

# 5 year Food Frequency Questionnaire



To be administered to the child's main carer

EAT5 study number 

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Interview date 

DD	MM	YY
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Interviewer name \_\_\_\_\_

## You will need:

- This questionnaire
- Ready reckoners 1 and 2
- Plate
- Bowl
- Mug
- Glass
- Measuring cup
- Measuring spoons
- Funnel
- Beans
- Rice

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## Instructions for the interviewer:

- Please check that the POI study number, the date, and your name are **recorded on the front page** before starting the questionnaire
- Ask each question in turn **as it is worded** in the questionnaire.
- Each food should be **entered only once** and as **separate items** where possible. For example, if they had custard and peaches for pudding, this should be entered as i) custard and ii) peaches – not as "puddings not yet described".
- **Mixed dishes should be entered separately** – so lasagne should be entered as appropriate amounts of "Other pasta (pasta only - not including sauce)", "Mince & patties (from beef or lamb)", and "White or cheese sauce", and "Cooked tomato (pasta sauce, canned tomatoes etc)".
- Room has been left at the bottom of each page to **make comments** that will help with interpreting the data – we would like you to put as much information as possible. For instance a child might have a slice of bread that is from a breadmaker which is much thicker than the standard toaster slice.

## Choosing a frequency

- Enter **only one value for frequency** (that is, how often a week OR day, not both)
- Make sure there is a frequency for **every food** (i.e., use the "not eaten this month" column as appropriate)
- Use "Ready Reckoner 1" if parent says that the child has something **regularly but only for part of the week**, for example, "Beth has a banana twice a day during the week but not at all in the weekend". This will give you the single frequency option to use.
- Use "Ready Reckoner 2" for those **questions that include more than one food**, for example "white buns (not iced), crumpets". This will give you the single frequency option to use.

## Estimating the amount eaten

- For those foods that have a "standard" unit provided, the parent needs to estimate how many of these units (or fractions of units such as ¼ or ½) the child would usually eat (1st example on the next page).
- For those foods with units of **ml**, you need to use the beans (larger foods) or rice (smaller foods) to estimate the volume they consume. Ask the parent to pour the beans or rice into the plate or cup (whichever is appropriate) to the level that their child would usually eat. You then pour this amount into the measuring cup and record the volume (2nd example on the next page).

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Example	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
1	Instant noodles			✓									1 packet	¾
2	Cornflakes or rice bubbles								✓				140 ml	

### Instructions for the participant:

- These questions ask how often and how much *child's name* has eaten certain foods or beverages **over the past month**.
- *Child's name* may sometimes be fed by a relative, friend, or someone else. If you know the type of food and approximate amount s/he has eaten at these times please include them.
- Please tell us what they **actually** ate and drank; we are interested in what children actually eat, not the perfect diet.
- All information is stored by study number and not by your name.

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### A. Bread, crackers and breakfast cereals

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
1	White bread												1 toaster slice	
2	White buns (not iced), crumpets												1 small bun or 1 crumpet	
3	Wholemeal bread or bun												1 toaster slice or 1 small bun	
4	Wholegrain bread or bun												1 toaster slice or 1 small bun	
5	Crackers (wheat, rice or corn-based)												1 cracker	
6	Rice cakes or rice wheels*												1 rice cake or 17 rice wheels	
7	Cruskits or crispbreads												1 cruskit	

Comments?

\* Rice wheel = tiny kids' size rice cake (~ 50 cent coin in diameter)

\* Rice cake = puffed rice crackers the size of a large cookie

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
8	Weet-bix												1 weetbix	
9	Fruity-bix or similar												_____ ml	
10	Porridge												_____ ml	
11	Cornflakes or rice bubbles												_____ ml	
12	Cocopops, honey puffs or puffed wheat cereal												_____ ml	
13	Nutrigrain, Milo cereal or similar												_____ ml	
14	Muesli and "light" muesli (e.g. "Light and Tasty, Light and Right")												_____ ml	
15	Other breakfast cereal (record name of main one): _____												_____ ml	

Comments?

