

### 3. PLANNING, FOOD PREPARATION AND SHOPPING

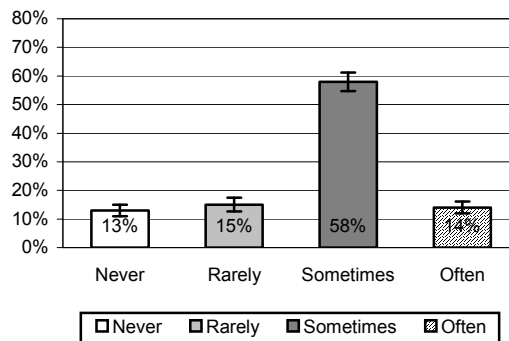
#### 3.1 Involving children in planning meals

Parents and caregivers were asked whether their child helps to plan any meals, for example what to eat or how to prepare, cook or serve the meal, and how often this happens. The charts alongside and the tables following show their answers.

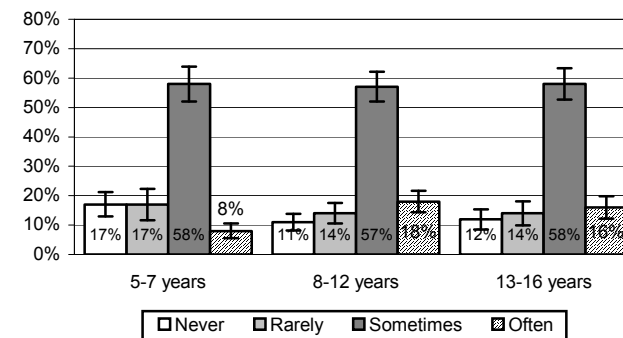
- Just under six out of ten parents and caregivers (58%) said that their child helps to plan meals *sometimes*, while much smaller proportions said that their child helps to plan meals *rarely* (15%), *often* (14%), and *never* (13%).
- Parents and caregivers talking about 5 to 7-year-olds (17%) were more likely than those talking about 8 to 12-year-olds (11%) and 13 to 16-year-olds (12%) to say that their child *never* helps to plan meals. Parents and caregivers talking about 8 to 12-year-olds (18%) and 13 to 16-year-olds (16%) were more likely than those talking about 5 to 12-year-olds (8%) to say their child *often* helps to plan meals.
- Pacific and Asian parents and caregivers (16%, each) were more likely than parents and caregivers of European/Other ethnicity (12%) to say that their child *never* helps to plan meals. Asian parents and caregivers (17%) were more likely than Pacific parents and caregivers (12%) to say that their child *rarely* helps to plan meals. Maori (22%) and Asian (25%) parents and caregivers were more likely to say that their child *often* helps to plan meals than Pacific parents and caregivers and those of European/Other ethnicity (11%, each). Pacific parents and caregivers (61%) and those of European/Other ethnicity (62%) were more likely to say that their child helps to plan meals *sometimes* than Maori (50%) and Asian (42%) parents and caregivers.

**Does [nominated child] help plan any meals, for example suggest what to eat or how to prepare or cook or serve the meal?**

