

Date: _____

Time point: _____

My Lifestyle Questionnaire

Child ID: _____

Child DOB: _____

School: _____

Class: _____

We are interested in finding out about your lifestyle. Please listen to the questions very carefully and answer as best you can. Please note that none of your answers will be shared.

Section A

For questions 1 and 2 you are given 2 lists (A and B). You have to **match up the items in list B to list A** by writing in the correct number as shown in the example below.

E.g. Sport and equipment

Example

<u>A—Sport</u>		<u>B—Equipment</u>	
Tennis	<u>5</u>	1. Goggles	
Football	<u>2</u>	2. Boots	
Snooker	<u>4</u>	3. Beam	
Swimming	<u>1</u>	4. Cue	
Gymnastics	<u>3</u>	5. Racquet	

1. Unhealthy food and healthy replacement.

From list B, please choose what you believe to be the healthy alternative that **best matches** the unhealthy food item.

A – Unhealthy Food

Orange tango	_____
Packet of crisps	_____
Biscuits	_____
Jelly sweets	_____
Jam sandwich (white bread)	_____
Cheese strings	_____

B—Healthy Alternatives

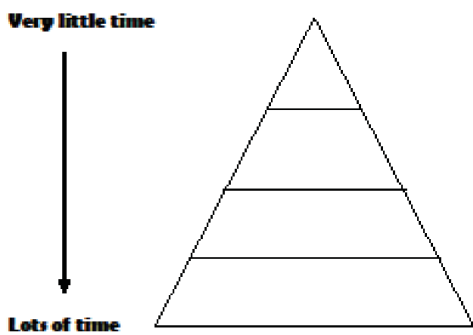
1. Portion of hard cheese
2. Dried fruit e.g. apricots/raisins
3. Ham sandwich (wholemeal bread)
4. Bread sticks
5. Sweet oatcakes
6. Sugar free orange squash and fizzy water

2. Food group and the percentage of each that should make up your diet.

From List B choose the correct percentage for each food group.
You may use a percentage more than once. Your answers should add up to 100%.

A		B	
Fruits and vegetables	_____ %	12%	33%
Fatty and sugary foods	_____ %	7%	11%
Meat, fish and alternatives	_____ %	40%	15%
Milk and dairy products	_____ %	50%	2%
Bread, other cereals and potatoes	_____ %		

3. The activity triangle below has 4 levels to show very little time at the top with more time in each level as you go down. In the box to the right of the triangle there are 4 different types of activity. **Please write the letter linked to each activity type in one section of the triangle to show how much time you should spend on that type of activity.** You can only use each letter once and have one letter in each level of the pyramid.



- A Games and activities that make the heart beat faster e.g. playing football/netball
- B Daily activities e.g. Walking
- C Not moving around for more than 2 hours in the day
- D Activities which involve stretching and building strength e.g. gymnastics, judo, weight training

4. What is the **smallest** amount of healthy foods we should be eating? What is the **largest** amount of unhealthy foods we should be eating?

Choose your answers from the list below and write your answer in the appropriate box. Your answer should add up to 100%.

- 15% 20% 25% 30% 35%
- 40% 45% 50% 55% 60%
- 65% 70% 75% 80% 85%

Healthy food	to	Unhealthy food
%		%

5. Imagine you have decided to reduce your screen time on a school day evening by playing outside instead. In the box below **write down 3 things that would help you to remember** to play outside.

1.

2.

3.

Section B

Questions 6-8 are statements about **how easy or hard it would be for you to do certain things**. You must TICK the box that shows how much you agree with the statement.

- *Unhealthy snacks include biscuits, cakes, crisps, sweets and sweetened fizzy drinks (e.g. coke, fanta, lemonade)*
- *Healthy snacks include fruit, crackers, breadsticks, oatcakes, dried fruit, carrot sticks, wholemeal bread*
- *Screen based activities include TV, computer, mobile phone, Xbox, Nintendo DS, Ipad etc.*

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
6	I would find it very easy to give up half of my screen based activities and swap them with being more active everyday				
7	I would find it very easy to eat only one unhealthy snack every day				
8	If offered my favourite unhealthy snack I would find it very easy to say 'no thanks'				

Questions 9-14 are statements **about whether you plan to do certain things in the next two weeks**.

