

CHILDREN'S FOOD AND DRINK SURVEY



Dear Parents/Caregivers

This survey is being conducted by Project Energize, Sport Northland with the help of your school. We want to find out about Northland school children's eating habits. This will help us develop the project and track improvements over time. You can help us by completing the survey.

When answering these questions, please think about what your child usually eats. Remember to think about all meals, as well as snacks and those times when you are out or at other people's homes.

If you have more than one child at school please answer for one of them.

All information from this survey will remain non-identifiable. Ethnicity and age related questions are for reporting purposes.

Please print clearly and complete page 1 and 2. Then when finished, give it to your child to return to school the next day.

If you would like further information about Energize and this survey, please either contact your school, or Energize directly - phone 09 437 9616. Thanks for completing the survey - your time is really appreciated.

Warm regards

Sport Northland Energizers

Sport Northland

EXAMPLE QUESTION:

In a week, how many times does your child usually eat eggs?

(circle one number)

0

1

2

3

4

5

6

7

per week

BEGIN HERE...

School, Age, Gender & Ethnicity

School Name: _____

How many years old is your child? (circle one)

5

6

7

8

9

10

11

12

13

14

Are they a boy or a girl? (tick one)

☐

Boy

☐

Girl

Which ethnic group or groups do they belong to? (tick one or more group(s) they belong to)

☐

NZ European

☐

Maori

☐

Samoaan

☐

Cook Island Maori

☐

Tongan

☐

Niuean

☐

Chinese

☐

Indian

☐

Other (please specify): _____

CHILDREN'S FOOD AND DRINK SURVEY



Questions 1-3 are about BREAKFAST

1. How many days in an average week (Mon-Sun) does your child have something to eat for breakfast?

(circle one)

0 1 2 3 4 5 6 7

per week

2. Where do they usually eat breakfast?

(tick one)



At home



On the way to school



Supplied by school

3. Thinking back over the past week (past 7 days), how many times did your child have breakfast at home?

(circle one)

0 1 2 3 4 5 6 7

in past 7 days

Questions 4-5 are about LUNCH

4. Over the past 5 school days, how often did your child bring his/her lunch to school from home?

(circle one)

0 1 2 3 4 5

5. When your child takes lunch to school from home, what do they usually take? (tick one or more)

- | | | |
|---|---|--|
| <input type="radio"/> My child usually buys their lunch at school | <input type="radio"/> Pizza, burger, chips, fried foods | <input type="radio"/> Yoghurt |
| <input type="radio"/> My child buys their lunch at a shop | <input type="radio"/> Crackers and cheese/dip | <input type="radio"/> Chippies, rashuns, etc |
| <input type="radio"/> Dried fruits or nuts eg. raisins | <input type="radio"/> Fruit strings, rollups, squirts | <input type="radio"/> Instant noodles |
| <input type="radio"/> Fruit or veges | <input type="radio"/> Muesli bar, biscuit, cake, chocolate muffin | |
| <input type="radio"/> Sandwich, wrap, roll, bagel | <input type="radio"/> Other | |

Questions 6-9 are about the FOOD and DRINK your child has in a usual day

6. How many servings of **FRUIT** does your child usually eat in one day?

(a serving is a handful. Can be fresh, frozen, canned or stewed fruit)

(circle one)

0 1 2 3 4 5 6 7+

per day

7. How many servings of **VEGETABLES** does your child usually eat in one day?

(a serving is a handful. Can be fresh, frozen or canned. Do not count fries or hot chips)

(circle one)

0 1 2 3 4 5 6 7+

per day

8. How many servings of **PLAIN WATER** does your child usually drink in one day?

(a serving is a medium size glass - 250ml)

(circle one)

0 1 2 3 4 5 6 7+

per day

9. How many servings of **PLAIN MILK** does your child usually drink in one day?

(a serving is a medium size glass - 250ml)

(circle one)

0 1 2 3 4 5 6 7+

per day

Questions 10-13 are about the FOOD and DRINK your child had in the past 7 days

10. In the past 7 days, how many times did your child eat **SNACKS** like chippies, cake, biscuits, chocolate and lollies?

(enter a number 'x')

11. In the past 7 days, how many times did your child eat any food purchased from a **FAST FOOD** place or **TAKEAWAY** shop?

(eg. hot chips/fries, fried chicken, burgers, pizza, fish n' chips)

(enter a number 'x')

12. In the past 7 days, how many times did your child have a **FIZZY** or **SOFT DRINK** such as cola or lemonade?

(eg. sports drinks, energy drinks, soda stream, lemonade, cola, fanta)

(enter a number 'x')

13. In the past 7 days, how many times did your child have a **JUICE** or **FRUIT DRINK**?

(eg. cordial, raro, E2, Just Juice)

(enter a number 'x')

Thank you! Please now return this survey to school. Your child can give it to their teacher