

Research Rundown

Article:

Fun Facts About Fruits and Vegetables Can Improve Consumption

What did this study examine?

This randomized control trial tested if non-nutrition related fun facts or "nudges" about fruits and vegetables (F/V) increased their consumption among eight elementary schools in Georgia. The study was intentionally conducted in two school districts serving socio-economically diverse students.

How were fun facts introduced in schools?

Fun facts were chosen by psychologists, then pre-tested with a small student sample size, and finally reviewed and approved by School Nutrition Directors. After approval, these facts were displayed to students as graphics on table tent cards in the form of scientific facts or jokes. Examples include:

- *Did you know? The color orange was named after the fruit.*
- *The biggest carrot in the world was over 19 feet long!*
- *Carrot seeds are so small that 2,000 can fit in a teaspoon!*

How was the consumption data of fruits and vegetables among students gathered and assessed?

Data was gathered pre and post-intervention of fun fact exposure using a Plate Waste Study. A total of 7,112 plates were studied across all eight schools.

Key Findings:

Consumption of fruits and vegetables in the two intervention schools with a higher socioeconomic status **significantly increased by 19%**.

whereas...

Consumption of fruits and vegetables in the two intervention schools with a lower socioeconomic status had **no significant increase**.



May be due to **higher F/V exposure at home**



May be due to **lower F/V exposure at home**

Put it into practice!

- Consider adding fun facts to tables around your lunchroom to increase F/V exposure. These can be non-nutrition focused fun facts like the ones used in the study [here](#) or nutrition fun facts!
- Aim to think outside of the box when it comes to providing students with subtle yet positive messages about fruits and vegetables. Get creative with it!
- Strive to increase students' exposure to a variety of fruits and vegetables by participating in the Fresh Fruit and Vegetable Program.

Reference:

Panda S, Ragbhandari-Thapa J, Vandellen M, Just D. Fun facts about fruits and vegetables. Journal of Child Nutrition & Management. Published 2020. Accessed November 15, 2021.



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