

Study shows third of children not eating healthy diet

研究顯示 每三名孩童就有一名飲食不健康



近日一項調查指出，台灣孩子最不爱吃的前五名蔬菜分別為苦瓜、茄子、山藥、南瓜、青椒；該調查也顯示，偏食的孩子三成會便秘，甚至「四天以上才排便一次」的孩子人數，是沒有偏食孩子的三倍！

兒童福利聯盟文教基金會五月針對全國小四至小六學童，進行「二〇一〇年台灣兒童偏食情形」問卷調查，統計一千多份有效樣本發現，台灣孩子的飲食習慣實在不健康。

依衛生署建議，每天應吃五份蔬果，但問卷顯示，四成七受訪學童沒有天天吃水果、三成六沒有天天吃蔬菜，另有約兩成的孩子五天沒有吃任何新鮮的蔬菜或水果。

兩成四受訪學童在五穀根莖、蔬菜、水果、奶、蛋豆魚肉五大類食物中，有一類以上攝取不足；另有一成八只吃某幾樣食物。兒童福利聯盟統整上述資料分析，平均每三個台灣國仔，就有一個會偏食。

苦瓜是孩子最不爱蔬果的「榜首」，拿下七成八的票數。第二名茄子，也有近六成孩子厭惡，山藥、南瓜、青椒則各有四成五以上望之卻步。

這份報告探究原因，八成二的孩子直指「不喜歡味道」，七成四認為「吃起來噁心」，另有三成透露「食用時有被噁到或哽到的經驗」。此外，「顏色怪」、「長相不佳」也都是拒食理由。

(自由時報記者謝文華)

A recent survey into the eating habits of Taiwanese children has revealed that the top five vegetables most disliked by local kids are bitter melon, eggplant, mountain yam, pumpkin and green pepper. The survey also showed that 30 percent of children with unbalanced diets are likely to suffer from **constipation**, and they are also three times more likely than kids with healthy diets to need to move their bowels just once every four or more days.

In May this year, the Child Welfare League Foundation interviewed children from grade four to six as part of its study, the State of Unbalanced Diets Among Taiwanese Children in 2010. With the help of more than a thousand valid questionnaires, the foundation's findings suggest that the **dietary** habits of Taiwanese children are unhealthy.

The Department of Health recommends that people eat five **portions** of fruit and vegetables per day, but the survey revealed that 47 percent of children don't eat a single portion of fresh fruit per day, while 36 percent don't manage one portion of vegetables. The study also found that 20 percent of children go five days without a single portion of fresh fruit or vegetables.

Of the children who took part in the study, 24 percent were getting an inadequate amount of at least one of the five major food groups: cereal, vegetable, fruit, milk, and fish. Furthermore, 18 percent only ate a limited range of food types. Using the aforementioned data, the study concluded that on average one in three Taiwanese children have unbalanced diets.

Bitter melon tops the list of the most disliked fruit and vegetables, with 78 percent of children saying they disliked it. Eggplant was second on the list, with 60 percent of children avoiding it, while mountain yam, pumpkin, and green pepper were all disliked by over 45 percent of the **respondents**.

The report also asked the children to give the various reasons why they disliked the food. The study found that 82 percent didn't like the taste, 74 percent also thought these foods were "yucky," and 30 percent said that the food was too hot or made them choke on it. "Strange color" and "strange shape" were also listed as reasons for disliking a food.

(LIBERTY TIMES, TRANSLATED BY TAIJUNG WU)



Top and above: Children do taste tests with the top three most disliked vegetables — bitter melon, eggplant and mountain yam — at a press conference organized by the Child Welfare League Foundation to announce its study, the State of Unbalanced Diets Among Taiwanese Children in 2010, in Taipei on Aug. 23.

PHOTO: CHANG JIA-MING, LIBERTY TIMES

上圖與左上圖：八月二十三日，兒福聯盟在台北召開記者會，公布「二〇一〇台灣兒童偏食情形調查報告」，現場也請來小朋友試吃孩子最不喜歡的前三名蔬果：苦瓜、茄子與山藥。

照片：自由時報記者張嘉明攝

TODAY'S WORDS

今日單字

1. **constipation** /ˌkɒnstəˈpeɪʃən/ n.

便秘 (biàn4 bi4)

例: Joe has been suffering from constipation for a few days.
(喬已經便秘好幾天了。)

2. **dietary** /ˈdaɪəˌtɛrɪ/ adj.

飲食的 (yīn3 shí2 de5)

例: The doctor advised Claire to change her dietary habits.
(醫生建議克萊兒改變飲食習慣。)

3. **portion** /ˈpɔːrʃən/ n.

一份 (yī2 fēn4)

例: The cake was divided up into six portions.
(蛋糕被切成六分。)

4. **respondent** /rɪˈspɒndənt/ n.

應答者 (yīng4 dā2 zhě3)，調查對象 (diào4 chā2 duì4 xiàng4)

例: The majority of respondents didn't return their questionnaire in time.
(多數受訪者並未及時交回問卷。)