

3-8

Analyzing Building Blocks Survey Data

In Task 1-3 and Task 2-2, the team collected survey data from the team and the community about what people think about food and nutrition.

Objective



In this task, the team will focus on analyzing the results of part 3 of the survey. This analysis will help the team better understand the following questions from the question map in Task 1-10:

- **What do people in our local community think and know about food and nutrition?**
- **What are ways we can share and communicate our action plan with the local community?**



1. Go to the Task 3-8 folder and get the survey analysis instructions and questions.
2. Gather all of the surveys completed in Task 1-3 and Task 2-2.
3. In this task, the team will only look over only part 3 of the surveys, Nutritional Building Blocks.
4. As a team, determine how to compile the answers to part 3 for all of the surveys collected in Task 1-3 and Task 2-2. You will want to analyze the compiled data for all surveys. Develop your own method for compiling the data, or use one of the methods in the instructions.
5. Create some graphs about this compiled data. Use the instructions and examples in the task folder to help you. Be creative!
6. Use the graphs and compiled data to answer these questions:
 - What interesting patterns do you see in the data from the survey questions in parts 3?



Research Tip

As you may have noticed, the survey is broken into the same parts as this research guide. Analyze only the results from that part of the survey while working on that Part of the guide to make the analysis more manageable.



3-8

- Which questions did most people agree about?
 - Which questions did people have different responses for?
7. Discuss how this survey evidence could be useful when thinking about the question, **What do people in our local community think and know about food and nutrition?**
 8. Discuss how this survey evidence could be useful when thinking about the question, **What are ways we can share and communicate our action plan with the local community?**
 9. Discuss how this survey evidence could be useful when thinking about the problem question, **How do we ensure good nutrition for all?**
 10. Select two or three questions from these survey questions, write a claim, and provide the supporting evidence for the claim based on the question and the data evidence collected. For example:
 - People in our community are not very familiar with the local food guidelines for what to eat.
 - Many people in our community frequently eat alone.
 11. What evidence supports your claims? As a team, share some claims you created and the evidence that supports each claim, using this data.

Hooray! You completed Task 3-8. Check it off the task list. *Go to Task 3-9!*





Task 3-8. Analyzing the Building Blocks Survey Data

Options for Compiling Survey Data

First you must compile the answers from the community surveys to all of the questions from part 3: Building Blocks. The team will look at the other parts of the survey in later tasks.

Here are some options for compiling the answers to the survey questions. But, as always, if you have a different method you prefer, do that!

Option 1

Hand out a blank survey to each person.

Go through each question and team members can raise their hands to vote for the answer they prefer. Some team members can count up the votes and others can write down the totals for the team.

Option 2

Write the questions on a board, paper, or computer where tallies can be compiled. Tally the responses and share the results.

Option 3

If you did the survey digitally or online, you should be able to see and export the results for each question.

Option 4

Create your own way of compiling survey data.

Graphing Survey Data

How could you graph parts of these survey results?

Which questions could you graph?

If you have the resources, pick some questions to graph that you think would be useful.

How would these graphs be useful when supporting claims with evidence?





Community Food Survey—Compiled Data

Use this blank survey to compile data.

Part 3. Nutritional Building Blocks

How good is your knowledge about what makes up a healthy, well-balanced meal?					
1. Excellent	2. Very good	3. Good	4. Fair	5. Poor	6. Unsure

How often do you think about the nutritional value of food when deciding what to eat?			
1. Often	2. Sometimes	3. Not at all	4. Unsure

How familiar are you with your national or regional food guidelines for what to eat?					
1. Excellent	2. Very well	3. Good	4. Fair	5. Poor	6. Unsure

How well do you understand the following types of nutritional information?					
A. Nutritional information leaflets/brochures					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
B. Food label information					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
C. TV/radio/Internet programs on food and nutrition					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
D. Verbal recommendations regarding food and nutrition from professionals					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
E. Food nutrition advice from family members or friends					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure

Based on how you eat regularly, what is your eating style? (check all that apply)				
Fast eater	Erratic eater	Emotional eater (stressed, bored, sad, etc.)	Late night eater	Time-constrained eater
Dislike “healthy” food	Travel frequently	Do not plan meals/menus	Rely on convenience items	Family member(s) have different tastes
Love to eat	Eat too much	Eat because I have to	Negative relationship with food	Struggle with eating issues
Confused about food/nutrition	Frequently eat fast food	Poor snack choices	Do not have easy access to regular meals	Frequently eat alone

