


This is a form about what you did this morning and yesterday. There are 23 questions. **It is not a test** so there are no right or wrong answers. The important thing is that you answer the questions truthfully and try your hardest to remember what you did and what you had to eat and drink.

Here is an example:

2. Did you have anything to eat or drink at home this morning?

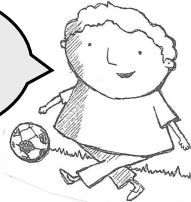
No Yes 

Follow the arrows!

What did you have to eat or drink?

.....
.....
.....
.....
.....

Write down EVERYTHING you can remember!



3. How did you travel to school this morning?

If you didn't have anything to eat or drink at home this morning, you should put a tick in the box that says 'No'. You should then follow the arrow to the next question.

If you did have something to eat or drink at home this morning you should put a tick in the box that says 'Yes'. You should then follow the arrow to the box with the blank lines and write down everything you had to eat and drink. It is important that you try hard to remember **exactly** what you had to eat and drink and that you write down **everything**. Once you are sure that you have remembered everything you should follow the arrow to the next question.

All your answers are a secret between you and the people helping you fill out the form. Nobody else will see your answers. Please don't talk to anyone else while you are filling in the form and try not to let anyone else see what you put down.

If there is anything you don't understand or any words that you are not sure about then make sure you ask. There is no rush so you can take as long as you like.

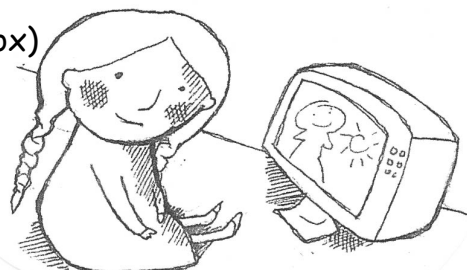
What did you do this morning?

1. Did you watch television at home this morning?

No

Yes

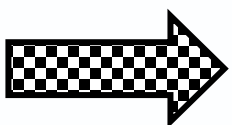
(Put a tick in the correct box)



2. Did you have anything to eat or drink at home this morning?

No

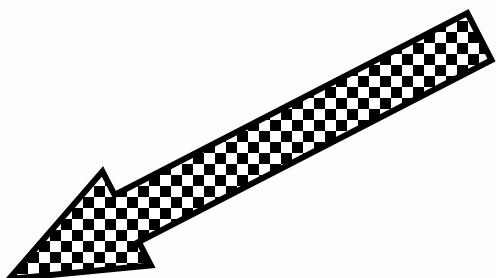
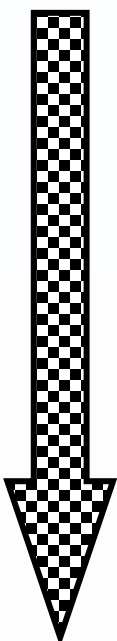
Yes



What did you have to eat or drink?

.....
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.....
.....
.....

Follow the arrows!



Write down
EVERYTHING
you can
remember!



3. How did you travel to school this morning?



walk



cycle



by bus

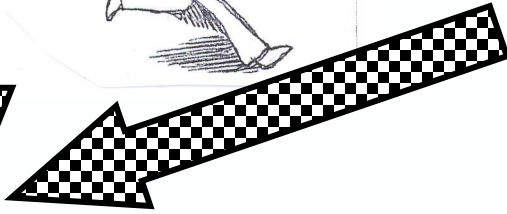
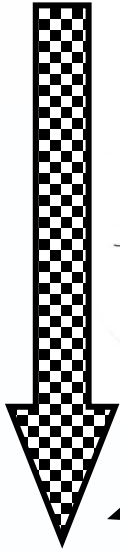
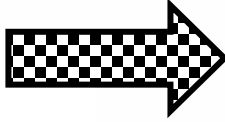


by car

4. Did you have anything to eat or drink on the way to school this morning?

No

Yes



What did you have to eat or drink?

