

High scores represent health promoting cognition, motivation, attitudes and behaviours

Section A – Knowledge (one point for each correct answer)

Answers

Q1

Orange tango – 6

Packet of crisps – 4

Biscuits – 5

Jelly sweets – 2

Jam sandwich – 3

Cheese strings - 1

Q2

Fruits and veg – 33%

Fatty foods and sugary foods – 7%

Meat, fish and alternatives – 12%

Milk and dairy products – 15%

Bread, other cereals and potatoes – 33%

Q3

From top of triangle to bottom

C

D

A

B

Q4

Healthy food – 80%

Unhealthy food – 20%

Q5

Each strategy listed below will be counted as 1 point. In order to score 3, there needs to be 3 separate strategies. For example if a child writes removing the X Box, removing the TV and hiding the remote control for her 3 strategies this will only count as 1 point.

Any answer indicating leaving a **note/reminders** to themselves e.g. *putting a post it note on the computer telling me to play outside instead*

Any answer suggesting they **write their goal** (of replacing screen time on a school day evening with playing outside instead) on a piece of paper. This would include getting their parents to sign their goal

Any answer suggesting a **stimulus cue** e.g. placing a football/kit/trainers etc in a place that reminds them they should play outside rather than do screen-based activity

Any answer suggesting **removing or hiding TV/computer/phone/Xbox/DS** from a room

Any answer suggesting getting **parents/friends/sibling to remind them** of their goals

Sections B-D

Points	4	3	2	1
	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
	All	Lots	A few	None
	All of the time	Most of the time	Some of the time	Never

Reverse score items: 16, 17, 18, 21, 23, 24, 25, 26, 27, 28, 30

Range of possible scores and associated questions for each construct

Construct	Minimum score	Maximum score	Questions
Knowledge	0	20	1-5
Self efficacy	3	12	6-8
Intentions	6	24	9-14
Peer norms	3	12	15-17
Peer approval	5	20	18-22
Family approval	3	12	23-25
Attitudes towards restrictions on behaviours	3	12	26-28
Parental provision and rules	4	16	29-32
Goal setting	6	24	33-38
Self monitoring	4	16	39-42
Discussion with parents	3	12	43-45
Suggestions to parents	2	8	46-47
Child shopping	1	4	48
Child cooking	1	4	49
Child trying new healthy snacks	1	4	50