## B. Rice and pasta

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
16	White rice												_____ ml	
17	Brown rice												_____ ml	
18	Instant noodles												1 packet	
19	Canned spaghetti												1 medium can (420g)	
20	Other pasta (pasta only - not including sauce)												_____ ml	
21	Pizza (not takeaway) – base only												1 slice	

Comments?

### C. Fruit

22 How often has your child had fruit in the past month?

\_\_\_\_\_ less than once a week OR \_\_\_\_\_ times a week OR \_\_\_\_\_ times a day

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
23	Banana												1 banana*	
24	Apples (fresh or canned)												1 apple	
25	Apricots, plums or peaches (fresh or canned)												1 apricot or 1 plum, or ½ peach	
26	Pears (fresh or canned)												1 pear	
27	Raisins or sultanas												1 small box (12g)	
28	Dried apricots or prunes												1 prune	
29	Oranges, mandarins												1 orange or 2 mandarins	

Comments?

\*2 bobby bananas = 1 medium banana

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	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
30	Kiwifruit												1 kiwifruit	
31	Green grapes												1 grape	
32	Black or red grapes												1 grape	
33	Berries or cherries (fresh or frozen)												_____ ml	
34	Avocado												1 avocado	
35	Rhubarb												_____ ml	
36	Other fruit												_____ ml	

Comments?

## D. Vegetables

37 How often has your child had vegetables in the past month?

\_\_\_\_\_ less than once a week OR \_\_\_\_\_ times a week OR \_\_\_\_\_ times a day

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
38	Potato salad or other potato eaten cold												_____ ml	
39	Potato or kumara (boiled, baked, microwaved, mashed) eaten warm or hot												_____ ml	
40	Hot chips, potato shapes, roast potato or kumara cooked at home eaten warm or hot												_____ ml	
41	Yams												_____ ml	
42	Carrot												_____ ml	
43	Pumpkin												_____ ml	
44	Green peas												_____ ml	
45	Green beans												_____ ml	

Comments?

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	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
46	Sweet corn												_____ ml	
47	Broccoli												_____ ml	
48	Cauliflower												_____ ml	
49	Capsicum (peppers)												_____ ml	
50	Red cabbage												_____ ml	
51	Green cabbage												_____ ml	
52	Spinach or silverbeet												_____ ml	
53	Lettuce or salad leaves												_____ ml	
54	Cucumber												1 slice	
55	Raw tomato												1 tomato	
56	Cooked tomato (pasta sauce, canned tomatoes, tomato sauce)												_____ ml	
57	Leeks												_____ ml	
58	Other vegetables: _____												_____ ml	

Comments?

## E. Meat, chicken, fish, eggs, beans

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
59	Chicken nuggets or shapes												1 nugget	
60	Fish fingers or shapes												1 fish finger	
61	Battered or crumbed fish												1 fillet	
62	Other chicken (eg. roast, stir-fry, BBQ)												1 drumstick	
63	Other fish (eg. canned, pan-fried)												_____ ml	
64	Sausages, saveloys (including vegetarian)												1 sausage	
65	Ham, bacon, luncheon, salami												1 slice	
66	Meat pies												1 pie	
67	Sausage rolls												1 roll	
68	Mince & patties (from beef or lamb)												_____ ml	

Comments?

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	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
69	Steak, chops or roast (beef or lamb)												_____ ml	
70	Pork and other meat												_____ ml	
71	Eggs												1 egg	
72	Hummus (chickpea dip)												_____ ml	
73	Baked beans												1 medium can (420g)	
74	Canned or home cooked beans, chickpeas or lentils												_____ ml	
75	Nuts (any sort but not peanut butter)												_____ ml	

Comments?

## F. Spreads

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
76	Jam or honey												_____ ml	
77	Marmite or Vegemite												_____ ml	
78	Peanut butter												_____ ml	
79	Nutella												_____ ml	

Comments?