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Anything else?

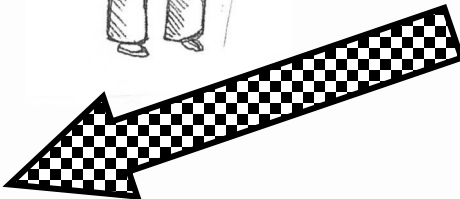
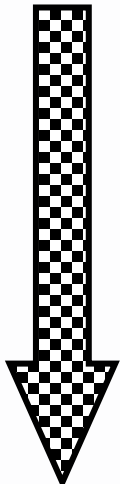
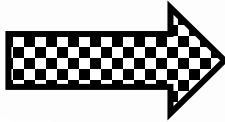


If so, WRITE IT DOWN!

5. Did you have anything to eat or drink at school this morning, before class started?

No

Yes



What did you have to eat or drink?

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.....

Write down EVERYTHING you can remember!



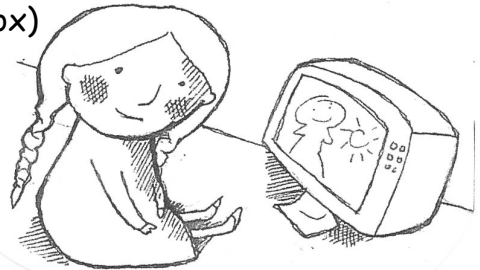
What did you do yesterday?

6. Did you watch television at home yesterday morning?

No

Yes

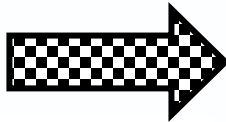
(Put a tick in the correct box)



7. Did you have anything to eat or drink at home yesterday morning?

No

Yes



What did you have to eat or drink?

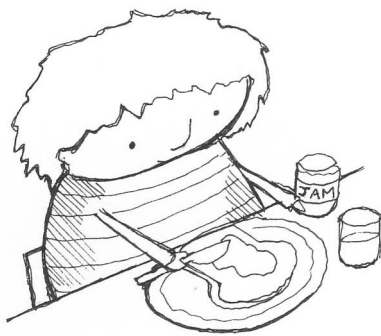
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Have you written down EVERYTHING?



8. How did you travel to school yesterday morning?



walk



cycle



by bus

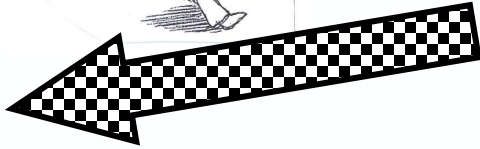
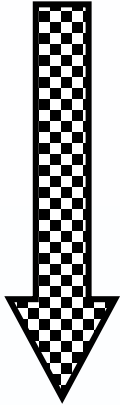


by car

9. Did you have anything to eat or drink on the way to school yesterday morning?

No

Yes



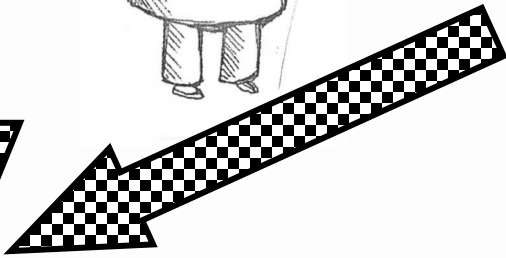
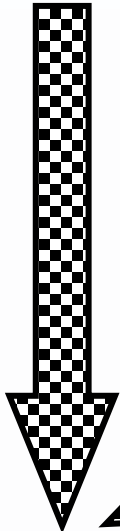
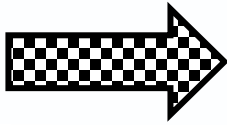
What did you have to eat or drink?

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10. Did you have anything to eat or drink at school yesterday morning, before class started?

No

Yes



What did you have to eat or drink?

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Have you remembered everything?

