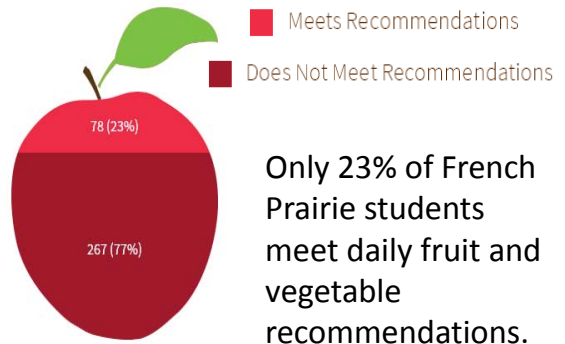
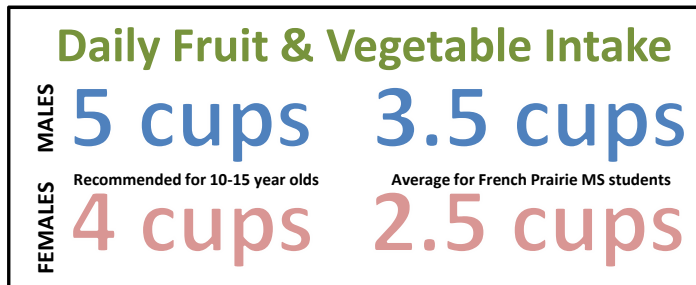


Let's Get Healthy! visited French Prairie Middle School on October 17th, 2013 and collected research data from 483 French Prairie students.

345 students completed the diet station and their results are shown below.



Breakfast

- 71% of students decide for themselves what they eat for breakfast.

Lunch

- 34% of students said that the school decides what they eat for lunch.

Dinner

- Most students (80%) said that their parents decide what they eat for dinner.



One in eight students said they "never" or "rarely" eat breakfast.
About half (47%) of students said they think about what they eat most days.

DAIRY INTAKE



9 out of 10 French Prairie students consume more sugar than recommended!



Did you know?

It is recommended that females consume less than 6 teaspoons per day and males consume less than 9.

Only 12% of students thought that **students in their school** would meet recommendations for healthy diet. Over one fourth (28%) of students said they thought **their own diet** would meet recommendations.

2.3x

On average, at French Prairie, students are consuming **2.3 times more** sugar than recommended.