



4 day food and activity diary

If you have any questions about this diary please contact the SPEEDY Team,
on **0800 023 4640**
or **speedystudy@mrc-epid.cam.ac.uk**

Please start completing this diary on

*Please return this diary with your activity (and GPS) monitor(s) on.....
to receive your £10 Amazon voucher*

This is a diary for you to keep a record of all the food and drink you have during a week.

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 pages 3 to 6.

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!

1. 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

2. 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)

3. What size slice of bread do you eat?

- Thin
- Medium
- Thick

4. 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)

Food and Activity Diary

How to fill in your diary

Below is a step-by-step guide on how to fill in your diary. It is very important that you do not change what you normally do, eat or drink just because you are keeping a diary so that we get a true picture of what pupils in Year 9 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!

Daily information page

The first thing to do is to answer the questions on the daily information page. Every day we'd like you to tell us the date, and a bit of information about what you have been doing. If you were at school, we would like you to tell us what type of lunch you had and how you got to and from school. You might have to answer some of these questions when you get home from school, instead of in the morning.

For each day there are then two pages for you to record what you eat and drink. Each page is split into time periods. Here is how we would like you to fill in each of these sections:

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 food and drink 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 my bedroom, at home at the table, on the sofa
- **Elsewhere** – 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.), on the way to school
- **At school** – e.g. in the canteen, in the corridor, in the classroom, in the playground

Step 3: Doing what

In this column please write down what you were doing when you ate or drank something. For example, you might have been walking outdoors, sitting at the table at home or in the school canteen, watching TV, or using a computer.

Step 4: 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 (please do not write the names of your friends or family, just "friends" or "sister" will do).

Step 5: 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 6: 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 7: 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 2 pages of the diary we have filled in part of a day to show you what to do.

This is the 1st day of your diary

Time slot	When	Where	Doing what	With whom
6am to 9am	8:00	At home, sitting in the kitchen	Watching TV	Mum, dad
9am to 12 noon	9 to 10	Football pitch	Playing football	Friends
	10:00	In car	Sitting in car	Mum
	11:00	At home, sitting on the sofa	Watching TV	Alone
12 noon to 2pm	12 to 12:30	Home, sitting at table	Talking to Mum & Dad	Mum & Dad
	2:00	In street	Walking	Friends

Eating what	Portion size	Where obtained from
Blackberries, Sugar Toast & Flora Jam Apple Juice	10 ¼ teaspoon 1 slice ½ teaspoon Glass	Home
Orange squash	Sports bottle	Home
Kellogg's Fruit Winder	1	Home
Homemade cup cake	1	Home
Beef pie	1 small slice	Home
Mashed potato	M	Home
Peas	M	Home
Gravy	S	Home
Snickers bar	1	Shop

This is the 3rd day of your diary

Daily information

1. Today is: (ring one) Monday Tuesday **Wednesday** Thursday Friday Saturday Sunday

2. Today's date is: (write in)
Day Month Year

3. What time did you go to bed last night? (Write in)
Hours Mins

4. What time did you get up today? (Write in)
Hours Mins

5. Were you at school today? (Ring one) **Yes** No

6. If you were at school today, what did you do for lunch?
 (tick one box)

- took packed lunch from home.....
- had school meal, or bought something at school.....
- went home/to a friend/relative's house for lunch.....
- bought something outside school.....
- didn't have lunch.....

7. If you went to school today, how did you travel there and back?
 (tick all that apply for each column)

	To school	From school
on foot.....	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
by bicycle.....	<input type="checkbox"/>	<input type="checkbox"/>
by car.....	<input type="checkbox"/>	<input type="checkbox"/>
by bus.....	<input type="checkbox"/>	<input type="checkbox"/>
by train.....	<input type="checkbox"/>	<input type="checkbox"/>

8. If you were at school today, did you do PE or games? (ring one)

Yes No

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

Was there anything unusual about today? (please circle one)

Yes No

If yes please tell us what was different from usual

..... I felt ill and went home from school early

This is the 1st day of your diary

Time slot	When	Where	Doing what	With whom
6am to 9am				
9am to 12 noon				
12 noon to 2pm				

Eating what	Portion size	Where obtained from

Time slot	When	Where	Doing what	With whom
2pm to 5pm				
5pm to 8pm				
8pm to 10pm				
10pm to 6am				

Eating what	Portion size	Where obtained from

This is the 1st day of your diary

Daily information

1. Today is: <i>(ring one)</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------------------------------	---------------	----------------	------------------	-----------------	---------------	-----------------	---------------

2. Today's date is: *(write in)*

Day Month Year

3. What time did you go to bed last night? *(Write in)*

Hours Mins

4. What time did you get up today? *(Write in)*

Hours Mins

5. Were you at school today? *(Ring one)* **Yes** **No**

6. If you were at school today, what did you do for lunch?
(tick one box)

took packed lunch from home.....

had school meal, or bought something at school.....

went home/to a friend/relative's house for lunch.....

bought something outside school.....

didn't have lunch.....

