FRUIT AND VEGETABLE

It is essential to promote fruit and vegetable consumption from the earliest age. Indeed, eating fruit and vegetable during adolescence is associated with consuming them in adulthood. In adults, fruit and vegetable consumption plays a protective role against many chronic diseases (certain cancers, diabetes, cardiovascular diseases, etc.).

In 2014, 44% of students in secondary schools and 56% of pupils in 5th-6th years of primary school consumed fruit daily. After increasing between 2002 and 2010, the proportion of secondary school students consuming fruit every day stabilised at around 45% since 2010. Among pupils in 5th-6th year of primary school, it has increased since 2002.

In 2014, 57% of secondary school students and 53% of pupils in 5th-6th years of primary school consumed vegetable daily. Stable between 2002 and 2010, these proportions increased in 2014.

The proportions of young people eating vegetable daily were higher among girls than boys and they did not vary with the academic level.

The proportions of young people eating fruit and those eating vegetable daily increased with the family affluence level.

Regardless of age, the proportions of boys consuming fruit daily in FWB were among the highest internationally. Thus, boys appeared in the top three positions across all countries taking part in the 2014 HBSC survey. That was also the case for girls aged 11. Among adolescent girls aged 13 and 15 years, these proportions remained higher than the global proportions across all countries taking part in the 2014 HBSC survey.
The proportions of daily vegetable consumption were similar to the highest proportions internationally. Thus, young French-speaking Belgians were in the top three positions.

**BREAKFAST**

Eating breakfast daily is associated with other healthy behaviours, such as more frequent fruit, vegetable and milk consumptions, and less frequent soft-drink and chips consumptions. Breakfast could also improve the cognitive functions that are associated with memorising and paying attention in class.

In 2014, 67% of pupils in 5th-6th years of primary school and 53% of students in secondary school ate breakfast every morning before going to school. These proportions have declined since 2006.

Regardless of gender and age, the proportions of young people who ate breakfast every morning before going to school in FWB, were close to the global proportions in 42 countries taking part in the 2014 HBSC survey.