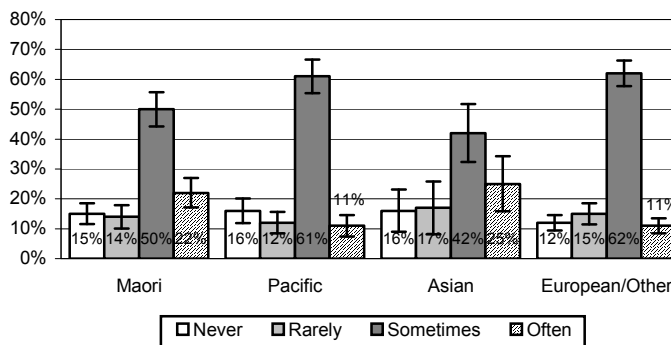
All parents/caregivers



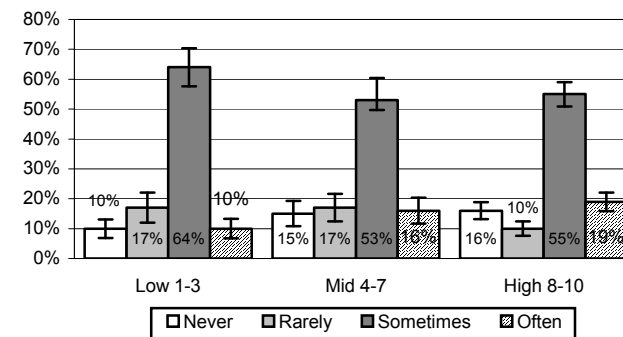
By age of nominated child



By ethnicity of parents and caregivers



By deprivation index



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers living in areas of mid-deprivation (15%) and in the most deprived areas (16%) were more likely than those living in the least deprived areas (10%) to say that their child *never* helps to plan meals. Parents and caregivers living in areas of mid-deprivation (16%) and in the most deprived areas (19%) were more likely than those living in the least deprived areas (10%) to say that their child *often* helps to plan meals.

Parents and caregivers living in less deprived areas (17%, each) were more likely than those living in the most deprived areas (10%) to say that their child *rarely* helps to plan meals. Parents and caregivers living in the least deprived areas (64%) were more likely than those living in areas of mid-deprivation (53%), and slightly more likely than those living in the most deprived areas (55%), to say that their child helps to plan meals *sometimes*.

- Male parents and caregivers were more likely than female parents and caregivers to say that their child *never* and *rarely* helps to plan meals, while female parents and caregivers were more likely to say that their child *often* helps to plan meals.
- Parents and caregivers aged 15 to 34 years were more likely than parents and caregivers aged 45 years and over to say that their child *never* helps to plan meals, while those aged 35 years and over were more likely than those aged 15 to 34 years to say that their child *often* helps to plan meals.
- Parents and caregivers living in urban areas were slightly more likely than those living in rural areas to say that their child *never* helps to plan meals.
- Parents and caregivers living in *other households* were more likely than those living in all other types of household to say that their child *never* helps plan meals. They were also more likely than parents and caregivers living in *2-parent families* and those living in *extended families* to say that their child *often* helps plan meals. Parents and caregivers living in *2-parent families* were more likely than parents and caregivers in all other types of household to say that their child helps plan meals *sometimes*.

**Does [nominated child] help plan any meals, for example suggest what to eat or how to prepare or cook or serve the meal?**

	Gender of parent/caregiver		Age of parent/caregiver (in years)			Parent/caregiver of child aged			Location		Total
	Male %	Female %	15-34 %	35-44 %	45+ %	5-7 years %	8-12 years %	13-16 years %	Urban %	Rural %	%
Never	18	12	16	13	12	17	11	12	14	11	13
Rarely	19	14	15	14	15	17	14	14	15	14	15
Sometimes	53	58	58	58	57	58	57	58	57	61	58
Often	10	15	12	15	15	8	18	16	15	14	14
<b>Base</b>	156	939	342	479	307	346	454	333	933	200	1133

	Ethnicity of parent/caregiver				Household composition				Total
	Maori %	Pacific %	Asian %	Euro/Other %	1-parent family %	2-parent family %	Extended family %	Other household %	%
Never	15	16	16	12	15	12	17	24	13
Rarely	14	12	17	15	15	15	15	14	15
Sometimes	50	61	42	62	53	61	52	42	58
Often	22	11	25	11	18	13	16	21	14
<b>Base</b>	287	330	78	437	253	645	156	79	1133

- Parents and caregivers whose annual household income was less than \$20,000 were more likely than other parents and caregivers to say that their child *never* helps to plan meals. Those whose annual household income was over \$60,000 were more likely than parents and caregivers whose annual household income was less than \$20,000 to say that their child helps plan meals *sometimes*, and slightly more likely to say this than parents and caregivers with an annual household income of \$40-60,000.

Parents and caregivers whose annual household income was over \$60,000 were less likely than those whose annual household income was less than \$20,000 to say that their child helps plan meals *often*.

