

Teach Well - Gimme 5 Atlanta
Initial Diary Training Protocol
[To be read as written!]

"Good morning (afternoon)! My name is _____. And this is _____ . We're from the Rollins School of Public Health of Emory University. We're here to ask you what 5th graders eat and drink. Why would Emory want to know what 5th graders eat and drink?"

[Solicit responses]

"That's right, Emory is interested in learning about the health of 5th graders and what you eat and drink."

"To do this, we need each of you to keep a food diary for the next week. Your food diary will stay in your classroom, and you will write in it every school day for the next week. That does mean some extra work for you. But, your diaries will help Emory learn what 5th graders normally eat. Plus, keeping a food diary will make you more aware of what you're eating. And, we'll have a small surprise for you each day for keeping your food diary and answering some other questions about fruits and veggies for us! We'll talk more about that later. For now, listen carefully so you'll know what to do."

"Your food diaries will not be graded. There are no right or wrong answers. Spell as best you can. You may use a dictionary if you want. But, the main thing is that you write down everything you eat or drink in your food diary. And you will keep your food diary at school every day."

[Have Rovers and/or teachers distribute food diaries to each child.]

"Let's take a look at your food diary. Open up the food diary folder. On the left, you'll see the instructions. On the right, you'll see a sample page, with blank diary pages underneath."

"Let's read the instructions. They're on the left side of your diary. Who would like to read number 1? Raise your hands, please."

[Select a student, have him/her read number 1; Reader repeat it]

"Look at the sample page on the right side of your folder. What name is written on it? **(I. M. Hungry)** What is the teacher's name? **(R. U. Full)** What day of the week is circled? **(Friday)"**

"Who would like to read number 2?"

[Select a student, have him/her read number 2; Reader repeat it]

"Why are the words for breakfast, lunch, dinner and snack printed on the page? **(to help you remember what you ate).**"

"What did this person have for a morning snack? **(nothing)** What would you write on your page if you did not have anything to eat or drink for breakfast? **(nothing)** What would you write on your page if you really forgot what you ate or drank for, say, dinner? **(forgot)** So, what is the difference between writing 'nothing' and 'forgot'? **('nothing' means you did not eat or drink anything; 'forgot' means you really can't remember what you ate or drank)** What do you write when you didn't have anything to drink? **(no drink)** What do you write if you were sick and only had toast? **(toast, and write down "sick")** Please try to remember and only write "forgot" if you really can't remember.

"Who would like to read number 3?"

[Select a student; have him/her read number 3; Reader repeat it]

"In what column do you write everything that you had to eat and drink? (**Food and Drink**)
So, will you write down what you think you should have eaten? (**no**) What will you write
down? (**what you really ate and drank**)"

"Who would like to read number 4?"

[Select a student; have him/her read number 4; Reader repeat it]

"So, will you write down your lunch before you eat it?" (**no -- after eating it**)

"Who would like to read number 5?"

[Select a student, have him/her read number 5; Reader repeat it]

"Let's look at lunch. Notice that each item is written on its own line. How many food items
will you write on each line? (**1**) If the food is usually eaten along with something else, then
you can use the same line. For example, look at breakfast. What does it say on the line
with Cheerios? (**with sugar and 2% milk**) Now look at dinner. What does it say on the
line with hot dog? (**on bun**) If you run out of lines for a meal or snack, then try to squeeze it
in somewhere on the page where there's room."

"Who would like to read number 6?"

[Select a student, have him/her read number 6; Reader repeat it]

"Look at breakfast. This person drank juice, but what kind of juice was it? (**orange**) Look
at lunch. What specific kind of pizza was it? (**sausage**) Look at dinner. What kind of
beans were they? (**baked beans**) So, you need to be specific."

"Who would like to read number 7?"

[Select a student, have him/her read number 7; Reader repeat it]

"What did this person drink with dinner? (**water**) So, remember to write down everything you drank, even water. Write 'no drink' if you had nothing to drink."

