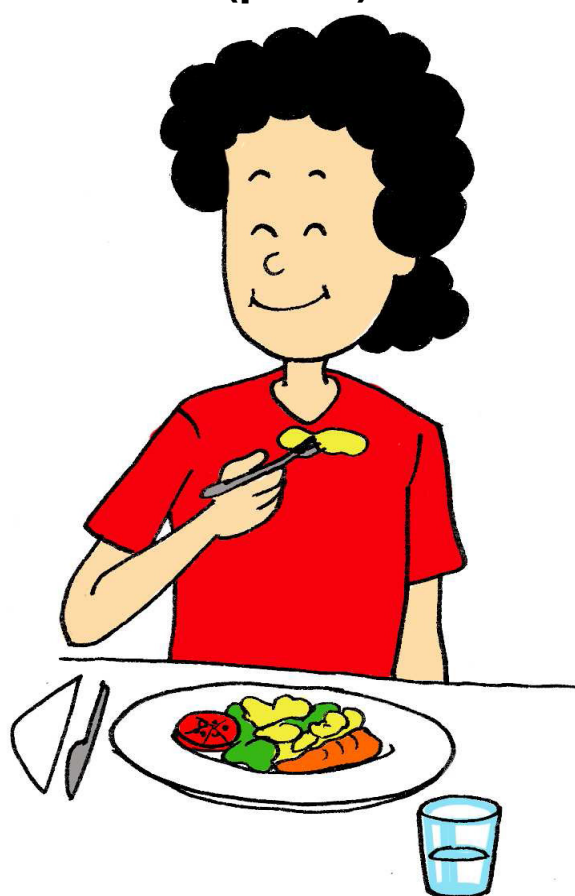


**“THE PREVENTION OF CHILDHOOD OBESITY PROJECT in
schoolchildren in Barcelona**

HOW DO WE EAT?

A questionnaire for 9 to 10-year-olds

(part I)



C S B Consorci Sanitari
de Barcelona



**Agència
de Salut Pública**

The questions in this questionnaire ask about the food items eaten by girls and boys of your age. Your responses will help us to know more about schoolchildren in the city of Barcelona.

Read each question very carefully.

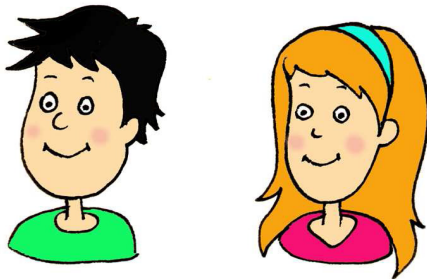
This is not an exam, and there are no good or bad answers. All you have to do is give us your opinion, but it's very important that you say what you think and are not influenced by your classmates' answers or by the answers you think would please your teachers.

NI # _____

To begin with, some questions about you:

1. Are you a girl or a boy? Put a cross in the correct box:

Boy Girl



2. What is your date of birth?

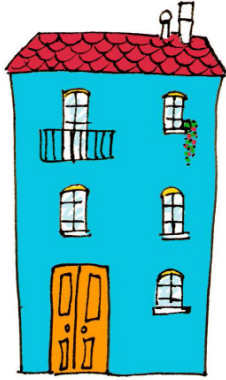
Day: ____ Month: _____ Year: ____

3. How old are you?



_____ years

4. How many people live in your home? (count yourself as well).



Number of people: _____

5. Who lives in your home? Put a cross in the boxes next to each of the people living in your home.

Mother

Father

Grandmother

Grandfather

My mother's partner

My father's partner

Adoptive mother and/or adoptive father

Brother (brothers)

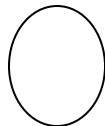
Sister (sisters)

Others. Say who: _____

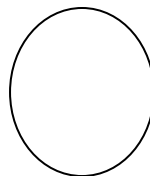
6. Does your family have a car, van or lorry? Mark your response:



No



Yes, one



Yes, two or more

7. Do you have a room to yourself? Mark your response:

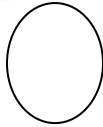
No

Yes

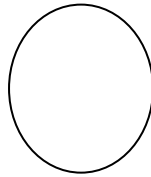
8. In the last 12 months, how many times have you gone on holiday with your family? Mark your response:



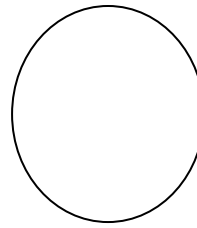
Never



Once



Twice

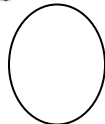


More than
twice

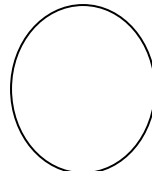
9. How many computers does your family have? Mark your response:



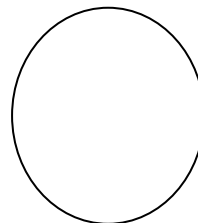
None



1



2

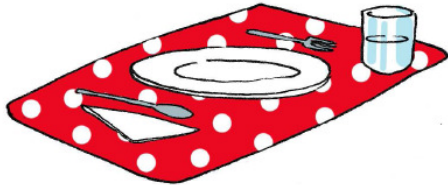


More than 2

The following questions ask about what you eat. Read each question carefully before answering:

FREQUENCY OF MEALS

10. Which of the following meals do you have every day or nearly every day?
You can mark more than one answer:



Breakfast before classes start (at home or at school)
Mid-morning snack (break time)
Lunch
Mid-afternoon snack
Dinner

DURING MEALS

11-0 Do you have breakfast?

Yes No

Who do you eat with on week days (from Monday to Friday)? You can mark more than one answer:

11. Breakfast

(before starting classes, both if you have breakfast at home and if you have it at school)

Mother
Father
Brother/sister
Grandmother/grandfather
Schoolmates
Nobody
Others, say who: _____

12. Lunch



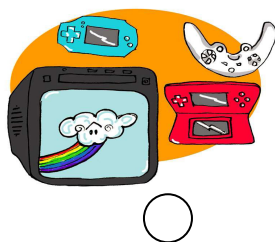
Mother
Father
Brother/sister
Grandmother/grandfather
Friends
Other children in the dining hall
Nobody
Others, say who: _____

13. Dinner



Mother
Father
Brother/sister
Grandmother/grandfather
Friends
Nobody
Others, say who: _____

14. During DINNER, do you watch television or are you in front of a screen? (computer, Nintendo®, PlayStation®, Xbox®, GameBoy®, Nintendo DS®, etc.). Mark a response:



Almost never /
never

Sometimes

Almost always

Yes, always

BREAKFAST

15. Do you have breakfast seated at a table before starting classes? Mark a response:



Never /
practically
never

Sometimes

Almost every
day

Yes, always

If you have answered “I never have breakfast before starting classes”, go to question 17.

**16. Mark with a cross the foods you eat for breakfast before starting classes.
You can mark more than one response:**

Milk (alone, with cocoa,...), milkshakes (Cacaolat®, Colacao Energy®, etc.),
yoghurt, Actimel®, Dan-Up®, Danonino®, etc.

Cereals

Sandwich or toast

Pastries (biscuits, croissants, buns, Donuts®, Bollycao®, cupcakes, etc.)

Piece of fruit (apple, pear, orange, mandarins, banana, etc.)

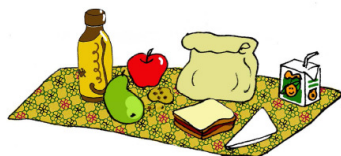
Fruit juice

Water

Soft drinks (Coca-cola®, Pepsi®, Fanta®, Seven up®, Sunny Delight®,
Nestea®, etc).

Others, say which: _____

17. Mark with a cross the foods you eat as a snack during the mid-morning break. You can mark more than one response:



Milk (alone, with cocoa,...), milkshakes (Cacaolat®, Colacao Energy®, etc.),
yoghurt, Actimel®, Dan-Up®, Danonino®, etc.