**Does [nominated child] help plan any meals, for example suggest what to eat or how to prepare or cook or serve the meal?**

	Household income				Deprivation index			Total
	Less than \$20k %	\$20-40k %	\$40-60k %	Over \$60k %	Low 1-3 %	Mid 4-7 %	High 8-10 %	%
Never	20	14	16	10	10	15	16	13
Rarely	13	11	14	16	17	17	10	15
Sometimes	51	60	54	61	64	53	55	58
Often	17	16	15	13	10	16	19	14
<b>Base</b>	180	322	224	368	228	199	706	1133

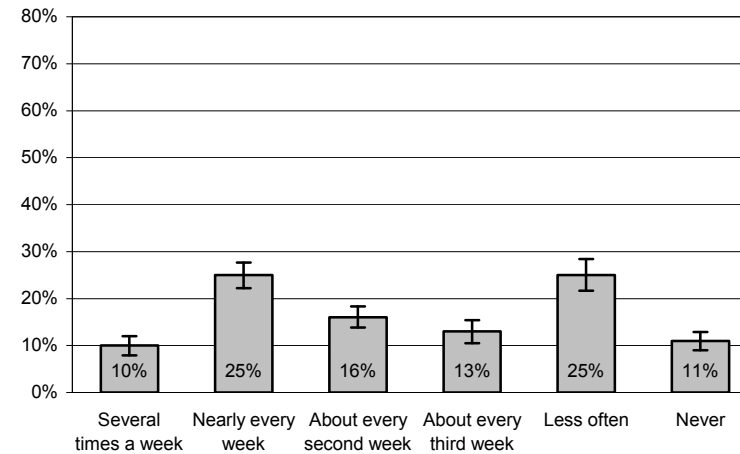
### 3.2 Involving children in food/grocery shopping

#### 3.2.1 How often children help with food shopping by going along

Parents and caregivers were asked how often their child helps with the main food shopping by going along to the shops, supermarket or market with them. The chart alongside and the table on the following page show their answers.

- One in ten (10%) parents and caregivers said that their child helps with the main food shopping by going along *several times a week*. One in four (25%) parents and caregivers said that this happened *nearly every week*. Around one in six (16%) said that their child helps by going along *about every second week* and 13% said this happened *about every third week*. One in four (25%) said that their child helps by going along *less often* than about every third week, and 11% said that this *never* happened.

*How often does [nominated child] help with the main food shopping, by going along to the shops, supermarket or market with you?*



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers talking about 13 to 16-year-olds were more likely than those talking about younger children to say that their child *never* helps with the main food shopping and less likely to say that their child helps by going along *several times a week*. Parents and caregivers talking about 5 to 7-year-olds were more likely than those talking about older children to say that their child helps by going along *nearly every week*.

- Pacific parents and caregivers were more likely than parents and caregivers of other ethnicities to say that their child helps with the main food shopping by going along *several times a week*. Asian parents and caregivers were more likely than parents and caregivers of other ethnicities, to say that their child helps by going along *nearly every week*.

Parents and caregivers of European/Other ethnicity were more likely than other parents and caregivers to say that their child helps by going along *about every third week* or *less often* than this. Maori parents and caregivers were more likely than other parents and caregivers to say their child *never* helps with the main food shopping.

- Parents and caregivers living in the most deprived areas were more likely to say that their child helps with the main food shopping by going along *several times a week* and less likely to say their child helps by going along *about every third week* than parents and caregivers living in less deprived areas.

Parents and caregivers living in the least deprived areas were more likely to say that their child helps by going along *less often* than about every third week, and less likely to say that their child helps by going along *nearly every week*, than parents and caregivers living in more deprived areas.

**How often does [nominated child] help with the main food shopping, by going along to the shops, supermarket or market with you?**