Have you written down EVERYTHING?



11. What did you do at morning break (interval) yesterday?



sat around



stood around



walked around

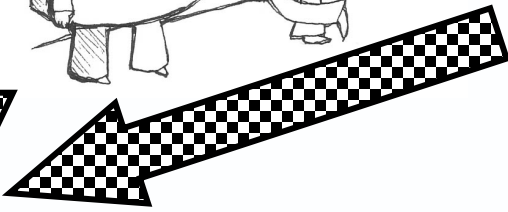
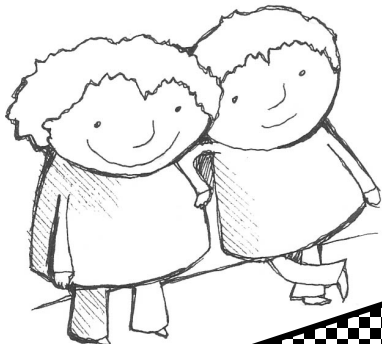
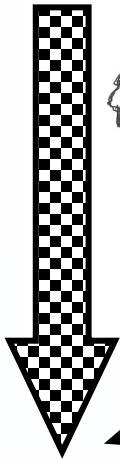
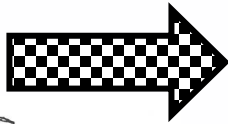


ran around

12. Did you have anything to eat or drink at morning break yesterday?

No

Yes



What did you have to eat or drink?

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.....
.....
.....

Have you forgotten anything?



13. What did you do at lunchtime yesterday?



sat around



stood around



walked around

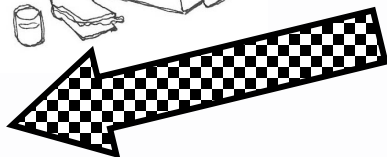
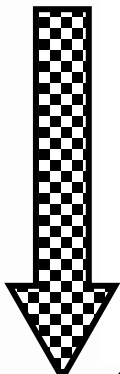
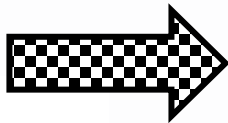


ran around

14. Did you have anything to eat or drink at lunchtime yesterday?

No

Yes



What did you have to eat or drink?

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.....
.....

Anything else?



If so, WRITE IT DOWN!

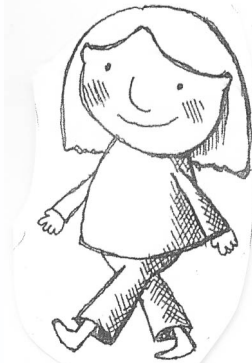
15. What did you do after school yesterday?



went home



went to an after school club



went somewhere else

16. How did you travel home after school yesterday?



walk



cycle



by bus



by car

17. Did you play outside after school yesterday?

No

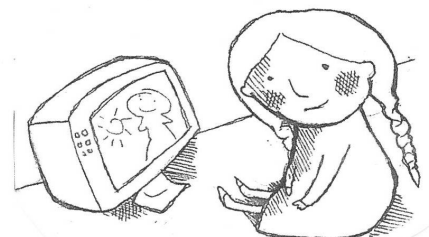
Yes



18. Did you watch television after school yesterday?

No

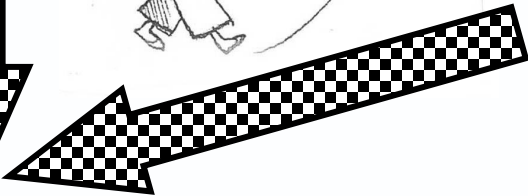
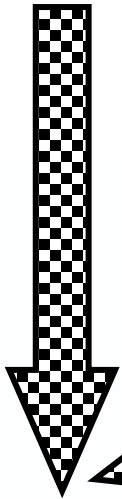
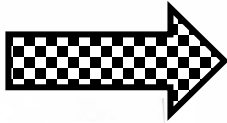
Yes



19. Did you have anything to eat or drink on your way home yesterday? Or anything to eat or drink between the end of school and your evening meal?

