

**THE LEVEL CONSUMPTION OF FRUITS BY SCHOOL  
SCHOOL AGE CHILDREN 10 -12 YEARS**

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**Background:** Ground breaking research has revealed that many of the diseases associated with old age- heart disease, osteoporosis, hypertension, cancer and diabetes virtually begin in childhood (Winnick, 2007). Consequent upon this, a whole new era of child care has been launched focusing on what researchers call “the pediatric antecedent” of adult diseases- the link between childhood nutrition and chronic illness in later adult years

**Objective:** To evaluate patterns of behavior and attitude, the qualitative method of research is the best suited.

**Deign:** A sample of one hundred and twenty 10 -12- year olds from three high income co-educational. Primary Schools in the Borough of Chaguanas were surveyed to gauge the level of consumption of fruits with reference to their availability and the participants, knowledge base of the healthful benefits of fruit intake

**Results:** Data extracted by way of a questionnaire found that fruit intake was insufficiently low in the face of an adequate knowledge base and their ready availability.

**Conclusion:** These findings were constant with previous studies and the researcher call for more approaches to be adopted to educate students and parents about the healthful benefits of fruit intake.