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**Breakfast Eating Habits and Behaviors questionnaire**  
**for Children 6-12 years old**  
*(To be filled by parents or the child's guardian)*

Dear parent or child's guardian: This questionnaire aims to collect information regarding your child's breakfast habits and associated behaviors. Breakfast meal is defined as the first consumed meal from the time of waking up and until 11 a.m. This is part of a large study that is conducted on elementary students in Riyadh. Kindly answer all the questions below by choosing the most precise and relevant answer. Note that the information you are disclosing will remain confidential and will only be used for scientific research.

Date of filling the questionnaire: .....

**1-Who is the guardian filled the questionnaire:**  Mother  Father  
 Someone else: ..... **2-**

**Sex of the child:**  female  Male

**3- Age of the child (years):** .....

**Please choose the most relevant answer by checking the corresponding box:**

**Part one:**

**4- With whom does the child lives?**

- with both parents  with the mother only  with the father only
- with others (grandparents, etc.)

**5- How many members of the family are living together in the house (please write the number in the box)?**

**6- How many family members are below 18 years old (please write the number in the box)?**

**7- How old is the father?**

- Less than 30  30-39  40-49  50-59  60 or above

**8- How old is the mother?**

- Less than 30  30-39  40-49  50-59  60 or above

**9-What is the father's highest education degree?**

- Middle school or less  High school  College degree  Masters or PhD

**10-What is the father's highest education degree?**

- Middle school or less     High school     College degree     Masters or PhD

**11- What is the average monthly income of the family?**

- 5000 Riyal or less     5001-10000 Riyal     10001-15000 Riyal  
 150000-20000 Riyal     20001-25000 Riyal     More than 25000 Riyal

**12- What is the type of the family's housing?**

- An apartment     floor in a villa     Small villa (less than 500 m<sup>2</sup>)  
 Medium size villa (500-1000 m<sup>2</sup>)     Large size villa (>1000 m<sup>2</sup>)

**13- How many of the children in the family are males?**

- zero     one     two     three     four     five or more

**14- How many of the children in the family are females?**

- zero     one     two     three     four     five or more

**15-How many of the children (both males and females) who are considered overweight or obese?**

- zero     one     two     three     more than three (how many?): .....

**16- Do you think that any of the parents (mother or father or both) are overweight or obese?**

- none is obese     only the mother     only the father     both parents

**Part two:**

**17-During the school days (week days), how much time does your child spend watching television & videos games or uses iPad, computer or the internet (or all)?**

- doesn't watch any     an hour or less     2 hours     3 hours  
 4 hours     5 hours     6 hours     > 6 hours (how much please): .....

**18- During the weekend days, how much time does your child spend watching television & videos games or uses iPad, computer or the internet (or all)?**

- doesn't watch any     an hour or less     2 hours     3 hours  
 4 hours     5 hours     6 hours     > 6 hours (how much please): .....

**19- How long does your child usually sleep during the school days (week days)?**

- 4 hours or less       5 hours       6 hours       7 hours  
 8 hours       9 hours       10 hours       11 hours or more

**20- How long does your child usually sleep during the weekend days?**

- 4 hours or less       5 hours       6 hours       7 hours  
 8 hours       9 hours       10 hours       11 hours or more

**21- Does your child do any physical activity (or sports) that increase his/her heart rate or respiration substantially (other than his/her activity in school)?**

- doesn't do any physical activity       he/she is active for less than 30 min  
 he/she is active for at least 30 min       he/she is active for at least 60 min  
 he/she is active for more than 60 min

**22- Usually, how does your child go to school?**

- walking       using the family's car       by school bus

**Part 3:**

**23- During the school days, how many days does your child consume the breakfast meal at home before going to school?**

- none       once       twice  
 3 times       4 times       5 times (daily)

**24- During the weekend days, how many days does your child consume the breakfast meal at home (before 11 am)?**

- none       one day       two days (both days)

**25- In case the breakfast meal is prepared at home, who usually prepares it?**

- the mother       the father       the maid (domestic helper)       older sister/brother  
 the child himself       the meal is bought ready from a shop  
 the meal is never prepared at home

**26- In case your child doesn't consume the breakfast meal at home before going to school, what are the reasons for that (you can choose more than one answers if applicable)?**

- the child wakes up late, so there is no time to consume breakfast
- the child doesn't feel hungry in the morning, so he/she doesn't eat breakfast at home
- the child is given a sandwich to consume on the way to school (please specify the type of food provided:.....)
- the child is provided money to buy breakfast from the school canteen
- other reasons (please specify: .....