Cereals

Sandwich or toast

Confectionary (biscuits, croissants, buns, Donuts®, Bollycao®, cupcakes,
etc.)

Piece of fruit (apple, pear, orange, mandarins, banana, etc.)

Fruit juice

Water

Soft drinks (Coca-cola®, Pepsi®, Fanta®, Seven up®, Sunny Delight®,
Nestea®, etc).

Others, say which: _____

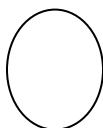
Nothing

HOW OFTEN DO YOU EAT THESE FOODS? DO YOU LIKE THESE FOODS?

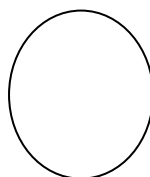
18. Do you usually drink water during meals (lunch, dinner, etc.)?



Almost never /
never

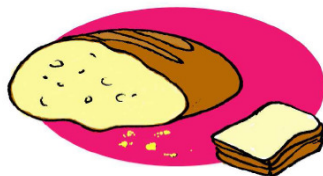


Sometimes



Almost always
/ always

19. How often do you eat bread? (breadstick, sliced white bread like pan Bimbo®, pitta bread, Arabic bread, Mexican flatbread, toast, etc.). Mark a response:



Less than once a month Between 1 and 3 times a month Between 1 and 6 times a week Once a day 2 or more times a day

20. Do you like bread? Mark a response:

Not much / not at all A little Quite a lot / a lot

21. How often do you eat potatoes (baked or boiled), yuca or plantain banana? (don't include potato chips or crisps). Mark a response:



Less than once a month Between 1 and 3 times a month Between 1 and 6 times a week Once a day 2 or more times a day

22. Do you like potatoes (baked or boiled potatoes), yuca and plantain banana? (Don't include potato chips or crisps). Mark a response:

Not much / not at all A little Quite a lot / a lot

23. How often do you eat rice? Mark a response:



- Less than once a month Between 1 and 3 times a month Between 1 and 6 times a week Once a day 2 or more times a day

24. Do you like rice? Mark a response:

- Not much / not at all A little Quite a lot / a lot


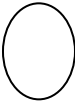
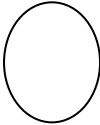
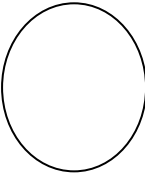
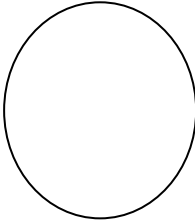
25. How often do you eat pasta? (macaroni, spaghetti, noodles in soup, etc. etc.). Mark a response:

- Less than once a month Between 1 and 3 times a month Between 1 and 6 times a week Once a day 2 or more times a day


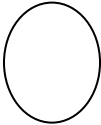
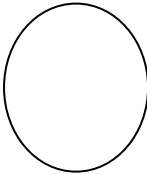
26. Do you like pasta? Mark a response:

- Not much / not at all A little Quite a lot or a lot





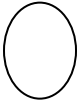
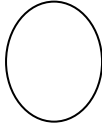
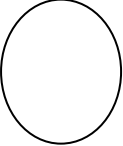
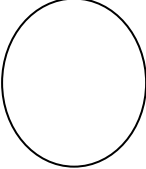
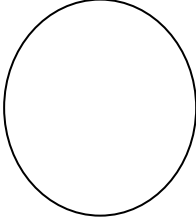
**27. How often do you eat cereals? (breakfast cereals, couscous, corn, etc.).
Mark a response:**

				
Less than once a month	Between 1 and 3 times a month	Between 1 and 6 times a week	Once a day	2 or more times a day


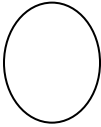
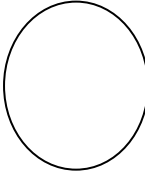
28. Do you like cereals? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot

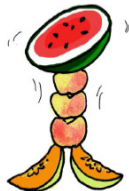
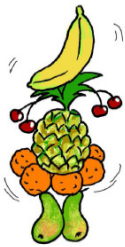
29. How often do you eat cooked vegetables (spinach, aubergine, broccoli, cauliflower, green beans, etc.), raw vegetables or salads (lettuce, tomato, carrot, green and red pepper, onion, etc.) or vegetable puree, creamed vegetables or vegetable omelette? Mark a response:



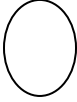
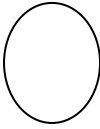
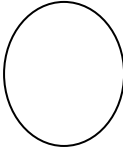
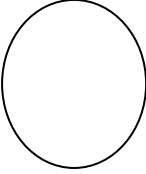
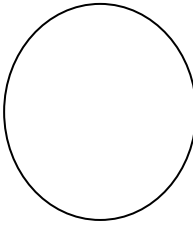
						
						
Never / less than once a month	Between 1 and 3 times a month	Between 1 and 3 times a week	Between 4 and 6 times a week	Once a day	Twice a day	3 or more times a day

30. Do you like vegetables? Mark a response:


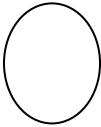
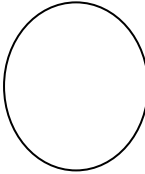
		
Not much / not at all	A little	Quite a lot / a lot

31. How often do you eat fruit? (apple, pear, orange, banana, melon, papaya fruit, dates, apricots, fruit salad, etc.). Mark a response:



						
Never / less than once a month	Between 1 and 3 times a month	Between 1 and 3 times a week	Between 4 and 6 times a week	Once a day	Twice a day	3 or more times a day

32. Do you like fruit? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot

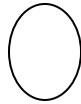
33. How often do you drink fruit juice? Mark a response:



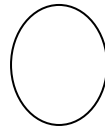
Never /
less than
once a
month



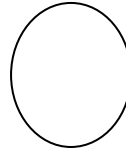
Between
1 and 3
times a
month



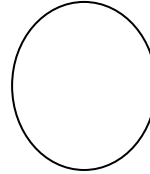
Between
1 and 3
times a
week



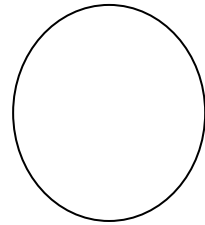
Between
4 and 6
times a
week



Once
a day



Twice
a day

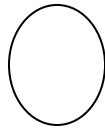


3 or more
times
a day

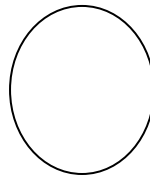
34. Do you like fruit juices? Mark a response:



Not much /
not at all



A little



Quite a lot
/ a lot

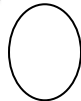
**35. How often do you have dairy products? Milk alone, milk with cocoa, milk with cereals, milk shakes (Cacaolat®, Colacao Energy®, etc.), yoghurt, Danonino®, Actimel®, Dan-Up®, cheese (Babybel®, Vaca que ríe®, grated cheese, etc.), etc.
Mark a response:**



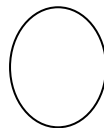
Never /
less than
once a
month



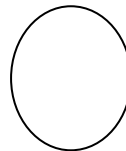
Between
1 and 3
times a
month



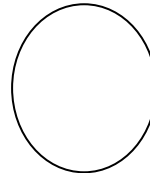
Between
1 and 3
times a
week



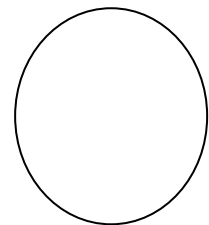
Between
4 and 6
times a
week



Once
a day



Twice
a day




3 or more
times
a day

36. Do you like dairy products? Mark a response:

Not much or
not at all A little Quite a lot
or a lot

37. How often do you eat legumes? (white beans, lentils, chickpeas, peas, beans, *frijoles*, *dhal*, etc.). Mark a response:

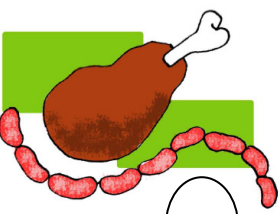


Never / less
than once a
month Between
1 and 3 times a
month Once
a week Twice
a week 3 or more times
a week

38. Do you like legumes? Mark a response:

Not much /
not at all A little Quite a lot
/ a lot

39. How often do you eat meat? (chicken, turkey, rabbit, pork, beef, sausages, hamburgers, boiled ham, cured ham etc.). Mark a response:

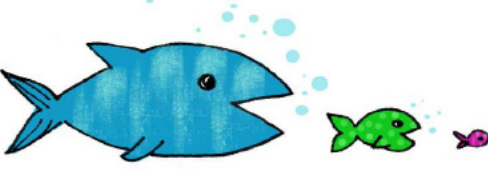


Never / less
than once a
month Between
1 and 3 times a
month Once
a week Twice
a week 3 or more times
a week

40. Do you like meat? Mark a response:

☐ Not much /
not at all ☐ A little ☐ Quite a lot
/ a lot

41. How often do you eat fish? (hake, cod, sardines, prawns, salmon, cuttlefish, anchovies, canned tuna, canned sardines, etc.). Mark a response:

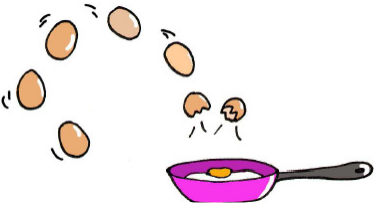


☐ Never / less
than once a
month ☐ Between
1 and 3 times a
month ☐ Once
a week ☐ Twice
a week ☐ 3 or more times
a week

42. Do you like fish? Mark a response:


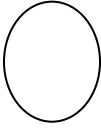
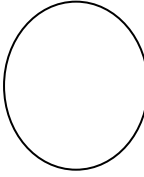
☐ Not much /
not at all ☐ A little ☐ Quite a lot
/ a lot

43. How often do you eat eggs? (omelette, fried egg, boiled egg, etc.). Mark a response:


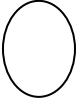
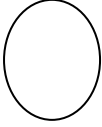
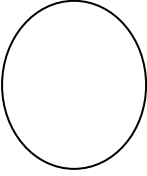
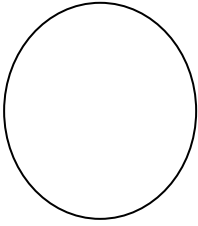


☐ Never / less
than once a
month ☐ Between
1 and 3 times a
month ☐ Once
a week ☐ Twice
a week ☐ 3 or more times
a week


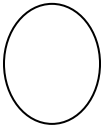
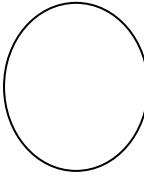
44. Do you like eggs? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot

45. How often do you eat nuts? (almonds, hazelnuts, walnuts, pistachios, peanuts etc.). Mark a response:

				
Never / less than once a month	Between 1 and 3 times a month	Once a week	Twice a week	3 or more times a week

46. Do you like nuts? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot

DO YOU EAT OR DRINK ANY OF THESE OTHER FOODS OR DRINKS?

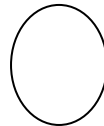
47. How often do you drink soft drinks? (Coca-cola®, Fanta®, Aquarius®, Nestea®, etc.). Mark a response:



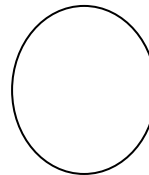
Never/ less
than once a
month



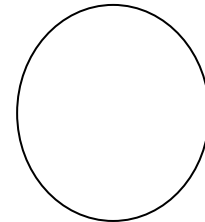
Between
1 and 3 times
a month



Between 1 and
6 times a week



Once
a day

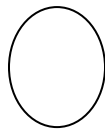


2 or more times
a day

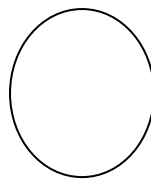
48. Do you like soft drinks? Mark a response:



Not much /
not at all



A little

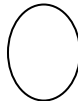


Quite a lot
/ a lot

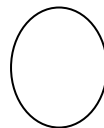
49. How often do you eat potato crisps? Mark a response:



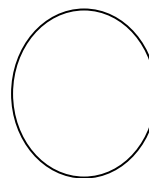
Never / less
than once a
month



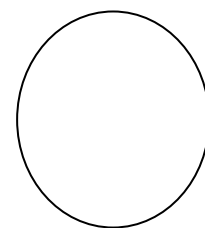
Between
1 and 3 times
a month



Between 1 and
6 times a week



Once
a day

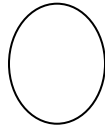


2 or more times
a day

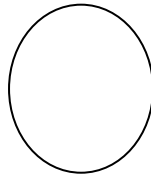
50. Do you like potato crisps?



Not much /
not at all



A little

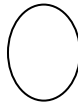


Quite a lot
/ a lot

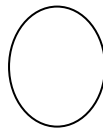
51. How often do you eat corn sticks, popcorn, corn puffs, etc.? Mark a response:



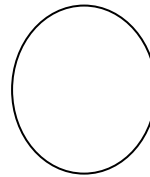
Never / less
than once a
month



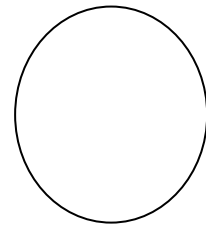
Between
1 and 3 times
a month



Between 1 and
6 times a week



Once
a day

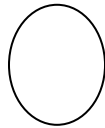


2 or more times
a day

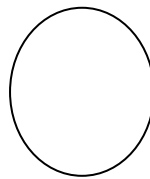
52. Do you like corn sticks, popcorn, corn puffs, etc.? Mark a response:



Not much /
not at all



A little



Quite a lot
/ a lot

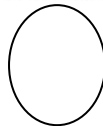
53. How often do you eat milk desserts (flan, custard, caramel cream, ice cream, etc.)? Mark a response:



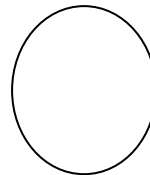
Never / less
than once a
month



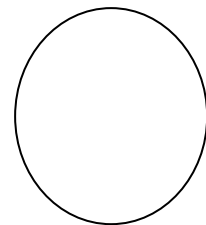
Between
1 and 3 times
a month



Between 1 and
6 times a week


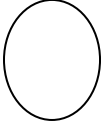
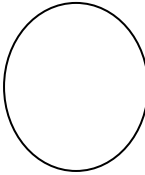


Once
a day



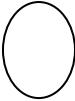
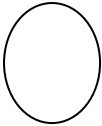
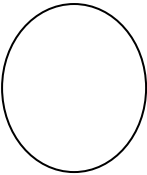
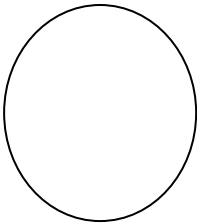


2 or more times
a day


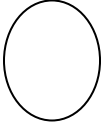
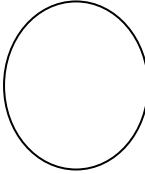
54. Do you like milk desserts? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot




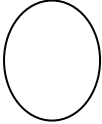
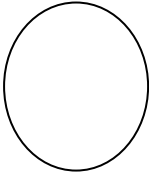
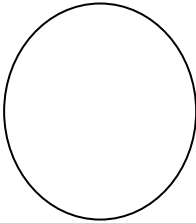
55. How often do you eat pastries? (biscuits, croissants, buns, Donuts®, Bollycao®, cupcakes, milk bread, etc.). Mark a response:

				
				
Never / less than once a month	Between 1 and 3 times a month	Between 1 and 6 times a week	Once a day	2 or more times a day

