

Data from the 2016 NZ Health and Lifestyle Survey

Food Preparation

— Kids in the kitchen —



More children from low income families help with cooking and meal preparation than children from high income families.



61% of low income families (Q1)* reported their child helps at least once a week.



47% of high income families (Q5)* reported their child helps at least once a week.

*Income was split into 5 quintiles. Q1 represents the lowest income families, and Q5 represents the highest income families.