

SECTION D: YOUR CHILD'S FOOD AND EATING

QD1	About how many serves of vegetables does your child usually eat per day? Do not include
	potatoes, hot chips or fried potato. (1 serve = ½ cup cooked vegetables or 1 cup salad vegetables)
	(Please shade <u>one</u> response only)

My child does not eat vegetables Less than one serve/day		1 serve/day	2 serves or more/day		
O 0	O 1	O 2	O 3		

QD2 About how many serves of hot chips, French fries, wedges, or fried potatoes does your child usually eat <u>per week?</u> (1 serve = a small cup) (Please shade <u>one</u> response only)

My child does not eat Less than one chips serve/week		1 serve/week	2 serves/week
O 0	O 1	O 2	O 3

About how many serves of potatoes does your child usually eat <u>per week?</u> Do not include chips, French fries, wedges or fried potatoes. (1 serve = 1 small potato) (Please shade <u>one</u> response only)

My child does not eat Less than one potatoes serve/week		1 serve/week	2 serves/week
O 0	O 1	O 2	O 3

QD4 About how many serves of fruit does your child usually eat <u>per day?</u> Do NOT include fruit juice. (1 serve = 1 medium piece or 2 small pieces of fruit or 1 cup of diced pieces) (Please shade <u>one</u> response only)

My child does not eat fruit Less than one serve/day		1 serve/day	2 serves or more/day		
O 0	O 1	O 2	O 3		

QD5 What types of bread does your child <u>usually</u> eat? (Please shade <u>any</u> that your child <u>usually</u> eats)

My child does not eat bread	High fibre white bread	White bread	Wholemeal bread	Rye bread	Multigrain bread	Other bread
O 0	O 1	O 2	O 3	O 4	O 5	O 6

QD6 What type of milk does your child <u>usually</u> drink? (Please shade <u>one</u> response only)

My child does not drink milk	Whole (full- cream/ regular)	Skim	Low/reduced fat	Soy	Other	Don't know
O 0	O 1	O 2	O 3	O 4	O 5	O 6

QD7 About how <u>often</u> is the meat your child eats trimmed of fat either before or after cooking? (Please shade <u>one</u> response only)

My child does not eat meat	Never	Rarely	Sometimes	Usually	Always
O 0	O 1	O 2	O 3	O 4	O 5



QD8 Does your child take any of the following supplements? (Please shade <u>one</u> response only)

	Never	Less than once/week	1-3 times/ week	4-6 times/ week	Every day
Multivitamin and/or mineral	O 1	O 2	O 3	O 4	O 5
Fish oils	O 1	O 2	O 3	O 4	O 5
Iron (separate from the multivitamin/mineral above)	O 1	O 2	O 3	O 4	O 5
Vitamin C (separate from the multivitamin/mineral above)	O 1	O 2	O 3	O 4	O 5

The next questions ask how many times your child has eaten certain foods over the past month.

We are not asking how much of each food s/he ate, we are asking <u>how often</u> they ate each food <u>in the past month</u>. Please respond by shading the box that best matches your answer.

EXAMPLE ONLY

Question: How often did <u>your child</u> eat/drink this food/beverage *over the last month?* (Please shade <u>one</u> response on each line)

If, for example, during each average week over the past month, your child:

- had cake once per week
- had bananas three times per week
- had toast for breakfast each morning and a sandwich for lunch on each weekday, this means that, on average, they have had bread about twice a day
- had Coco Pops three times per week and Weetbix four times

Then this is how you would complete the questions:

	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Cakes, muffins, scones, muesli bars	O 1	O 2	• 3	O 4	O 5	O 6	O 7	0 8	O ,
Banana	O 1	O 2	O 3	4	O 5	O 6	O 7	O 8	O ,
Bread	O 1	O 2	O 3	O 4	O 5	O 6	• 7	O 8	O 9
Breakfast cereal such as Weetbix, Vitabrits, Sultana bran	O 1	O 2	O 3	4	O 5	O 6	O 7	O 8	O 9
Breakfast cereal such as Nutrigrain, Rice Bubbles, Corn Flakes, Coco Pops	O 1	O 2	O 3	• 4	O 5	O 6	O 7	O 8	O 9