No

Yes



What did you have to eat or drink?

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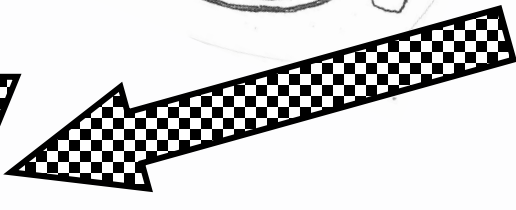
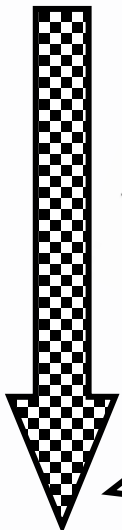
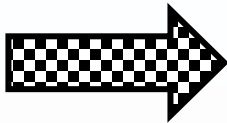
Have you remembered everything?



20. Did you have an evening meal yesterday?

No

Yes



What did you have to eat or drink?

.....
.....
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.....
.....

Have you written down EVERYTHING?



21. What did you do after your evening meal yesterday? (If you didn't have an evening meal, write down what you did before you went to bed.)

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22. Did you have anything else to eat or drink after your evening meal yesterday or before you went to bed?

No

Yes



What did you have to eat or drink?

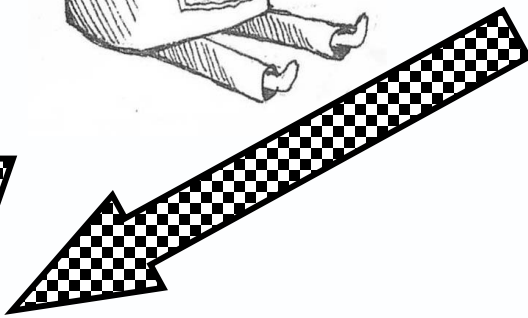
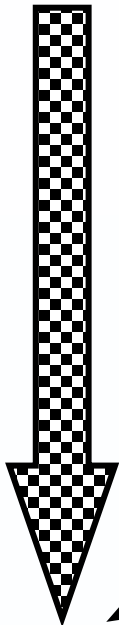
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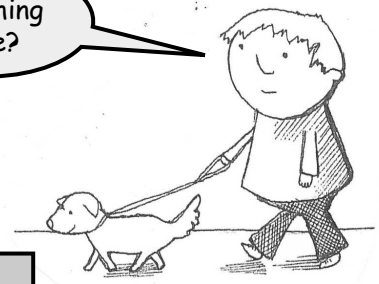
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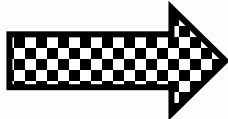
Anything else?



23. Did you have anything else to eat or drink yesterday that you haven't already put on this form?

No

Yes



What did you have to eat or drink?

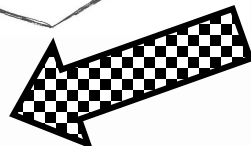
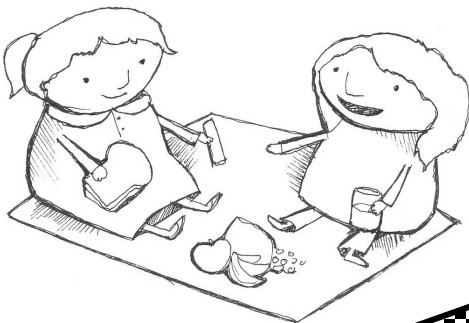
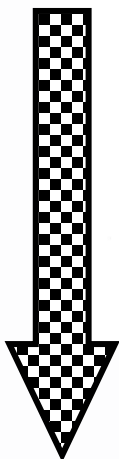
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Anything else?



If so, WRITE IT DOWN!

The End!

Thanks for your help!