56. Do you like pastries? Mark a response:

		
Not much / not at all	A little	Quite a lot / a lot

57. How often do you eat sweets? Sweets, chewing gum, jellies, chocolate (chocolates, Nutella®, etc.), ice lollies, flig-flags, etc.
Mark a response:

				
				
Never / less than once a month	Between 1 and 3 times a month	Once a week	Twice a week	3 or more times a week

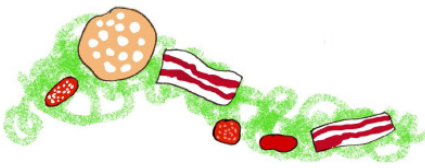
58. Do you like sweets? Mark a response:

☐
 Not much /
not at all

☐
 A little

☐
 Quite a lot
/ a lot

59. How often do you eat cold meat? (longaniza sausage, salami, mortadella sausage, bacon, etc.). Don't include boiled ham or cured ham. Mark a response:



☐
 Never / less
than once a
month

☐
 Between
1 and 3 times
a month

☐
 Once
a week

☐
 Twice
a week

☐
 3 to 6 times
a week

☐
 Every day

60. Do you like cold meat? Mark a response:


☐
 Not much /
not at all

☐
 A little

☐
 Quite a lot
/ a lot

DO YOU EAT OUT ?

61. How often do you go to fast-food restaurants? (McDonalds®, Burger King®, Kentucky®, Telepizza®, doner kebab, frankfurt, etc.) Mark a response:

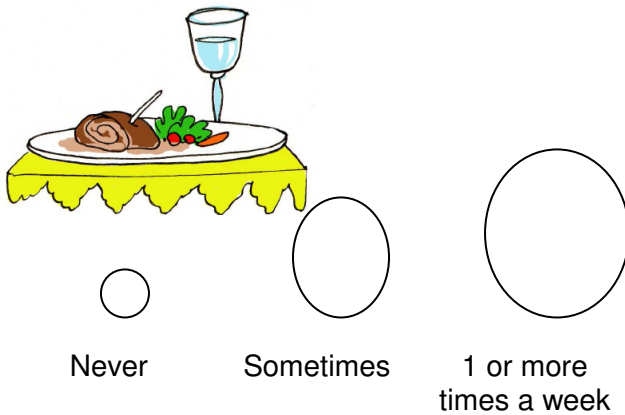


☐
 Never

☐
 Sometimes

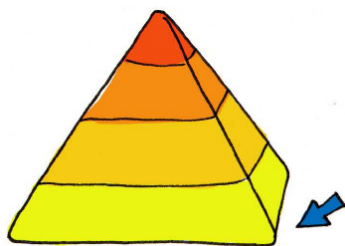
☐
 1 or more
times a week

62. How often do you go to restaurants? Don't include fast-food restaurants.
Mark a response:



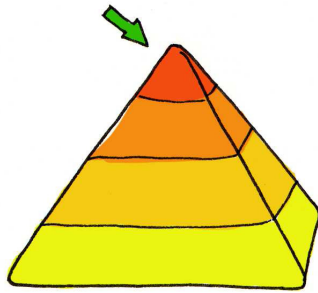
WHAT DO YOU KNOW ABOUT THE FOLLOWING FOODS...

63. Which of these food groups should you have the most servings of per day? Mark a response:



Bread, cereals, rice, pasta
Dairy (milk, cheese, yoghurt, etc.)
Confectionary (Biscuits, croissants, etc.), sweets
Fruits
Meat, fish, eggs, nuts
Vegetables
Don't know

64. Which of these food groups should you have the least servings of per day? Mark a response:



Bread, cereals, rice pasta
Dairy (milk, cheese, yoghurt, etc.)
Confectionary (biscuits, croissants, etc.), sweets
Fruits
Meat, fish, eggs, nuts
Vegetables
Don't know

65. How many times a day should you eat fruit and vegetables? Mark a response:

☐ ☐ ☐ ☐ ☐ ☐ ☐

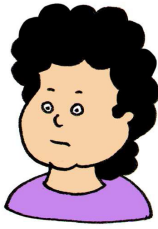
Never Once Twice 3 times 4 times 5 times Don't know

66. Can what you eat make you ill when you're older (heart disease, cancer etc.)? Mark a response:



Yes
No
Don't know

67. Do people who weigh more than they should have more health problems than other people? Mark a response:



Yes
No
Don't know

WHAT DO YOU THINK OF THE FOLLOWING STATEMENTS ?

