

## Nutritionist Survey Method 2: Assessing Fruit and Vegetable Foods

### Fruit and Vegetable Sleuthing (Tracking)

Over the next three days, keep track of the fruits and vegetable you eat. Eat the way you normally do. This exercise will help you identify the fruit and vegetable intake profile for you and your class.

At the end of each day, write the number of times you ate the food listed. For example:

- if you ate a banana at breakfast that would be 1,
- if you had a bag of baby carrots at lunch that would be 1,
- if you had a cup of applesauce with dinner that would be 1.

At the end of the three days, add up the number of fruits and vegetables by item (across the each row) and write the amount in the total column. With a calculator, add up the total number of fruits and the total number of vegetables. Then add the total number of fruits and vegetables.

*According to the United States Department of Agriculture, "The 20 most frequently consumed raw vegetables are: Asparagus, bell pepper, broccoli, carrot, cauliflower, celery, cucumber, green (snap) beans, green cabbage, green onion, iceberg lettuce, leaf lettuce, mushrooms, onion, potato, radishes, summer squash, sweet corn, sweet potato, and tomato."*

FRUITS	DAY ONE	DAY TWO	DAY THREE	TOTAL
Apple or applesauce				
Banana				
Berries				
Cantaloupe or melon				
Grapes				
Pear				
Peach or nectarine				
Pineapple				
Plum				
Orange or tangerine				
Other				
<b>TOTAL FRUITS</b>				

VEGETABLES	DAY ONE	DAY TWO	DAY THREE	TOTAL
Broccoli				
Cabbage				
Carrot				
Cauliflower				
Celery				
Corn				
Cucumber				
Green beans				
Lettuce				
Potato (not fries or chips)				
Squash or zucchini				
Sweet potato				
Tomato				
Other				
<b>TOTAL VEGETABLES</b>				

<b>TOTAL FRUITS &amp; VEGETABLES</b>	
Divide total fruits and vegetables by 3 (To calculate "The 3 day average of fruit and vegetable intake")	<b>÷ 3</b>
<b>THE 3 DAY AVERAGE OF FRUIT AND VEGETABLE INTAKE</b>	

1. What are your conclusions about your fruit and vegetable food profile?
  
2. The recommended servings of fruits and vegetables are 5 or more per day. How do you compare to this recommendation?
  
3. If you need to improve your fruit and vegetable food profile, where would you start?


## Group Fruit and Vegetable Profile

### Group Work: Analyze your Results

#### 1. Create a graph:

Once everyone in the group completes the survey, put your data into a graph to help you decide how the group's fruit and vegetable intakes measure up.

**First, total** the results of all the surveys using the table below and a calculator. Write the numbers from the "total fruits" cell, the "total vegetables" cell, and the "The 3 day average of fruit and vegetable intake" cell from each survey in the correct column.

	Total Fruits	Total Vegetables	The 3 day average of fruit and vegetable intake
Student 1			
Student 2			
Student 3			
Student 4			
Student 5			
Student 6			
Student 7			
Student 8			
<b>TOTAL</b> 			

Total each column. Using the graphs for "Survey 2 – Fruit & Vegetable Profile" in the *Nutritionists' Presentation Template*, replace the "total" data with the numbers from the last row above. In the first slide use the numbers from the "total fruits", and "total vegetables". For the second slide, use the number from the TOTAL row for "The 3 day average of fruit and vegetable intake" and insert in the "A column" in the cell labeled "1. (light blue) 3 day avg". Do not change the cell labeled "2. (dark blue) "Recommended".

What are your conclusions about your group's fruit and vegetable food profile?

The recommended servings of fruit and vegetables are more than 5 servings per day. How does your group compare to this recommendation?

If you need to improve your group's fruit and vegetable food profile, where would you start? What might you do for fruits? What might you do for vegetables?

#### 2. Note special comments

Using a highlighter marker, mark comments classmates made that you feel are especially important. As a group, decide on 3-5 comments to share with the class in your presentation.

#### 3. Discuss what you've learned

As a group, decide the most important things you've learned about the communities of your classmates. As researchers, what areas do you feel should be addressed if you are to change the behavior of your classmates? Answer the question, "if we were to change our communities for the better, we think it is most important to..."