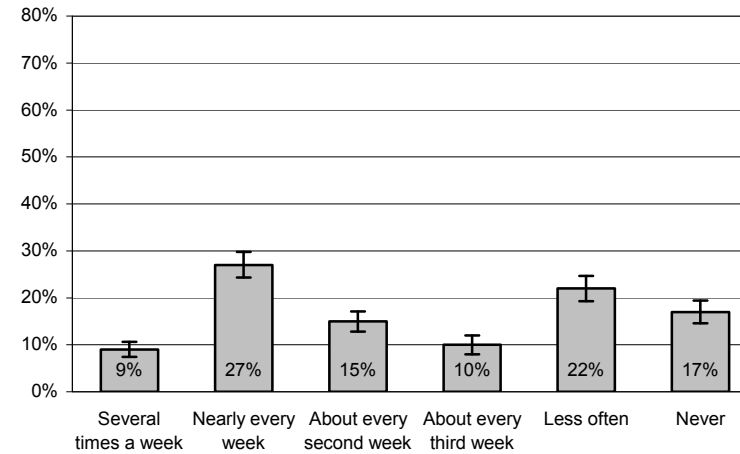
	Parent/caregiver of child aged			Ethnicity of parent/caregiver				Deprivation index			Total
	5-7 years %	8-12 years %	13-16 years %	Maori %	Pacific %	Asian %	Euro/Other %	Low 1-3 %	Mid 4-7 %	High 8-10 %	%
Several times a week	11	12	6	10	26	5	9	7	9	16	10
Nearly every week	32	24	19	31	28	44	20	19	27	31	25
About every second week	16	18	15	19	14	14	16	15	17	17	16
About every third week	11	15	13	7	7	6	17	19	13	7	13
Less often	25	22	27	18	16	21	28	32	24	17	25
Never	5	8	20	15	9	10	10	9	10	13	11
<b>Base</b>	346	454	333	287	330	78	437	228	199	706	1133

### 3.2.2 How often children help with food shopping by unpacking groceries

Parents and caregivers were asked how often their child helps with the main food shopping by unpacking the groceries afterwards. The chart alongside and the table on the following page show their answers.

- Just under one in ten (9%) parents and caregivers said that their child helps with the main food shopping by unpacking the groceries afterwards *several times a week*. Over one in four (27%) said that this happened *nearly every week*. Around one in seven (15%) parents and caregivers said that their child helps by unpacking the groceries afterwards *about every second week* and 10% said this happened *about every third week*. Just over one in five (22%) said this happened *less often* than about every third week and 17% said that this *never* happened.

### How often does [nominated child] help with the main food shopping by unpacking the groceries afterwards?



Unweighted base = 1133 – all parents/caregivers

- Parents and caregivers talking about older children (8 to 12-year-olds and 13 to 16-year-olds) were more likely than those talking about 5 to 7-year-olds to say that their child helped by unpacking the groceries after shopping *several times a week* and *nearly every week*.

Parents and caregivers talking about 5 to 7-year-olds were more likely than those talking about older children to say that their child helps by unpacking the groceries after shopping *less often* than about every third week or *never*.

- Maori, and in particular Pacific, parents and caregivers were more likely than Asian parents and caregivers and those of European/Other ethnicity to say that their child helps by unpacking the groceries after shopping *several times a week*. Pacific parents and caregivers were also more likely than parents and caregivers of other ethnicities to say that their child helps by unpacking the groceries afterwards *nearly every week*.

Maori parents and caregivers and those of European/Other ethnicity were more likely than Pacific and Asian parents and caregivers to say that their child helps with this task *about every second week*. Asian parents and caregivers were more likely than parents and caregivers of other ethnicities to say that their child helps *about every third week* and to say that their child *never* helps with this task. Parents and caregivers of European/Other ethnicity were more likely than other parents and caregivers to say that their child helps by unpacking after shopping *less often* than about every third week.

**How often does [nominated child] help with the main food shopping by unpacking the groceries afterwards?**

	Parent/caregiver of child aged			Ethnicity of parent/caregiver				Deprivation index			Total
	5-7 years %	8-12 years %	13-16 years %	Maori %	Pacific %	Asian %	Euro/Other %	Low 1-3 %	Mid 4-7 %	High 8-10 %	%
Several times a week	6	11	11	13	28	5	6	3	11	16	9
Nearly every week	24	29	30	30	36	30	25	23	28	32	27
About every second week	14	16	14	15	8	10	17	15	16	13	15
About every third week	10	10	10	9	6	16	10	13	10	6	10
Less often	27	20	20	18	13	15	26	27	22	16	22
Never	20	15	16	15	10	25	16	19	14	17	17
<b>Base</b>	346	454	333	287	330	78	437	228	199	706	1133

