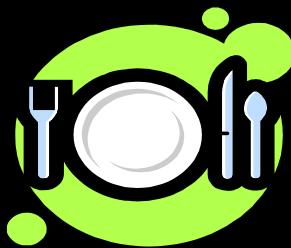


Northumberland Schools Food Study



Human Nutrition Research Centre
Newcastle University

Name:.....

Please complete this diary on the following days:

Day 1.....

Day 2.....

Day 3.....

Thank you

Please leave this section blank:

ID no:.....Class.....Diary no:.....

If you want to you can use this space to write or draw what you think about your food during the three days.

SOME EXAMPLES OF HOW TO FILL IN THE RECORD SHEET

DAY.....Monday.....

PLEASE LEAVE THIS SECTION BLANK

DATE.....23rd November

CHILD ID:..... TYPE OF DAY:.....

SURVEY:..... DAY OF WEEK:

LUNCH CODE: S/P/H/O.....S.....

TIME	FOOD OR DRINK	AMOUNT EATEN	OFFICE USE		
			POP	Code	Weight
7.30am	ASDA Cocopops	$\frac{1}{2}$ bowl			
	Full cream milk	$\frac{1}{2}$ mug			
	Sugar (white)	1 cereal spoon			
10.30am	Mars bar	1 snack size			
	Bottle sprite	$\frac{1}{2}$ bottle			
12.30pm	4 fish fingers and chips from school	all			
	Tomato ketchup	2 teaspoons			
<i>Continue for the rest of the day - don't forget bedtime!</i>					

PLEASE REMEMBER TO:-

1. Carry this booklet with you everywhere for three days.
2. Write down everything that you eat or drink but **don't include any leftovers**.
3. Write down how much you eat or drink, for example,
Drinks - as **glasses, cups** or **mugs**
Cereal - **tablespoons** or **bowls**.
Jam or sugar - **teaspoons** or **tablespoons**
4. Don't forget sweets and snacks, even small amounts are important.
5. Write down what time you eat or drink and what time you go to bed.