



4 day food and drink diary

If you have any questions about this diary please contact the SPEEDY Team,
on 01603 591739, or speedystudy@uea.ac.uk

Please complete this diary on

Part 1.

Please answer the questions as honestly and accurately as you can.

This is not a test – there are no right or wrong answers to the questions.

We will not tell anyone your answers unless we consider you or someone else to be at risk from harm, then we will tell one adult at your school.

Part 2.

Please fill in your food diary every day.

Your parents can help you fill this in if you find it difficult.

The instructions on how to fill in the diary are on page 7.

Try to fill in the diary each time you have something to eat or drink rather than leave it until the end of the day so that you don't forget anything!

Part 1: How you eat and what you eat

**1. How often do you usually have breakfast (more than a glass of milk or fruit juice)?
(Please tick one box).**

I never have breakfast

1 to 3 days per week

4 to 6 days per week

Every day

**2. On schooldays during lunch break do you generally:
(Please tick one box).**

eat the lunch served in the school canteen

eat a packed lunch brought from home

go home for lunch

don't eat lunch

3. For your main meal in the evening can you tell us how often you usually eat (Please tick one box on each line).

	Rarely/never	Once a week or less	Two to four times a week	Five or more times a week
a. at a restaurant/cafe	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. takeaway food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. ready meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. food that is cooked using separate ingredients	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. When you drink between meals what do you usually drink?
(Please tick all boxes that apply).

Sweetened drinks (cola, squash, sunny delight)

Artificially sweetened drinks (diet cola, sugar free squash)

Milky drinks (milk shake, hot chocolate)

Water (tap, bottled, still or sparkling)

Unsweetened (pure) fruit juice

Tea or coffee

5. What type of milk do you usually have either as a drink or on cereal? (tick the one you have most often)

Do not drink/use milk

Whole

Semi-skimmed

Skimmed

Soya milk

6. What type of bread do you usually eat?
(Please tick appropriate boxes).

I do not eat bread

White

Brown/wholemeal

Other, please describe (e.g. rye, soda, gluten free) _____

7. What size slice of bread do you eat?

Medium

Thick

7. What brand of fat spread do you usually use?

(Describe the type you use most often, name the brand and whether it is low fat or not. Eg. Lurpak spreadable, Flora light)

8. Do you take any vitamin, mineral or food supplements?

Yes

No

If yes, please name of the supplement and how often you take it (for example - Tesco Multivitamin tablet, one tablet, every day)

Name	How many	How often

9. How much do you like each of these foods?

	Dislike it	They're ok	Like it
a. Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Cake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Potatoes (not chips/crisps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. How healthy do you think these foods are?

	Good for you	Neither good nor bad	Bad for you
a. Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b. Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c. Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d. Cake	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e. Pizza	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f. Sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g. Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h. Potatoes (not chips/crisps)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i. Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j. Milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
k. Ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
l. Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part 2

Food and drink diary

Part 2: Food Diary

How to fill in your diary

Below is a step-by-step guide on how to fill in your food diary. It is very important that you do not change what you normally eat or drink just because you are keeping a diary so that we get a true picture of what children in Year 5 eat and drink. Try to fill in the diary each time you have something to eat or drink rather than leave it until the end of the day so that you don't forget anything!

Step 1: When

The first thing to do is to find the right time slot in the first column of the diary (on the left) for when you ate or drank something. Then, in the column next to the time slot, write down the exact time you ate or drank something. So, for example, if you had breakfast at 7.30am, you would go to the first time slot in the diary (6am to 9am) and in the column next to it write in "7.30am".

Step 2: Where

The next column in the food diary is for you to write in where you were when you ate or drank something. This could be:

- At home – e.g. in the bedroom, at the table, in the school canteen
- Away – e.g. in the street, in the car/on a bus, at a friend's or relative's house, in a café/ restaurant (please specify McDonalds, Pizza Hut, etc.)
- At school – e.g. in the canteen, in the corridor, in the classroom, in the playground

Step 3: With Whom

In the next column in the food diary, please write down who you were with when you ate or drank something. For example, you might have been alone, with family or with friends.