13

## G. Cakes, biscuits, snacks

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
80	Biscuits – chocolate coated												1 biscuit	
81	Biscuits – other												1 biscuit	
82	Cakes or slices												1 large raisin box	
83	Muffins or scones												1 medium muffin	
84	Croissant, sweet buns, iced buns, pastries												1 item	
85	Fruit bread, currant buns												1 slice	
86	Chocolate												1 square	
87	Lollies												1 lolly	
88	Crisps, corn chips, corn snacks (e.g. Cheezels)												1 snack packet (18g)	
89	Muesli, nut, cereal or puffed rice bars												1 bar	
90	Fruit leather, fruit strings, fruit roll-ups												_____ ml	

Comments?

## H. Milk and dairy products

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
91	Flavoured milk (including Milo, Quick, Drinking chocolate, Up-and-Go)												_____ ml	
92	Low-fat cows milk (green, lite blue, yellow-top) <b>as a drink</b>												_____ ml	
93	Low-fat cows milk <b>on cereal or other food</b> (not custard or sauces)												_____ ml	
94	Cows milk (blue, silver-top) <b>as a drink</b>												_____ ml	
95	Cows milk <b>on cereal or other food</b> (not custard or sauces)												_____ ml	
96	Soy milk <b>as a drink</b>												_____ ml	
97	Soy milk <b>on cereal or other food</b> (including custard or sauces)												_____ ml	
98	Other milk (goat, rice) <b>as a drink</b>												_____ ml	
99	Other milk (goat, rice) <b>on cereal or other food</b>												_____ ml	

Comments?

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	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
100	Cheese (including in recipes)												_____ ml	
101	Yoghurt or dairy food												_____ ml	
102	White sauce or cheese sauce												_____ ml	
103	Butter (not in baking)												_____ ml	
104	Margarine (not in baking)												_____ ml	
105	Cream or sour cream												_____ ml	

Comments?



## I. Puddings

		How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?	
Food		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?
106	Ice cream											_____ ml	
107	Custard and other milk puddings											_____ ml	
108	Puddings not yet described											_____ ml	

Comments?

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## J. Drinks

		How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?	
Food		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?
109	100% orange juice (freshly squeezed or similar)											_____ ml	
110	Other fruit juice ("Fresh up", "Just Juice")											_____ ml	
111	Fruit drinks, Ribena, cordial, sachets											_____ ml	
112	Regular fizzy drinks (lemonade, coke)											_____ ml	
113	Diet fizzy drinks (lemonade, coke)											_____ ml	
114	Tea (not herbal)											_____ ml	
115	Coffee											_____ ml	

Comments?

## K. Takeaways

	Food	How often have they eaten this food this month? <i>Complete one frequency column only per food</i>										How much did they eat each time?		
		Not eaten this month	Less than once a week	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	If more than once a day – how many times a day	Units	How many [units] would they eat each time?	
116.	Chips from a takeaway shop or fast food restaurant (KFC, McDonalds, Burger King)												_____ ml	
117	Hotdog, fish, sausage from a takeaway shop												1 item	
118	Burgers from a takeaway shop or fast food restaurant (KFC, McDonalds, Burger King)												1 burger	
119	Other item from a takeaway shop or fast food restaurant (KFC, McDonalds, Burger King (please describe)												1 item	
120	Ready to eat pizza (takeaway shop or supermarket)												1 slice	
121	KFC or other fried chicken												1 piece	
122	Subway sandwich												1 6" roll	
123	Kebabs or wraps (bought)												1 wrap	
124	Sushi (bought)												1 piece	
125	Chinese, Thai, or Indian meal or similar (bought)												_____ ml	

Comments?

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126 On average over the past 4 weeks, how many meals per week were given to your child by someone other than yourself? \_\_\_\_\_ meals

127 If more than 0 meals, how many of these meals have you been able to include in this questionnaire?

None     Some     Most     All

Thank you for completing this questionnaire



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