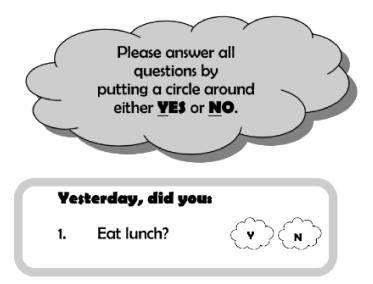
# What did YOU eat and drink yesterday?

Child ID:	
School:	
Class:	

## WEEKEND

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.



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

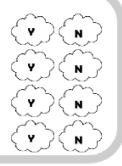
#### **Breakfast Cereals**

- Any cereals with: Chocolate flavouring, sugar frosted coatings; a crunchy, crisp texture; hoop shapes; added nuts/honey/maple; fruit fillings?
  - 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?

#### Bread

з.

- 4. White bread (slices or rolls)?
- 5. Brown or wholemeal bread any type (slices or rolls)?
- Malt/fruit bread?
- Bread sticks/crackers?



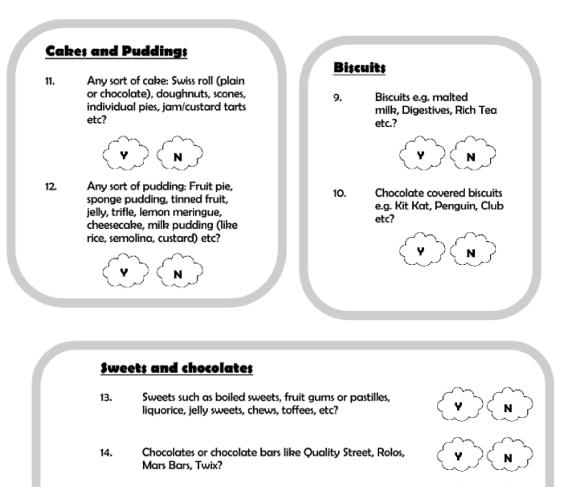
#### **Butter or Margarine**

8. Butter / Margarine?

Y

Ν

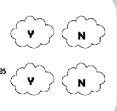
Did you at any time yesterday eat any amount of the following?

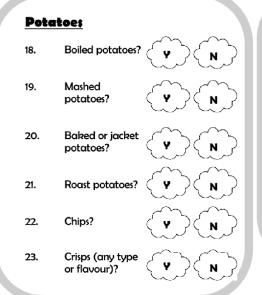


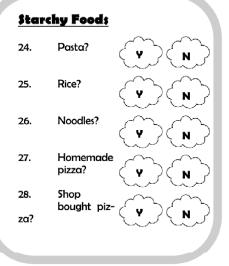
15. Ice cream, choc ices, ice lollies, ice pops?

#### Added Sugar

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







#### Nuts

Nuts such as peanuts, cashews, almonds, brazils, walnuts, etc? 29. Salted?

30. Unsalted?

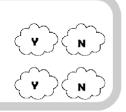


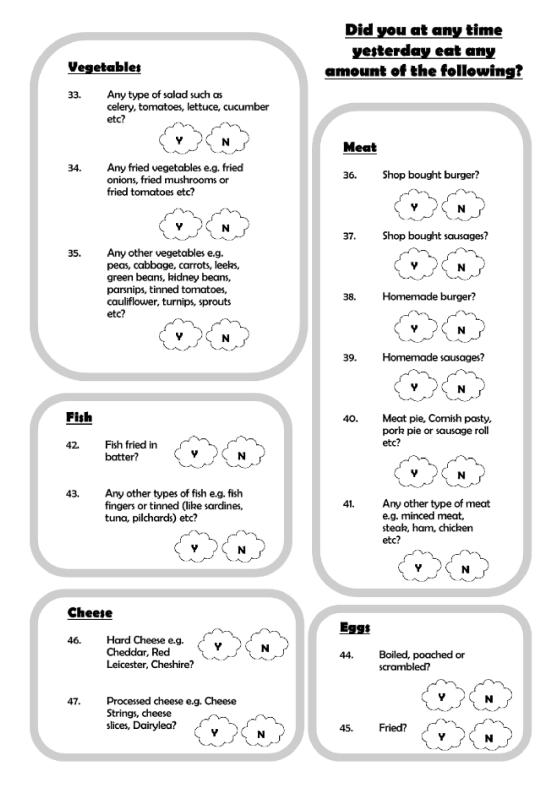
#### <u>Fruit</u>

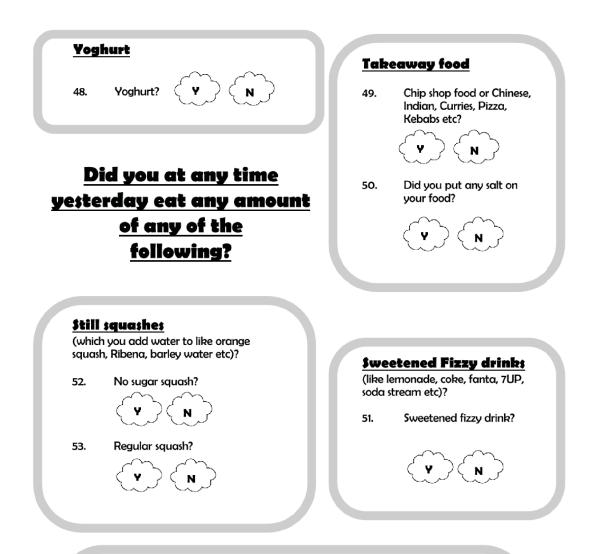
- 31. Any fresh fruit such as apples, oranges (any type), pears, bananas, plums etc?
- 32. Any dried fruit such as raisins, dried apricots, sultanas etc?

Ν

N







#### Milk

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

- 54. Ordinary full fat milk (Blue top)?
- 55. Semi skimmed or skimmed milk (Green or red top)?

56. Water?