to eat more fruit and vegetables. The main barriers to eating more fruit and vegetables are:

- access and availability of good quality affordable fruit and vegetables
- attitude and awareness of the benefits of including five a day in your diet.



Worksheet Five a day: investigating what people eat

Collect data to investigate what people eat.

You need to:

- design a suitable data collection sheet and use it to collect data
- use a spreadsheet or table to display the results of your data collection
- use your data collection sheet to compare the data
- use an appropriate statistical diagram to compare the data
- draw conclusions and summarise your findings.

Think about

- which measures of location and spread you can use to compare your data
- which statistical diagrams you can use to illustrate the comparison.

Try one of these

1 Investigate to what extent people follow government advice on eating five portions of fruit and vegetables a day.

You need to collect and analyse data on the number of portions of fruit and vegetables people eat per day. Compare this with the recommended five portions a day.

2 Investigate how diet varies with age or gender or other characteristic.

You need to collect and analyse data on the number of portions of fruit and vegetables people eat per day by age or gender or other characteristic. Then compare this with the recommended five portions a day.

3 Investigate in what ways a 'typical' diet has changed in recent years.

You need to collect and analyse data on the number of portions of fruit and vegetables people eat per day now. Compare this with the number of portions before the five portions a day campaign.

At the end of the activity

Consider whether you used a suitable sample to draw conclusions, and whether you used the best measures of location and spread.

Check that your results make sense. Are they what you expected?