

Abstract 304779: Does selection of foods in the school cafeteria by 6-8 year olds translate into consumption? Results of a cafeteria observation study

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Text description of graphic slides

Slide 7

Here is an example of two digital photographs taken during cafeteria observations. On the left is a digital photograph of a cafeteria tray taken after the student has selected all of his/her food items and before he/she has eaten lunch. This photograph was used to collect data on food group selection. Going top left to right, it contains lowfat milk, fruit (apple), whole grain (whole grain pasta), vegetable (broccoli) and lean protein (chicken). On the right is a digital photograph of the same cafeteria tray taken after the student has completed eating lunch. It is used for consumption data. In the center is a plastic cup with some milk left, this would be coded as 50-90% consumed, on the top left the apple only has core left so it would be coded 50-90% consumed, on the bottom right some pasta is left so it is coded 50-90% consumed, no broccoli is left so it is coded 100% consumed and on the bottom right more than half of the chicken is left so it is coded <50% consumed.

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Here is a bar graph showing the selection and consumption of five food groups targeted by the CookShop Program. Each bar represents a food group, fruit, vegetable, whole grain, lowfat milk and lean protein. The bar represents all 274 of the students in this sample it is divided into percentage of students who did not select the food group item, selected to food group item but did not consume any of it, students who consumed less than 50% of the food group item, students who consume 50-90% of the food group item and students who consumed 100% of the food group item.

For the fruit group, the first bar on the left, 42% of students did not select fruit and 31% consumed at least half of their fruit. Vegetables had the lowest consumption. For the vegetable group, the second bar to the left, 42% of students did not select vegetables and almost 14% consumed at least half of the vegetables. For the whole grains group, the middle bar, 45% of students did not select whole grains and 23% consumed at least half of the whole grains. For the lowfat milk, the second bar to the right, 44% of students did not select lowfat milk and almost 27% consumed at least half of the lowfat milk. Lean protein had the highest selection and consumption. For the lean protein, the first bar on the right, 25% of students did not select lean protein and almost 37% consumed at least half of the lean protein.

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This bar chart presents the percent of students selecting and consuming vegetables by the level of noise observed in the cafeteria on the day of observation. A higher percentage of students in the low noise cafeteria group consumed 100% and 50-90% of their vegetables than students in the high noise cafeterias (12% vs 7.2% and 8.3% vs 2.4% respectively).

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This bar chart presents the percent of students selecting and consuming lowfat milk by seating capacity or crowding observed in the cafeteria on the day of observation. Seating capacity was broken into three groups: <50% full, 50-75% full and 76-100% full. A higher percentage of students in the 50-75% seating capacity cafeteria group consumed 100% and 50-90% of their lowfat milk than students in the <50% and 76-100% seating capacity cafeterias (18.9% vs 10.6% & 14.3% and 18.9% vs 8.6%&16.3% respectively).

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This bar chart presents the percent of students selecting and consuming whole grains by whether teachers ate lunch in the cafeteria on the day of observation. A higher percentage of students in the group where teachers ate lunch in the cafeteria consumed 100% and 50-90% of their whole grains than students in the cafeterias where teachers did not eat lunch (25% vs 10.4% and 45% vs 10.4% respectively).

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This bar chart presents the percent of students selecting and consuming whole grains by length of lunch period on the day of observation. A higher percentage of students in the group where the lunch period was 30 minutes or longer consumed 100% and 50-90% of their whole grains than students in the cafeterias where lunch periods were less than 30 minutes on the day of cafeteria observation (24.3% vs 5.9% and 25.2% vs 8.2% respectively).

Slide 18

This bar chart presents the percent of students selecting and consuming fruit by food packaging ease of use or whether fruit was cut up or served whole. A higher percentage of students in the group where the food packaging use was easy consumed 100% of their fruit than students in the cafeterias where food packaging was not easy (28.0% vs 19.0%).