You must TICK the box that shows how much you agree with the statement.

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
9	I plan to give up at least half of my screen based activities and replace them with physical activity				
10	I plan to only eat one unhealthy snack every day				
11	If offered my favourite unhealthy snack, I will say ' no thanks '				
12	I plan to eat new healthy snacks				
13	I plan to talk to my parents about how the whole family can eat more healthily				
14	I plan to try to persuade my parents to be more active				

Questions 15-17 are statements **about how many of your friends do certain things.**

You must TICK the box which shows how many of your friends do these things.

No.	Question	None	A few	Lots	All
15	How many of your friends eat more than two healthy snacks at school each day?				
16	How many of your friends drink a fizzy drink (e.g. coke, lemonade, Fanta) every day ?				
17	How many of your friends play on a computer, mobile phone or watch TV when they get home from school?				

Questions 18-22 are statements about **whether your friends think it's ok to do certain things.** You must TICK the box that shows how much you agree with the statement.

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
18	Most of my friends think it is ok to play on the computer/mobile phone for most of the time at home				
19	Most of my friends think it is ok to help their parents cook a meal				
20	Most of my friends think it is ok to help their parents shop for healthy food				
21	Most of my friends think it is ok to watch TV for most of the time at home				
22	Most of my friends think it is ok to help their parents with the household chores e.g. hoo-vering, laying the table, tidying their bedroom				

Questions 23-25 are statements **about whether your family think it is ok to do certain things.**

You must TICK the box which shows how much you agree with the statement.

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
23	Most of my family think it is ok for me to eat more than three unhealthy snacks (e.g. crisps, chocolate, biscuits, sweets) every day				
24	Most of my family think it is ok for me to drink more than two sweetened fizzy drinks each day				
25	Most of my family think it is ok for me to <u>spend more than 2 hours</u> each evening on screen-based activities				

Questions 26-28 are statements **about eating and activity**.

You must TICK the box which shows how much you agree with the statement.

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
26	If you want to eat lots of food high in salt, sugar and fat then you should be able to				
27	If you want to drink sweetened fizzy drinks then you should be able to				
28	If you want to spend more than 3 hours a day doing screen based activities then you should be able to				

Section C

Questions 29-32 are statements **about your home**.

You must TICK the box which shows how much you agree with the statement.

No.	Question	Strongly agree	Slightly agree	Slightly disagree	Strongly disagree
29	My parents/carers provide mostly healthy snacks for me at home				
30	My parents/carers provide mostly unhealthy drinks for me at home				
31	My parents/carers provide many opportunities for me to be physically active				
32	My parents/carers have rules at home to help me eat more healthily and to reduce my screen time e.g. I can only spend half an hour on a computer game each day or I am not allowed to help myself to crisps, chocolate, biscuits and sweets whenever I want.				

Section D

Questions 33-50 are statements **about what you do**.

You must tick the box which shows how often you do these things.

No.	Question	All of the time	Most of the time	Some of the time	Never
33	I set targets to help me cut down on the number of unhealthy snacks I eat				
34	I set targets to help me cut down on the number of sweetened fizzy drinks I have				
35	I set targets to help me cut down on my screen time				
36	I set targets to help me do more physical activity				
37	If I set a target, I write it down				
38	If I set a target, I tell/show my parents/carers and ask them to agree it				
39	I try to remember each type of food I eat to make sure I do not eat too many unhealthy snacks				
40	I try to remember each type of food I eat to make sure I eat enough healthy food				
41	I try to remember how much screen-based activity I do to make sure I don't do too much				
42	I try to remember how much physical activity I do to make sure I do enough				
43	I talk to my parents/carers about eating more healthily				
44	I talk to my parents/carers about increasing my physical activity				
45	I talk to my parents/carers about spending less time on screen-based activities				
46	I make suggestions to my parents/carers about how we can be more active as a family				
47	I make suggestions to my parents/carers about how we can eat more healthily				
48	I go food shopping with my parents/carers and help them choose healthy foods and drinks to buy				
49	I help my parents/carers to cook at home				
50	I try new healthy foods and drinks				