"Who would like to read number 8?"

[Select a student, have him/her read number 8; Reader repeat it]

"How many servings of salad did this person eat at lunch" (**1/2**) How many servings of hot dogs on buns did this person eat at dinner? (**2**) How many servings of orange juice did this person drink at breakfast? (**3**) Notice how this person wrote "3" in the column labeled 'fill in' since he had more than 2 servings. Look at the french fries at dinner. The box on that line says one. Does that mean this person had only one french fry? (**no**) What does it mean then? (**one serving of french fries**)"

"Who would like to read number 9"

[Select a student, have him/her read number 9; Reader repeat it]

"Where did this person get their food at lunch? (**from school**) Where did this person get their chocolate ice cream on a cone? (**not from school so no check**) Where did this person get their coke? (**not at school so no check**)"

"Okay, I'll read number 10. It's very important, so listen to me as I read!"

[Reader read number 10 a & b to the class]

"Now, please close your diary folders. Who can tell me what you will write in your diaries on, say Tuesday morning?" (**what you ate on Monday -- after school, for dinner, and evening snack; also breakfast for that day -- Tuesday**)

"When will you write down what you ate and drank at lunch?" (**after lunch**) Your teacher, (**name of teacher**), will give you time after lunch to write down what you ate for lunch and also any morning snacks."

"Okay, open up your diary folders again. Who would like to read number 11?"

[Select a student, have him/her read number 11; Reader repeat it]

"We'll give each of you 'Weekend Food and Drink Notes' on Friday and talk about the weekend then."

"Who would like to read number 12?"

[Select a student, have him/her read number 12; Reader repeat it]

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

[Answer and record questions;]

"Okay, let's get started on your diaries. Turn to the first blank diary page in your folder underneath the sample page. Fill in your name (pause), your teacher's name (pause), today's date (pause) which is _____ and circle the day which is _____.

[Allow time; Rover(s) check if they are doing this correctly]

"Write down what you ate and drank for breakfast (**or since you woke up**) this morning. Try to write small enough so you can write one food per line. If you did not have anything to eat or drink for breakfast, then write the word 'nothing'."

[Pause; allow time; Rover(s) check that students are writing one food per line for breakfast and are being specific]

"Did you remember to write down your drink? For each food and drink that you wrote down, check how many servings you had. **[Allow time]** Next, check the "Food from school" column if you got this food and drink from school. We'll be checking your breakfast to make sure you've written down everything."

[Allow time; Rover(s) and Reader, check that students are indicating number of servings and location; use a Highlighter pen to highlight the word "breakfast" when the student has completed it to your satisfaction]

"Did anyone eat or drink at home and again on the way to school or once you got here this morning? If yes, then be sure to write down what you had under morning snack, the number of servings, and if the food was from school. If you had nothing for a morning snack, then write the word nothing."

[Allow time, Rovers check diaries!]

BEFORE LUNCH "If you have not already eaten lunch today, your teacher will give you time after lunch today to write down what you ate and drank for lunch. Tomorrow morning you'll write down what you ate or drank after school today, and tonight for dinner, and any evening snacks on this same page. Then, you'll start a new page for tomorrow and write what you ate and drank for breakfast."

AFTER LUNCH "If you have already eaten lunch today, please write down what you had under lunch, the number of servings, and check "Food from school" if the food you ate was from school."

"So, starting tomorrow morning, you'll be writing down your snacks after school, your dinner, and your evening snacks (**for the day before**) on one page. Then you'll start a new page for that day and write down your breakfast, morning snack and lunch if you have already eaten by the time we come.

"We'll be back every day for the next five days to see how you're doing. We'll have a little surprise for you each day if you have completed your food diary and answer some questions about fruits & veggies for us. Are there any questions about the food diaries before I go today?"

[Answer and record.]

"Thank you very much for your help! We'll see you tomorrow!"