

## Research Brief: Association between Achievement and Diet

This brief examines the relationship between self-reported weekly consumption of fruits and vegetables, and achievement, based on the 2009/10 Satisfaction Survey. It finds a significant positive relationship – students who report a healthier diet also report significantly higher levels of academic achievement.

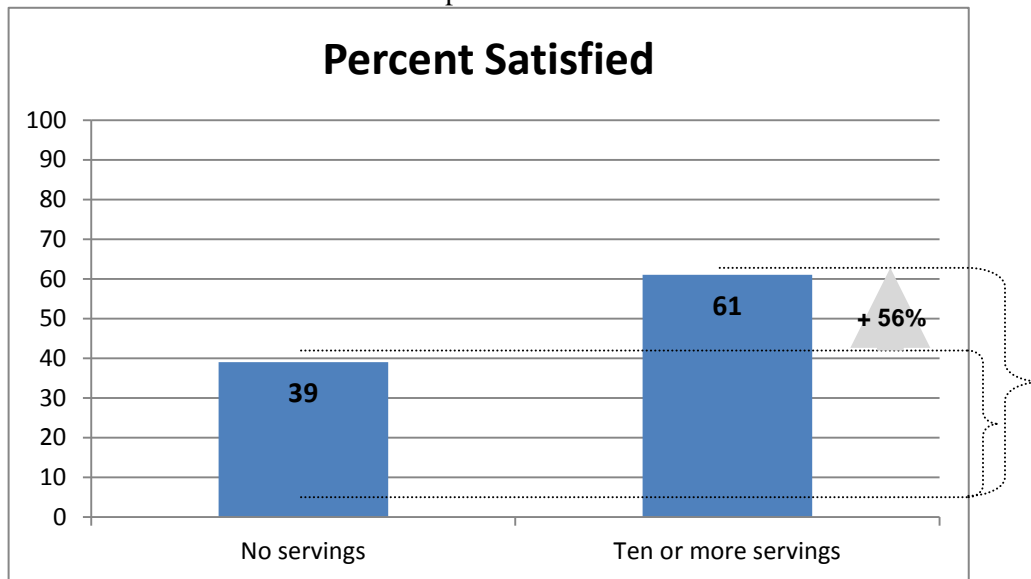
Analysis was based on positive responses (i.e. those who responded “all of the time” or “many times”). All results are based on responses from about 148,000 students in Grades 3, 4, 7, 10 and 12 who answered both questions being compared.

Of those students who reported eating ten or more servings of fruits or vegetables in the past 24 hours:

- 45 per cent reported satisfaction with what they were learning at school compared to 26 per cent of those who reported not eating any.
- 61 per cent reported their reading skills improving compared to 46 per cent of those who reported not eating any.
- 59 per cent reported their writing skills improving compared to 42 per cent of those who reported not eating any.
- 61 per cent reported their math skills improving compared to 39 per cent of those who reported not eating any – this difference of 22 per cent is an increase of more than half (56 per cent).

***Students who ate the most fruits or vegetables were 56 per cent more likely to report their math skills improving than those students who ate the least fruits and vegetables*** (see table below).

Satisfaction with mathematics development



Specific question wording and other details about the Satisfaction Survey can be found on the web at: [http://www.bced.gov.bc.ca/sat\\_survey/welcome.htm](http://www.bced.gov.bc.ca/sat_survey/welcome.htm)