

This questionnaire asks you to report **what your child eats and drinks** on a daily or weekly basis.

A: Circle how often your child had each of the following foods/drink items in the past **24 hours**

**1. Fruit Juice**

Never	Once	Twice	3 times	4 times	5+ times
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**2. Water**

Never	Once	Twice	3 times	4 times	5+ times
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**3. Full Cream / Full Fat Milk (including flavoured milk; as a drink or on cereal)**

Never	Once	Twice	3 times	4 times	5+ times
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**4. Reduced Fat Milk (Semi-skimmed, skimmed or 1%) (including flavoured reduced fat milk; as a drink or on cereal)**

Never	Once	Twice	3 times	4 times	5+ times
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**5. Cheese and/or Cheese Spreads**

Never	Once	Twice	3 times	4 times	5+ times
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**6. Regular (full fat) Yoghurt / Custard**

Never	Once	Twice	3 times	4 times	5+ times
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**7. Reduced Fat / Low Fat Yoghurt / Custard**

Never	Once	Twice	3 times	4 times	5+ times
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**8. Vegetables (raw or cooked) (e.g. broccoli and carrots at dinner = 2 servings)**

Never	Once	Twice	3 times	4 times	5+ times
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**9. Fruit (fresh, canned, stewed, juice or dried) (juice at breakfast and apple at lunch = 2 servings)**

Never	Once	Twice	3 times	4 times	5+ times
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**10. How many different vegetables (raw or cooked) in the past 24 hours**

0	1	2	3	4	5+
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**11. How many different fruits (fresh, canned, stewed or dried) in the past 24 hours**

0	1	2	3	4	5+
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B Please tick all the listed foods your child has eaten over the past **7 days**

**1. Fruit (fresh, canned, frozen and stewed)**

	Fruit salad
	Peach
	Banana
	Apricot
	Pear
	Nectarine
	Grapes

	Strawberries
	Mango
	Melon/watermelon
	Blackberries
	Raspberries
	Plum
	Orange/ Mandarin/ Satsuma

	Dried Fruit (apricots, cherries, raisins etc.)
	Apple
	Pineapple
	Papaya
	Kiwi fruit
	Other

**2. Vegetables (Cooked or Raw)**

	Pumpkin
	Cauliflower
	Olives
	Peas
	Lettuce
	Celery
	Aubergine
	Vegetables in mixed dishes (soups, curries and stews)

	Carrot
	Broccoli
	Sweetcorn
	Legumes (e.g. Pulses, Chickpeas, Lentils, kidney beans, Dahl etc.)
	Tomato
	Peppers
	Courgette
	Mixed frozen vegetables

	Cabbage
	Brussel Sprouts
	Green beans / Broad beans
	Squash (e.g. Butternut)
	Cucumber
	Mushroom
	Spinach
	Other

**C: Circle how often your child had each of the following foods/drink items in the past 7 days**

**1. Peanut Butter, Nutella or Jam**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**2. Pre-sugared cereals (e.g. Coco Pops, Fruit Loops) or sugar added to cereal**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**3. Sweet biscuits, cakes, muffins, doughnuts, fruit pies or Methai (South Asian sweets, such as barfi or gulab jamun)**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**4. Crisps or savoury biscuits**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**5. Lollies, Sweets or cereal/fruit bars**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**6. Chocolate (bar / block / coated biscuits)**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**7. Soft drink (including fizzy drinks) / cordial (not diet varieties)**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**8. Ice-cream / Ice-lollies**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**9. Cheese and/or cheese spreads**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**10. Pie, pasty, sausage roll, Samosa or Pakora**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**11. Pizza**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**12. Chips or French fries**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**13. Hot Dog / Processed meats (such as sandwich meat)**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**14. Takeaway and fast food (e.g. Chinese food, McDonalds, Fish and Chips / Chicken Shop, Curry)**

Nil	Once	Twice	3 times	4 times	5 times	6+ times
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**15. How many days in the last week did your child have some vegetables (raw or cooked)?**

None	1	2	3	4	5	6	Every day
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**16. How many days in the last week did your child have some fruit (fresh, canned, stewed or dried, excluding juice)?**

None	1	2	3	4	5	6	Every day
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