Step 4: What

The next step in the food diary is to describe what you ate or drank, giving as much detail as you can. Include any extras like sugar and milk in your tea or cereal, butter or other spreads on your bread and sauces such as ketchup and mayonnaise. Do not forget to include drinking water.

If you know the cooking method used (e.g. roast, baked, boiled, fried) please write it down in this section. It would also help us if you can write down the brand name of any foods or drinks if you know it (e.g. Heinz, Robinsons).

For breakfast cereals, as well as the brand name, please write down the name of the cereal e.g. frosties, cocoa pops, corn flakes.

For sandwiches, please describe the type of bread used, how many slices of bread were used and give details of the filling.

For salad or mixed vegetables, please describe what is in it (eg. 1 lettuce leaf, half a tomato, 6 slices of cucumber).

For pizza, please describe the topping (e.g. cheese and tomato, ham and pineapple).

Step 5: Portion size

In the next column, please write in the size of the portion of food or drink you had. This can be small (S), medium (M) or large (L) or, for drinks, you can specify glass, cup, or mug. Other descriptions include: packet (e.g. for crisps), number (e.g. for biscuits), slice (e.g. for cake, pizza), teaspoon (e.g. for sugar), tablespoon (e.g. for ketchup, peas).

Step 6: Where obtained from

The last column in the food diary is for you to write down where you got the food or drink from. This could be from:

- Home (food and drink, usually bought by an adult, brought into the house and stored there until eaten)
- Shop (food and drink bought by you for consumption outside the home)
- School canteen
- School vending machine
- Restaurant/cafe (please specify the type)
- Street vendor (e.g. kebab stall, ice cream van)
- Cinema kiosk/vending machine

On the first page of the diary we have filled in a whole day to show you what to do.

Please put a circle around the day of the week for which you are writing about

Day 1	Day Monday Tuesday Wednesday Thursday Friday Saturday Sunday	Date 2 nd January
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Time slot	When	Where	With Whom	What	Portion size	Where obtained from
6am to 9am	8:00	In Bed	Alone	Blackberries Sugar Toast + Flora Jam Apple Juice	10 ¼ teaspoon 1 Slice ½ teaspoon Glass	Home
9am to 12 noon	9 to 10 10:00 11:00	Football Pitch Car Watching TV	Football Team Mother Mother	Orange Squash (Robinson's High Juice) Kellogg's Fruit Winder Homemade Cup Cake	Sports Bottle 1 1	Home Home Home
12 noon to 2pm	12:30	Home, at table	Mother	Baked Beans Ham Cheese Toast + Flora Robinson's High Juice	1 tbsp 1 slice 1 slice 1 slice Beaker	Home

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
2pm to 5pm	2:00	Lounge	Family	Galaxy Chocolate	5 small chunks	Home
	5:30	Kitchen, home	Alone	Orange High Juice	Beaker	Home
5pm to 8pm	7:00	Home, at table	Family	Chicken Breast, with herbs, ham and cheese (homemade) Mini roast potatoes Green Beans Orange J20 Homemade Cup Cake	Small Small Medium Bottle 1	home
8pm to 10pm	8:00	Kitchen, home	Sister	Milk, semi-skimmed	Mug	home
10pm to 6am						

Day 1 Day Monday Tuesday Wednesday Thursday Friday Saturday Sunday Date

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
6am to 9am						
9am to 12 noon						
12 noon to 2pm						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
2pm to 5pm						
5pm to 8pm						
8pm to 10pm						
10pm to 6am						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
6am to 9am						
9am to 12 noon						
12 noon to 2pm						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
2pm to 5pm						
5pm to 8pm						
8pm to 10pm						
10pm to 6am						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
6am to 9am						
9am to 12 noon						
12 noon to 2pm						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
2pm to 5pm						
5pm to 8pm						
8pm to 10pm						
10pm to 6am						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
6am to 9am						
9am to 12 noon						
12 noon to 2pm						

Time slot	When	Where	With Whom	What	Portion size	Where obtained from
2pm to 5pm						
5pm to 8pm						
8pm to 10pm						
10pm to 6am						

When you have completed your diary, think back and consider whether these 4 days were typical or was there something unusual such as a party, visitors, or perhaps you were not feeling well.

Was there anything unusual about these 4 days?

YES

NO

If YES, please can you tell us what was different from usual.....

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