

# THE NUTRITION & METABOLISM GROUP

Queen's University Belfast

Schools

Rewards

Balanced diet

Feasibility

## How well does a food-based reward system work in secondary schools in Northern Ireland?

### What do we know already?

A number of children in Northern Ireland eat diets which fall short of recommendations for a healthy diet. There is a need, therefore, to develop new ways to help young people to choose a healthier diet. Growing evidence suggests that providing children with rewards may encourage healthier eating behaviours.

# EAT4 TREATS

### What are we doing?

We have teamed up with school caterers, and the Public Health Agency for Northern Ireland, to test out a food-based rewards scheme called Eat4treats in some secondary schools within Northern Ireland. Eat4treats allows pupils to earn points for foods and drinks they buy in the school canteen. Healthier foods earn more points. Points can then be exchanged for a range of rewards.

### What will the results be used for?

We will use the results from this study to decide whether it would be worthwhile to roll the reward scheme out across more schools in Northern Ireland. Through the study, we also hope to get a better idea of what pupils choose to eat within the school canteen, and based on this, make recommendations for future changes to the food served within school canteens in Northern Ireland.



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