

Date:

Time point:

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.

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

Yesterday, did you:

1. Eat lunch?

Y N

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

Breakfast Cereals:

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

Y N

3. 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

4. White bread (slices or rolls)?

Y N

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

Y N

6. Malt/fruit bread?

Y N

7. Bread sticks/crackers?

Y N

Butter or Margarine

8. Butter / Margarine?



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

Cakes and Puddings

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



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



Biscuits

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



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



Sweets and chocolates

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



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



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



Added Sugar

16. 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?



Potatoes

18. Boiled potatoes?



19. Mashed potatoes?



20. Baked or jacket potatoes?



21. Roast potatoes?



22. Chips?



23. Crisps (any type or flavour)?



Starchy Foods

24. Pasta?



25. Rice?



26. Noodles?



27. Homemade pizza?



28. Shop bought pizza?



Nuts

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

29. Salted?



30. Unsalted?



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

Fruit

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?



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

Vegetable:

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



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



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



Fish

42. Fish fried in batter?



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



Cheese

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



47. Processed cheese e.g. Cheese Strings, cheese slices, Dairylea?



Meat

36. Shop bought burger?



37. Shop bought sausages?



38. Homemade burger?



39. Homemade sausages?



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



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



Eggs

44. Boiled, poached or scrambled?



45. Fried?



Yoghurt

48. Yoghurt?



Takeaway food

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



50. 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)?

52. No sugar squash?



53. Regular squash?



Sweetened Fizzy drinks

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

51. Sweetened fizzy drink?



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?

