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.



Yesterday, did you;

- 3. Eat a school lunch?
- 4. Eat a packed lunch from home?

N

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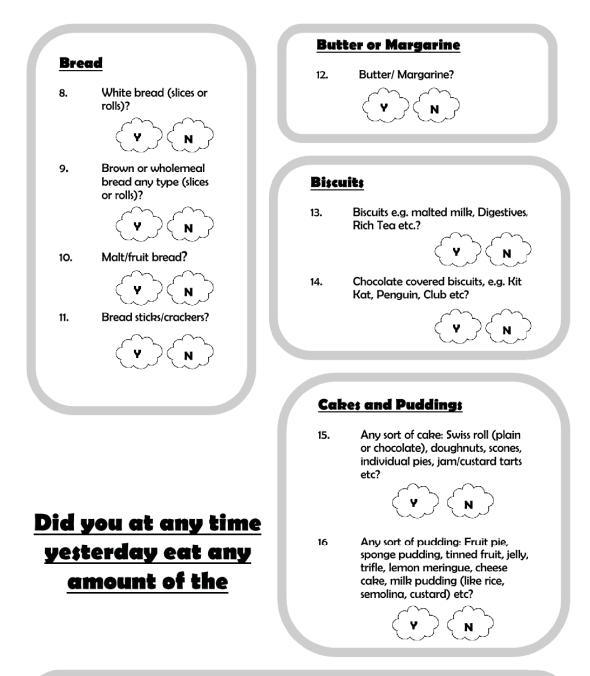
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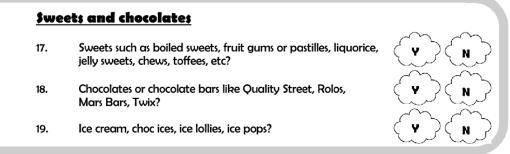
5. Go home for your lunch?

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

Breakfast Cereals

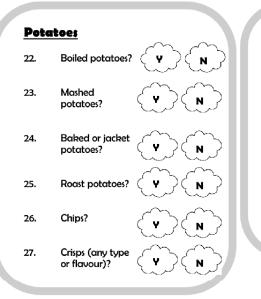
- 6. Any cereals with: Chocolate flavouring, sugar frosted coatings; a crunchy, crisp texture; hoop shapes; added nuts/honey/maple; fruit fillings?
- 7. Any plain cereals e.g. Branflakes, Weetabix, All Bran, Nestle Force, Fruit 'n' Fibre, Sultana Bran (including supermarket own brands), Shredded Wheat,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

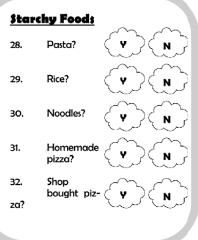




Added Sugar

- Sugar (white or brown) in any drink such as tea, coffee, hot chocolate?
- 21. Sugar (white or brown) <u>on any food</u> such as cornflakes or pancakes?





N

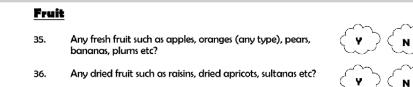
Nuts

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

33. Salted?

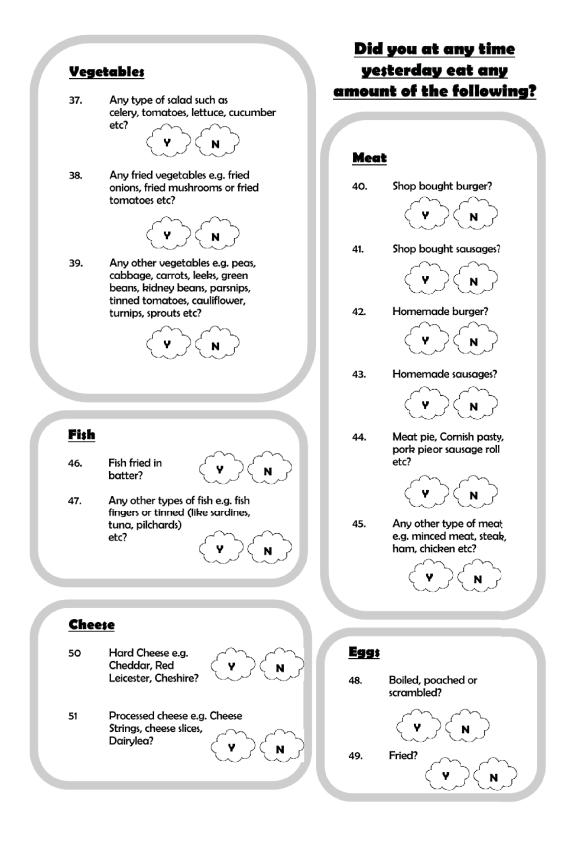
34. Unsalted?

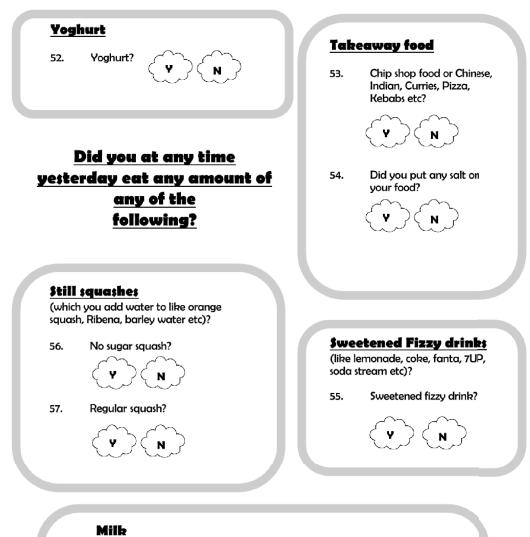
Did you at any time yesterday eat any amount of the following?



Ν

Ν





(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)?
 - Water?

60.