

Date:

Time point:

# What did **YOU** eat and drink yesterday?

Child ID:

School:

Class:

## WEEK

We are interested in finding out what you ate yesterday. Please read and listen to the questions very carefully and answer as honestly as you can. There are no right or wrong answers and all your responses will be kept secret.

Please answer all questions by putting a circle around either **YES** or **NO**.

**Yesterday did you have anything to;**

1. Eat or drink before leaving home to come to school?  Y  N
2. Eat or drink on your way to school?  Y  N

**Yesterday, did you;**

3. Eat a school lunch?  Y  N
4. Eat a packed lunch from home?  Y  N
5. Go home for your lunch?  Y  N

**Did you at any time yesterday eat any amount of the following?**

**Breakfast Cereals**

6. Any cereals with: Chocolate flavouring, sugar frosted coatings; a crunchy, crisp texture; hoop shapes; added nuts/honey/maple; fruit fillings?  Y  N
7. Any plain cereals e.g. Branflakes, Weetabix, All Bran, Nestle Force, Fruit 'n' Fibre, Sultana Bran (including supermarket own brands), Shredded Wheat, muesli, malted wheat cereals, porridge, instant oat cereal e.g. Oatso Simple, Ready Brek, Cornflakes, Rice Crispies, Rice Pops, Puffed Wheat, Special K?  Y  N

### **Bread**

8. White bread (slices or rolls)?



9. Brown or wholemeal bread any type (slices or rolls)?



10. Malt/fruit bread?



11. Bread sticks/crackers?



### **Butter or Margarine**

12. Butter/ Margarine?



### **Biscuits**

13. Biscuits e.g. malted milk, Digestives, Rich Tea etc.?



14. Chocolate covered biscuits, e.g. Kit Kat, Penguin, Club etc?



### **Cakes and Puddings**

15. Any sort of cake: Swiss roll (plain or chocolate), doughnuts, scones, individual pies, jam/custard tarts etc?



16. Any sort of pudding: Fruit pie, sponge pudding, tinned fruit, jelly, trifle, lemon meringue, cheese cake, milk pudding (like rice, semolina, custard) etc?



## **Did you at any time yesterday eat any amount of the**

### **Sweets and chocolates**

17. Sweets such as boiled sweets, fruit gums or pastilles, liquorice, jelly sweets, chews, toffees, etc?



18. Chocolates or chocolate bars like Quality Street, Rolos, Mars Bars, Twix?



19. Ice cream, choc ices, ice lollies, ice pops?



### **Added Sugar**

20. Sugar (white or brown) in any drink such as tea, coffee, hot chocolate?
21. Sugar (white or brown) on any food such as cornflakes or pancakes?

Y N

Y N

### **Potatoes**

22. Boiled potatoes? Y N
23. Mashed potatoes? Y N
24. Baked or jacket potatoes? Y N
25. Roast potatoes? Y N
26. Chips? Y N
27. Crisps (any type or flavour)? Y N

### **Starchy Foods**

28. Pasta? Y N
29. Rice? Y N
30. Noodles? Y N
31. Homemade pizza? Y N
32. Shop bought pizza?

### **Nuts**

Nuts such as peanuts, cashews, almonds, brazils, walnuts, etc?

33. Salted? Y N
34. Unsalted? Y N

**Did you at any time yesterday eat any amount of the following?**

### **Fruit**

35. Any fresh fruit such as apples, oranges (any type), pears, bananas, plums etc?
36. Any dried fruit such as raisins, dried apricots, sultanas etc?

Y N

Y N

### **Vegetables**

37. Any type of salad such as celery, tomatoes, lettuce, cucumber etc?



38. Any fried vegetables e.g. fried onions, fried mushrooms or fried tomatoes etc?



39. Any other vegetables e.g. peas, cabbage, carrots, leeks, green beans, kidney beans, parsnips, tinned tomatoes, cauliflower, turnips, sprouts etc?



### **Fish**

46. Fish fried in batter?



47. Any other types of fish e.g. fish fingers or tinned (like sardines, tuna, pilchards) etc?



### **Cheese**

50. Hard Cheese e.g. Cheddar, Red Leicester, Cheshire?



51. Processed cheese e.g. Cheese Strings, cheese slices, Dairyleda?



## **Did you at any time yesterday eat any amount of the following?**

### **Meat**

40. Shop bought burger?



41. Shop bought sausages?



42. Homemade burger?



43. Homemade sausages?



44. Meat pie, Cornish pasty, pork pie or sausage roll etc?



45. Any other type of meat e.g. minced meat, steak, ham, chicken etc?



### **Eggs**

48. Boiled, poached or scrambled?



49. Fried?



### **Yoghurt**

52. Yoghurt?



### **Takeaway food**

53. Chip shop food or Chinese, Indian, Curries, Pizza, Kebabs etc?



54. Did you put any salt on your food?



### **Did you at any time yesterday eat any amount of any of the following?**

### **Still squashes**

(which you add water to like orange squash, Ribena, barley water etc)?

56. No sugar squash?



57. Regular squash?



### **Sweetened Fizzy drinks**

(like lemonade, coke, fanta, 7UP, soda stream etc)?

55. Sweetened fizzy drink?



### **Milk**

(including milk in tea, coffee, milkshakes, flavoured milk, hot chocolate or on cereals etc)?

58. Ordinary full fat milk (Blue top)?



59. Semi skimmed or skimmed milk (Green or red top)?



60. Water?