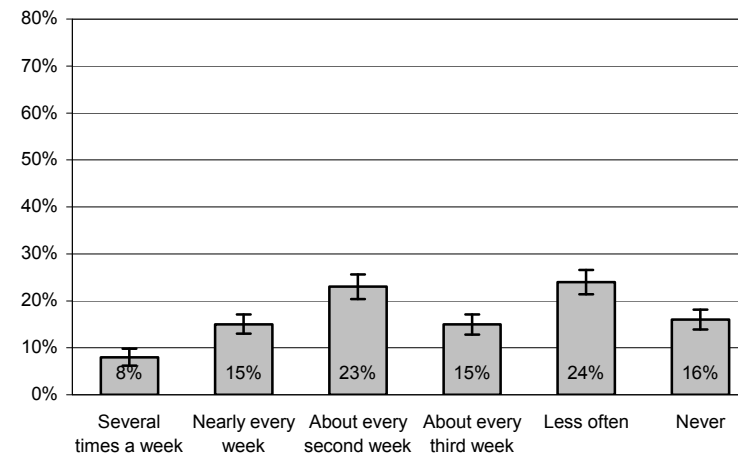
- Parents and caregivers living in more deprived areas were more likely than those living in the least deprived areas to say that their child helps by unpacking the groceries after shopping *several times a week* and *nearly every week*. Parents and caregivers living in the least deprived areas were more likely than those living in the most deprived areas to say that their child helps *about every third week*, and more likely than those living in more deprived areas to say that their child helps with this task *less often* than about every third week.

### 3.3 Involving children in food preparation

#### How often does [nominated child] help you prepare or cook food?

Parents and caregivers were asked how often their child helps them to prepare or cook food. The chart alongside and the table on the following page show their answers.

- Eight percent (8%) of parents and caregivers said that their child helps them to prepare or cook food *several times a week* and 15% said that this happened *nearly every week*. Just under one in four (23%) parents and caregivers said that their child helps them to prepare or cook food *about every second week* and 15% said that this happened *about every third week*. Just under one in four (24%) parents and caregivers said this happened *less often* than about every third week and 16% said that this *never* happened.
- Parents and caregivers talking about 13 to 16-year-olds were more likely than parents and caregivers talking about 5 to 7-year-olds to say that their child helps them to prepare or cook food *several times a week*. Parents and caregivers talking about older children (8 to 12-year-olds and 13 to 16-year-olds) were more likely than parents and caregivers talking about 5 to 7-year-olds to say that their child helps them to prepare or cook food *about every third week*, and less likely to say that their child helps them to prepare or cook food *less often* than this (refer to table on next page).



Unweighted base = 1133 – all parents/caregivers

**How often does [nominated child] help you prepare or cook food?**

- Parents and caregivers of European/Other ethnicity were less likely to say that their child helps them to prepare or cook food *several times a week*, and more likely to say that their child helps with this task *about every third week*, than other parents and caregivers.

Asian parents and caregivers were less likely to say that their child helps them to prepare or cook food *about every second week* and *about every third week* than parents and caregivers of other ethnicities. These parents and caregivers also were more likely than other parents and caregivers to say that their child *never* helps them with this task.

Asian parents and caregivers and those of European/Other ethnicity were more likely than Maori and Pacific parents and caregivers to say that their child helps them to prepare or cook food *less often* than about every third week.

	Parent/caregiver of child aged			Ethnicity of parent/caregiver				Deprivation index			Total
	5-7 years %	8-12 years %	13-16 years %	Maori %	Pacific %	Asian %	Euro/Other %	Low 1-3 %	Mid 4-7 %	High 8-10 %	%
Several times a week	5	8	11	15	15	14	4	3	11	11	8
Nearly every week	15	14	17	16	18	12	15	11	15	19	15
About every second week	24	22	22	23	22	14	24	25	23	19	23
About every third week	8	20	16	11	11	6	18	18	16	10	15
Less often	31	20	22	16	17	28	26	29	21	20	24
Never	18	16	13	19	17	26	13	14	13	20	16
<b>Base</b>	346	454	333	287	330	78	437	228	199	706	1133

- Parents and caregivers living in the more deprived areas (areas of mid and high deprivation) were more likely than those living in the least deprived areas to say that their child helps them to prepare or cook food *several times a week*. These parents and caregivers also were less likely than those in the least deprived areas to say that their child helps with this task *less often* than about every three weeks.

Parents and caregivers living in less deprived areas were more likely to say that their child helps them to prepare or cook food *about every third week*, and less likely to say that their child *never* helps them with this task, than those living in the most deprived areas.

