

The great  
snack  
survey!

18-29 Nov 2024

# Guide

**Get your school  
involved in the great  
snack survey!**

## What is the purpose of the great snack survey?

The British Nutrition Foundation is on a mission to find out more about the snacking habits of young people.

We are aiming to survey over 2,000 young people across the UK in the last year of primary school and the first two years of secondary school\* to find out more about their snacking behaviour (including their knowledge, skills, confidence and motivation).

We will be using the survey responses to provide insight for the resources we develop for Healthy Eating Week 2025, which will focus on helping young people choose and make healthier snacks.

## Who can take part?

We want pupils in the last year of primary school and the first two years of secondary school to take part in the survey\*.

## How will it work?

Towards the end of the week before the survey opens, we will send you a link and QR code for the great snack survey. You can share whichever of these works best for you and your pupils (they will both lead to the same survey). We will also send you a copy of the survey questions for reference. (Note: The survey itself will open on 18 November 2024.)

The survey responses will be anonymous, but we will ask pupils to enter their school postcode, so we can take into account the geographical spread of responses.

**Please provide pupils with your school postcode. Ensure this is somewhere visible to them when they are completing the survey.**

## What do I need to do next?

The survey will be open from 18 November until 29 November 2024. Plan in when you will complete the survey with your pupils. They will need a device with internet access, e.g. tablet, laptop. The survey should take around 15 minutes to complete. You can do the survey with as many different classes as you wish (the more the better!), providing they are in the specified year groups\*.

We are keen to get pupils' honest answers and avoid any 'playful' responses. Therefore, we would be grateful if you or another staff member can supervise while pupils are completing the survey (i.e. please don't give the survey to pupils as homework, or an independent learning activity).

## Will I see the survey results?

Yes, the survey results will be made available to everyone around the time of Healthy Eating Week 2025.

If you have any questions about the survey, please contact Claire at:  
[c.theobald@nutrition.org.uk](mailto:c.theobald@nutrition.org.uk)

**Not registered to take part yet? [Register now!](#)**

**Thank you for your support!**

\* England and Wales: Year 6, 7 & 8 | Northern Ireland: P7, Year 8 & 9 | Scotland: P7, S1 & S2