7. If you went to school today, how did you travel there and back?
(tick all that apply for each column)

	To school	From school
on foot.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bicycle.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by car.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bus.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by train.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>

8. If you were at school today, did you do PE or games? *(ring one)*

Yes **No**

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

Was there anything unusual about today? *(please circle one)*

Yes **No**

If yes please tell us what was different from usual

.....

This is the 2nd day of your diary

Time slot	When	Where	Doing what	With whom
6am to 9am				
9am to 12 noon				
12 noon to 2pm				

Eating what	Portion size	Where obtained from

Time slot	When	Where	Doing what	With whom
2pm to 5pm				
5pm to 8pm				
8pm to 10pm				
10pm to 6am				

Eating what	Portion size	Where obtained from

This is the 2nd day of your diary

Daily information

1. Today is: <i>(ring one)</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------------------------------	---------------	----------------	------------------	-----------------	---------------	-----------------	---------------

2. Today's date is: *(write in)*

Day Month Year

3. What time did you go to bed last night? *(Write in)*

Hours Mins

4. What time did you get up today? *(Write in)*

Hours Mins

5. Were you at school today? *(Ring one)* **Yes** **No**

6. If you were at school today, what did you do for lunch?
(tick one box)

took packed lunch from home.....	<input type="checkbox"/>
had school meal, or bought something at school.....	<input type="checkbox"/>
went home/to a friend/relative's house for lunch.....	<input type="checkbox"/>
bought something outside school.....	<input type="checkbox"/>
didn't have lunch.....	<input type="checkbox"/>

7. If you went to school today, how did you travel there and back?
(tick all that apply for each column)

	To school	From school
on foot.....	<input type="checkbox"/>	<input type="checkbox"/>
by bicycle.....	<input type="checkbox"/>	<input type="checkbox"/>
by car.....	<input type="checkbox"/>	<input type="checkbox"/>
by bus.....	<input type="checkbox"/>	<input type="checkbox"/>
by train.....	<input type="checkbox"/>	<input type="checkbox"/>

8. If you were at school today, did you do PE or games? *(ring one)*

Yes No

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

Was there anything unusual about today? *(please circle one)*

Yes No

If yes please tell us what was different from usual

.....

This is the 3rd day of your diary

Time slot	When	Where	Doing what	With whom
6am to 9am				
9am to 12 noon				
12 noon to 2pm				

Eating what	Portion size	Where obtained from

Time slot	When	Where	Doing what	With whom
2pm to 5pm				
5pm to 8pm				
8pm to 10pm				
10pm to 6am				

Eating what	Portion size	Where obtained from

This is the 3rd day of your diary

Daily information

1. Today is: <i>(ring one)</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------------------------------	---------------	----------------	------------------	-----------------	---------------	-----------------	---------------

2. Today's date is: *(write in)*

Day Month Year

3. What time did you go to bed last night? *(Write in)*

Hours Mins

4. What time did you get up today? *(Write in)*

Hours Mins

5. Were you at school today? *(Ring one)* **Yes** **No**

6. If you were at school today, what did you do for lunch?
(tick one box)

took packed lunch from home.....

had school meal, or bought something at school.....

went home/to a friend/relative's house for lunch.....

bought something outside school.....

didn't have lunch.....

7. If you went to school today, how did you travel there and back?
(tick all that apply for each column)

	To school	From school
on foot.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bicycle.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by car.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bus.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by train.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>

8. If you were at school today, did you do PE or games? *(ring one)*

Yes **No**

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

Was there anything unusual about today? *(please circle one)*

Yes **No**

If yes please tell us what was different from usual

.....

This is the 4th day of your diary

Time slot	When	Where	Doing what	With whom
6am to 9am				
9am to 12 noon				
12 noon to 2pm				

Eating what	Portion size	Where obtained from

Time slot	When	Where	Doing what	With whom
2pm to 5pm				
5pm to 8pm				
8pm to 10pm				
10pm to 6am				

Eating what	Portion size	Where obtained from

This is the 4th day of your diary

Daily information

1. Today is: <i>(ring one)</i>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
--------------------------------	---------------	----------------	------------------	-----------------	---------------	-----------------	---------------

2. Today's date is: *(write in)*

Day Month Year

3. What time did you go to bed last night? *(Write in)*

Hours Mins

4. What time did you get up today? *(Write in)*

Hours Mins

5. Were you at school today? *(Ring one)* **Yes** **No**

6. If you were at school today, what did you do for lunch?
(tick one box)

took packed lunch from home.....

had school meal, or bought something at school.....

went home/to a friend/relative's house for lunch.....

bought something outside school.....

didn't have lunch.....

7. If you went to school today, how did you travel there and back?
(tick all that apply for each column)

	To school	From school
on foot.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bicycle.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by car.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by bus.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>
by train.....	<input style="width: 20px; height: 20px;" type="checkbox"/>	<input style="width: 20px; height: 20px;" type="checkbox"/>

8. If you were at school today, did you do PE or games? *(ring one)*

Yes No

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

Was there anything unusual about today? *(please circle one)*

Yes No

If yes please tell us what was different from usual

.....

