

Healthy eating



1 in 4

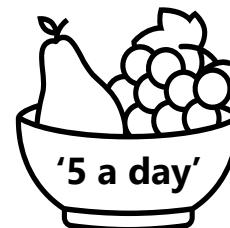
Pupils eat '5 a day'



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...

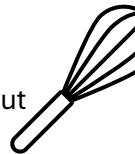
2 in 3 Eat breakfast daily



Reduction in worrying about appearance



1 in 4 Want advice about cooking skills



1 in 6

Want advice about eating healthily



8 in 10

