

Teach Well - Gimme 5 Atlanta

Monday Diary Protocol

[To be read as written!]

"Hi! We're back again, just like we said! We're here to check your food diaries from the weekend. Please get out your food diaries and your yellow 'Weekend Food and Drink Notes'."

[Allow time]

"Let's look at your yellow 'Weekend Food and Drink Notes'. Turn to your page for Friday. Check that you have written the date, your name, and your teacher's name at the top of the page and circled the day of the week. **[Pause]** Make sure you have written down everything you had to eat after school for Friday -- maybe an after school snack, dinner, and an evening snack. If you need to write something down, do it now. **[Pause]** Make sure you've marked the number of servings and checked the "Food from school" column if the food you ate was from school. If you did not eat or drink anything at a meal or snack, check that you wrote the word 'nothing' in that space. **[Pause]** If you really can't remember what you ate or drank for a certain meal or snack, then write the word 'forgot' in that space. Check that you marked the number of servings for each item."

[Allow time, Rover(s) check Weekend Food and Drink Notes!]

"Now, turn to your yellow 'Weekend Food and Drink Note' page for Saturday. Check that you have written the date, your name, and your teacher's name at the top of the page and circled the day of the week. **[Pause]** Make sure you have written down everything you ate on Saturday. Check each meal -- breakfast, lunch, and dinner, and each snack -- morning, afternoon, and evening. If you need to write something down, do it now. Make sure you've marked the number of servings."

[Allow time, Rover(s) check Weekend Food and Drink Notes!]

"Now, turn to your yellow 'Weekend Food and Drink Note' page for Sunday. Check that you have written the date, your name, and your teacher's name at the top of the page and circled the day of the week. **[Pause]** Make sure you have written down everything you ate on Sunday. Check each meal -- breakfast, lunch, and dinner, and each snack -- morning, afternoon, and evening. If you forgot to write something down, do it now. Make sure you've marked the number of servings."

[Allow time, Rover(s) check Weekend Food and Drink Notes!]

[If you checked both their breakfast and lunch on Friday, and today is the final day of data collection, have them also lay their diaries in front of them and skip to **SECTION 3**** on page 6 and continue with the protocol as listed there. If today is not the final day, please continue here.]**

"Okay, if you have finished with your yellow 'Weekend Food and Drink Notes' please lay them in front of you."

[If you checked only their breakfast last Friday, have them turn to Friday's diary page so you can check their Friday lunch, and skip to **SECTION 1**** to continue with protocol as listed there.]**

[If you checked both their breakfast and lunch on Friday, and today is not the final day of data collection, have them turn to Monday's - today's diary page and skip to **SECTION 2**** to continue with the protocol as listed there.]**

[SECTION 1**]**

"Please open your diaries to last Friday's diary page."

[Allow time]

"Okay, now check that you wrote down everything you ate and drank at lunch on Friday. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief**

pause] Check that you marked the number of servings for each food and if the food was from school.”

[Allow time, Rover(s) check diaries!]

"Okay, turn to your diary page for today. Check that you wrote down everything you ate and drank at breakfast. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food and if the food was from school.”

[Allow time, Rover(s) check diaries!]

[If before lunch, skip to ** on page 4. If after lunch, continue with next statement, checking lunch.]

“Okay, now check that you wrote down everything you ate and drank at lunch. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food and if the food was from school.”

[Allow time, Rover(s) check diaries!]

****[If before lunch, continue here.]**

"Now we are going to come around and check each of your yellow 'Weekend Food and Drink Notes' and your diaries. Please leave them open on your desks and sit quietly until we get to you."

[Rover(s) and Reader should designate which students each of them will check and should be checking that students have done these things correctly; use Highlighter pen to highlight the words, "lunch", "snack", "dinner" and "breakfast" when the student has completed it to your satisfaction]

"Do you have any questions about the food diaries or the yellow 'Weekend Food and Drink Notes'?"

[Answer and record questions]

"Okay, now we want to ask you some questions about fruits and veggies."

[End this protocol here and go to the questionnaire protocol designated for today.]

[SECTION 2**]**

"Now please open your diaries to today's diary page."

"Check that you wrote down everything you ate and drank at breakfast. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food and if the food was from school.

[Allow time, Rover(s) check diaries!]

[If it is after lunch, continue with statement below. If the children have not eaten lunch yet go to next ** below.]

[If lunch has not been checked, continue here and go through to end]

"Okay, now check that you wrote down everything you ate and drank at lunch. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food."

[Allow time, Rover(s) check diaries!]

****[If lunch already checked, start here and continue through to end]**

"Now we are going to come around and check each of your diaries. Please leave them open on your desks and sit quietly until we get to you."

[Rover(s) and Reader should designate which students each of them will check and should be checking that students have done these things correctly; use Highlighter pen to highlight the words, "lunch", "snack", "dinner" and "breakfast" when the student has completed it to your satisfaction]

"Do you have any questions about the food diaries or yellow 'Weekend Food and Drink Notes'?"

[Answer and record questions]

Okay, now we want to ask you some questions about fruits and veggies."

[End this protocol here and go to the questionnaire protocol designated for today.]

[SECTION 3**]**

[Rover(s) be sure to check completeness of entire food diary on this day!]

"You did it! You're through with your yellow 'Weekend Food and Drink Notes' and your food diaries! Make sure your name is on both your food diary and your yellow 'Weekend Food and Drink Notes'.. We'll come by and pick them up."

[Rovers pick up diaries and their yellow 'Weekend Food and Drink Notes'.]

"Thank you very much for your hard work and cooperation on your food diaries and your yellow 'Weekend Food and Drink Notes'. We have just one more thing to do today."

[Reader go to Outcome Expectancy Protocol and complete it.]