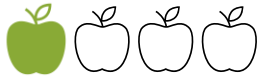


# Healthy eating

PWS 2024



**1 in 4**

Pupils eat '5 a day'



Declined slightly since 2022, most notably in Black British pupils

## Pupils less likely to eat '5 a day'

- Black African (17.3%), Pakistani (12.1%)
- Eligible for FSM\* (19.8%)
- Low Mental Wellbeing (17.7%)
- Known to social care (13.9%)
- 4+ ACEs (10.7%)
- Disability (16.7%)




## Pupils eating '5 a day' more likely to:

- exercise the recommended amount
- sleep the recommended amount
- say they enjoyed school, tried their best and learnt a lot at school





## Things to work on...

**1 in 2** Eat unhealthy snacks every day 


**1 in 4** Missed a meal due to food poverty

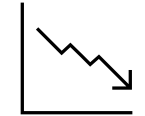
Regularly missed a meal due to food poverty **1 in 20**


**1 in 10** Secondary & post-16 pupils self reported an eating disorder – higher in girls 


**1 in 5** Drink sugary drinks every day, strong link to deprivation 

## Things going well...

**2 in 3** Eat breakfast daily 



Reduction in worrying about appearance 

**1 in 4** Want advice about cooking skills 



**1 in 6** Want advice about eating healthily

**8 in 10**