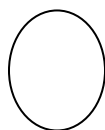
68. What I eat and drink at the moment is good for my health. Mark a response:

Yes, always
Yes, sometimes
No

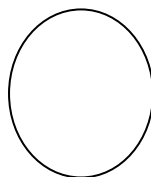
69. When you skip breakfast, does it make it more difficult to follow your classes and understand the teachers' explanations? Mark a response:



Almost never /
never



Sometimes

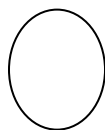


Almost always
/ always

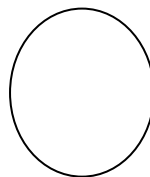
70. Do you like to try new food? Mark a response:



Almost never /
never



Sometimes

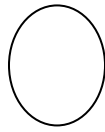


Almost always
/ always

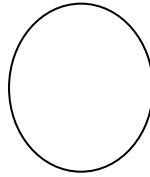
71. Do you have lunch at school?



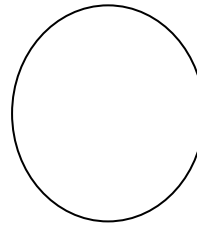
Every day



On certain
days of the
week



Sometimes



Never

72. Special situations. Mark a response if any of the following statements are true of you. If not, leave blank:

I'm vegetarian

Gluten allergy

Lactose allergy

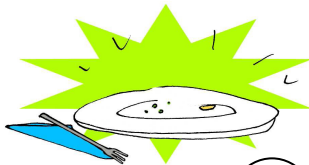
Nut allergy

Diabetes

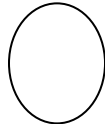
Others, specify: _____

If you eat at school, answer the next 3 questions. If you don't eat at school, leave questions 73, 74 and 75 blank, and you have finished the questionnaire.

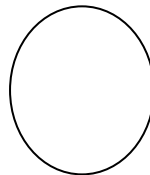
73. Do you finish what you are given as school lunch? Mark a response:



Almost never /
never



Sometimes

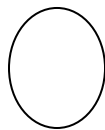


Almost always
/ always

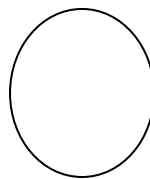
74. Is the school lunch good for you ? Mark a response:



Almost never /
never

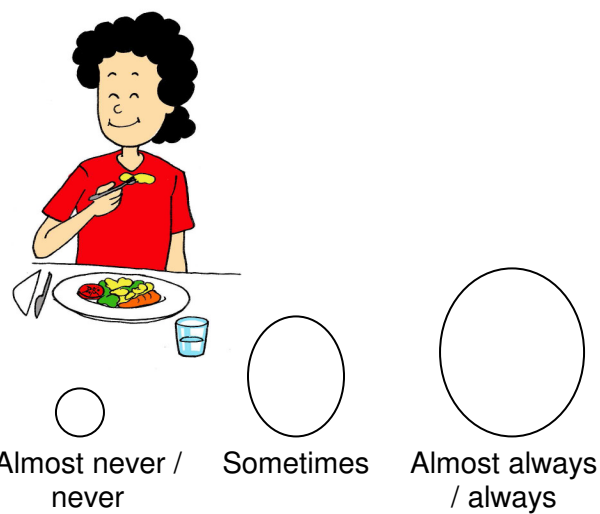


Sometimes



Almost always
/ always

75. Do you like the school lunch? Mark a response:



THANK YOU VERY MUCH FOR YOUR HELP !