**27- In case breakfast is consumed on a regular basis at home, what is usually the kind of meal prepared for your child (you can choose more than one answers)?**

- boiled egg sandwich                       fried egg sandwich                       jam sandwich
- tuna sandwich                                 peanut butter sandwich                       labneh sandwich
- thyme sandwich                                 croissant     nutella sandwich  
(chocolate & hazel nuts)
- hot dog     Mortadella     pizza
- spread cheese sandwich                       solid cheese sandwich                       French fries
- baked potatoes                                 hamburger     fava beans
- falafel     chickpeas     pancake
- cake or cookies                                 donuts     Oreo biscuits
- yogurt with fruits                                 cheese pie     thyme pie
- labneh pie
- breakfast cereal (corn or oat grains), please specify the kind: .....
- if none of the above, please specify the kind of breakfast consumed: .....

**28- In case your child consumes breakfast cereals (corn or oat grains), what does he/she prefers?**

- cereal with added sugar                       cereal without added sugar

**29- In case your child consumes breakfast cereals, what does he prefers?**

- cereal with fruits                                 cereal without fruits

**30- What are the fresh fruits that your child usually consumes as part of the breakfast meal (you can choose more than one answers if applicable)?**

- doesn't consume any fruits with breakfast       apple       orange  
 banana       pear       grapes       other (please specify: .....)

**31- What does your child usually drink with breakfast (you can choose more than one answers if applicable)?**

- doesn't drink anything       water       whole fat milk       low fat milk  
 fruit juice       fruit drink       tea       tea with milk  
 soft drinks       other (specify): .....

**32- Is your child allergic to lactose (lactose intolerant)?**

- Yes       No

**33- In case your child consumes breakfast at home during the school days, what time does he/she have it?**

- before 6 am       6-6:30 am       6:30-7 am

**34- In your opinion, what are the factors that influence your child most when choosing the type of food for breakfast consumption (you can choose more than one answers if applicable)?**

- television advertisements       friends       parents  
 siblings       child's mood       foods' taste  
 other factors (please specify): .....

**35- Are you satisfied with the quality of the breakfast that your child consumes at home?**

- Yes, satisfied       somewhat satisfied       Not satisfied

**36- Does your child consume any foods or drinks from the school canteen (shop)?**

- No       Yes, consumes both foods and drinks  
 consumes some foods only       consumes some drinks only

**37- Are you satisfied with the quality of the food that your child consumes from the school canteen (shop)?**

- Yes, satisfied       somewhat satisfied  
 NO       We have no information about the food in the school shop

**38- Are you satisfied with the quality of the drinks that your child consumes from the school canteen (shop)?**

- Yes, satisfied       somewhat satisfied  
 NO       We have no information about drinks in the school shop

**39- In case your child consumes foods or drinks from the school canteen (shop), how much money in Riyals do you give him/her for that?**

- 2 or less       3-5       6-10       more than 10

**40- As a parent, how important for you is your child's breakfast?**

- Very important       somewhat important       Not important

**41- In your opinion, which meal you consider as most important for your child?**

- Breakfast       Lunch       Dinner

**42- In your opinion, does consuming breakfast regularly enhance the cognitive and school performance of your child?**

- Yes       No       I don't know

**43- Is having enough protein in the breakfast meal considered?**

- Important       Not important       I don't know

**44- Which of the following foods in the next table do you consider healthy or unhealthy? Please tick one choice for each item.**

Type of food	Healthy	Somewhat healthy	Unhealthy
Solid cheese Sandwich			
Spread cheese sandwich			
Egg Sandwich			
Tuna Sandwich			
Thyme sandwich			
Peanut butter Sandwich			
Nutella Sandwich (chocolate and hazel nuts)			
Hot dog			
Mortadella			
Croissant			
French Fries			
Pizza			
Hamburger			
Fava Beans			
Chickpeas			
Pancake			
Donuts			
Yogurt with fruits			
Oreo Biscuits			
breakfast cereal (from whole weight or oat grains)			

**Thank you for filling the questionnaire with care. Kindly send it back when completed to school with your child.**