QD9 In the <u>past month</u>, about how often has your child had the following? (Please shade <u>one</u> response on each line)

MILK & DAIRY FOODS									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Plain milk	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Infant formula, follow-on formula or toddler milk	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	09
Flavoured milk drinks (e.g. milkshakes, smoothies, hot chocolate)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Soy milk	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Yoghurt - plain or flavoured	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Cheese - all types	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	09
Ice cream or custard	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	09
Cream or sour cream	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9

BREAD & CEREAL FOODS									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Bread and bread rolls, English muffin, bagel or crumpet	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Breakfast cereal such as Nutrigrain, Rice Bubbles, Corn Flakes, Coco pops	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Breakfast cereal such as Weetbix, Vitabrits, Sultana bran	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Rice – white or brown	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Pasta or noodles – white or wholemeal	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9



QD9cont. In the <u>past month</u>, about how often has your child had the following? (Please shade <u>one</u> response on each line)

MEAT, FISH & EGGS									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Beef or lamb (e.g. steak, roast)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Dishes with beef or lamb (e.g. casserole, stir-fry)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Ham, luncheon meat, bacon, salami	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Chicken – roast, steamed, BBQ	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Crumbed chicken (e.g. chicken nuggets, schnitzel)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Pork – roast, chop or steak	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Dishes with pork, bacon or ham (e.g. casserole, stir-fry)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Fish - fried, battered, crumbed (includes fish fingers)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Fresh fish or seafood or canned fish (e.g. tuna, salmon)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Dishes with fish or seafood (e.g. casserole, stir-fry)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Sausages and Frankfurts (all types- boiled, grilled or fried)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Eggs- boiled, scrambled	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9

BEVERAGES									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Plain water (e.g. tap water, bottled water, filtered water, unflavoured mineral water)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Fruit juice (100% juice)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Soft drink, cordial, sports drinks or fruit juice drinks	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Diet soft drinks or cordial	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	09



QD9cont. In the <u>past month</u>, about how often has your child had the following? (Please shade <u>one</u> response on each line)

response on each line)									
MISCELLANEOUS FOODS									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Cakes, muffins, scones, muesli bars	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Sweet biscuits - all types	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Chocolate and sweets/lollies	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	0 9
Crisps, corn chips, Twisties	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Crackers and crispbreads (e.g. rice cakes)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Savoury biscuits (e.g. Jatz, Shapes)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Savoury pies and pastries (e.g. sausage roll, meat pies, pastie)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Hamburgers (e.g. McDonalds)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Pizza	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	0 9
Peanuts, peanut butter, other nuts seeds or tahini	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Sugar, jam, honey, syrups	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Butter or dairy spreads on bread or cooked vegetables	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Margarine on bread or cooked vegetables	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9

VEGETABLES (including fresh	n, frozei	n and ti	nned)						
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Hot chips, potato wedges	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Potato - Boiled, baked	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Carrot	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Tomato	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Broccoli	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9



QD9cont. In the <u>past month</u>, about how often has your child had the following? (Please shade <u>one</u> response on each line)

VEGETABLES cont.									
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day
Peas	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Cauliflower	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Cucumber	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Capsicum	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Onion	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Corn	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9
Pumpkin	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9
Zucchini	O 1	O 2	O 3	O 4	O 5	O 6	07	0 8	O 9
Mushroom	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9

FRUITS (including fresh, frozen and tinned)										
	Never or less than once a month	1-3 times a month	Once a week	2-4 times a week	5-6 times a week	Once a day	2-3 times a day	4-5 times a day	6 or more times a day	
Apple and pear	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9	
Orange, mandarin and other citrus fruit	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	
Banana	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9	
Grapes	O 1	O 2	O 3	O 4	O 5	O 6	0 7	0 8	O 9	
Strawberries	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9	
Watermelon	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	
Kiwi fruit	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	O 9	
Peach, apricot, nectarine, plum	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	
Pineapple	O 1	O 2	O 3	O 4	O 5	O 6	O 7	0 8	09	
Rockmelon	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	
Dried fruit (e.g. sultanas, apricots)	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	
Fruit - canned in syrup or cooked with sugar	O 1	O 2	O 3	O 4	O 5	O 6	O 7	O 8	O 9	