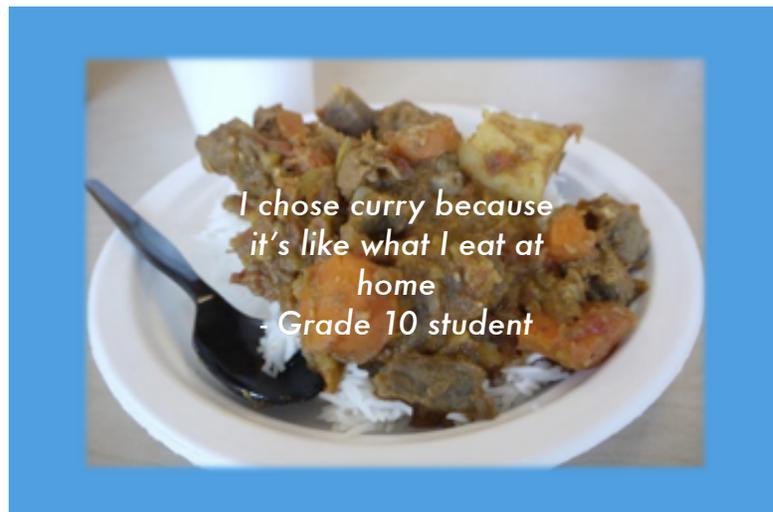


Think & Eat Green @ School

FOCUS ON FOOD STUDY RESULTS



What did we want to learn?

- How do secondary school students decide what to eat?
- What are students' opinions about topics like fast food, dieting, sustainable eating, and healthy eating?

Many students asked critical-thinking questions like, "Why exactly is organic better for the environment?"

They also noticed that "fast food is everywhere!" and that this is a challenge for healthy eating. They shared some smart tips like: keep a refillable water bottle and a healthy snack nearby - just in case.

What did we do?

- We hosted small focus groups with sixty grade 10 students (80% girls) from four secondary schools to talk about food topics that matter to them.

What did we find?

Many students said they would like to eat more veggies, fruits, and "real" foods in order to be healthy and feel good. They brought up topics like Genetically Modified Organisms, pesticides, animal welfare, food advertising, organic, and local food. They said that foods labeled 'organic' or 'natural' seem like good choices, but they were not always sure what these terms mean.



Think & Eat Green @ School is a

Community-University Research Alliance with the goal to support healthy and sustainable school food systems.



Think & Eat Green @ School

works with elementary and secondary schools in the Vancouver School Board to support learning innovations and research in growing, preparing, sharing and composting food.

This is a report of what we found from a research project called **Focus on Food**

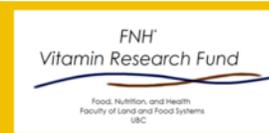
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