

**Gimme 5 Atlanta
R10 - Food Frequency Questions Protocol
(Day 6)**

[To be read as written!]

"This is the last thing we want you to do. We want to find out how often you have eaten fruits and vegetables during the last month. To do this, we have one last questionnaire. Please write in your name, (pause); today's date which is _____, (pause); and your teacher's name on the top of the page."

[Allow time; Rover(s) need(s) to check that students are doing this]

"The questions on this page have to do with how often you ate different fruits and vegetables over the last month. You will answer how often you ate what the sentence says by checking the box above the answer that best describes how often you ate that food."

"Are there any questions?"

[Respond to questions; record]

"I will read each item to you. Please follow along with me. Do not try to go faster, but stay with me. So, number 1 says "Over the last month, about how often did you drink 100% orange or grapefruit juice?" Now let's look at the possible answers. If you did not drink any orange or grapefruit juice in the last month, you will check the box above the **Never** response. If you did drink orange or grapefruit juice over the last month, you need to think about how often you did. The rest of the responses are 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you drank 100% orange or grapefruit juice during the last month and check the box above the right answer for you."

"Are there any questions?"

[Respond to questions; record]

Okay, let's go onto question 2. It reads "In the past month, about how often did you drink 100% fruit juices, not counting fruit drinks? If you did not drink any 100% fruit juices in the last month, you will check the box above the **Never** response. If you did drink 100% fruit juice over the last month, you need to think about how often you did. The rest of the responses are 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you drank 100% fruit juice during the last month and check the box above the right answer for you."

"Are there any questions about what I've said so far?"

[Respond to questions; record]

"Is everyone finished with question 2?"

[If no, allow time; if yes, go on]

"Okay, let's go onto question 3. Question 3 asks "In the past month, about how often did you eat green salad (with or without other vegetables)? If you haven't eaten a green salad in the last month, check the box above the **Never** response. If you did have a green salad in the last month, you need to decide how often you had one and check one of the other responses: 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you ate a green salad and check the box above the right answer for you."

"Are there any questions?"

[Respond to questions; record]

"Is everyone finished with question 3?"

[If no, allow time; if yes, go on]

"Now question 4 asks "In the past month, about how often did you eat french fries and fried potatoes? If you haven't eaten any french fries or fried potatoes in the last month, check the box above the **Never** response. If you have eaten french fries or fried potatoes in the last month, you need to decide how often you have and check one of the other responses: 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you ate french fries and fried potatoes and check the box above the right answer for you."

"Are there any questions?"

[Respond to questions; record]

"Is everyone finished with question 4?"

[If no, allow time; if yes, go on]

"Now question 5 asks "In the past month, about how often did you eat baked, boiled, or mashed potatoes? If you haven't eaten any baked, boiled, or mashed potatoes in the last month, check the box above the **Never** response. If you have eaten any baked, boiled, or mashed potatoes in the last month, you need to decide how often you have and check one of the other responses: 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you ate baked, boiled, or mashed potatoes, and check the box above the right answer for you."

"Are there any questions?"

[Respond to questions; record]

"Is everyone finished with question 5?"

[If no, allow time; if yes, go on]

"Now question 6 asks "In the past month, about how many servings of vegetables did you eat not counting salad or potatoes? If you haven't eaten any vegetables other than salad or potatoes in the last month, check the box above the **NEVER** response. If you have eaten any vegetables other than salad or potatoes in the last month, you need to decide how often you have and check one of the other responses: 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you ate other vegetables in the last month and check the box above the best answer."

"Is everyone finished with question 6?"

[If no, allow time; if yes, go on]

"Now question 7 asks "In the past month, about how many servings of fruit did you eat not counting fruit juices? If you haven't eaten any fruit other than fruit juices in the last month, check the box above the **NEVER** response. If you have eaten any fruit other than fruit juices in the last month, you need to decide how often you have and check one of the other responses: 1-3 times per month, 1-2 times per week; 3-4 times per week; 5-6 times per week; 1 time per day; 2 times per day; 3 times per day; 4 times per day; 5 or more times per day. Think about how often you ate other fruit in the last month and check the box above the best answer."

"Is everyone finished with question 7

[If no, allow time; if yes, go on]

"Please check that you have:

- written your name, today's date and your teacher's name on the top of the page;
- answered each question by putting a check in the appropriate box.

"Please lay your paper in front of you when you are finished. We will come by and pick it up."

[Pick up papers and carefully check that:

-- name, date and teacher's name are on the top of the page;

-- all questions are answered with a check for each question.]

"Just like we promised, we have **[prize]** for each of you who completed your diaries and filled out the questionnaires for the past week!"

[Rover(s) and Reader pass out [prize], one to each child who has completed his/her diary and filled out the questionnaires for the week. Be sure to check with the teacher to make sure they want the children to have it now!]

"Thank you very much!"