

**7. Eating and drinking habits questionnaire (appr. 4 minutes)
and 3 day food diary**

«Pseudonym»

This questionnaire involves general questions regarding the eating and drinking habits of your child as well as a 3-day food record. Should you not be willing to fill out the questionnaire or the food record, please make a short note of it here to make sure we correctly identify it as missing data and refrain from further inquiries.

General questions regarding eating and drinking habits:

1. Does your child eat...?

☐ strictly vegan ☐ mostly vegan ☐ strictly vegetarian ☐ mostly vegetarian

2. On how many days a week do you cook fresh food?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

3. On how many days a week do you eat out in a restaurant or get your food delivered?

0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐

4. Do you smoke at home? ☐ yes, also in the ☐ yes, but not in the ☐ no
apartment apartment

5. How many portions of sugary soft drinks does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

6. How many portions of light soft drinks/ soft drinks with no added sugar does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

7. How many portions of cow's milk (no additives) does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

8. How many portions of oat milk does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

9. How many portions of other substitutes for milk (no added sugar) does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

10. How many portions of other sugary beverages (e.g., tea with sugar, milkshakes, ...) does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

11. How many portions of natural fruit juice (e.g. apple, orange, ...) does your child consume in an average week (the mixture of fruit juice and sparkling water is equivalent to half of a portion)?

_____ portions (1 portion = 150-200ml)

12. How many portions of natural water (with and without gas) does your child consume in an average week?

_____ portions (1 portion = 150-200ml)

13. How much does your child drink in total on an average day?

_____ portions (1 portion = 150-200ml)

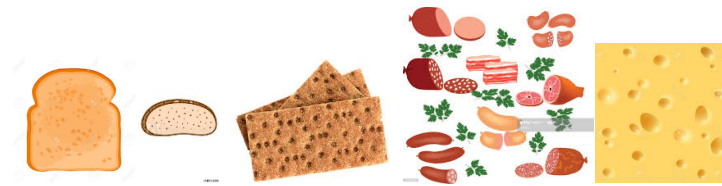
Food diary: Should you not be willing to fill out the food diary, please make a short note here, in this case, we will refrain from further inquiries.

We want to record the eating habits of your child over a period of three days. This will allow us to estimate the calory intake and to analyze the composition of the meals. (e.g. the quantity of carbohydrates, proteins and fiber). Please write down your child's meals as accurately and as soon after the meal as possible in order to forget as little as possible. It would be ideal, if you could fill it out for two weekdays and one day during the weekend. Your child should be eating as usual, please try and not let yourself be influenced by the fact that you are filling out this food record.

- Please record everything your child has eaten and drunk for 3 days
- It is advisable to record the meals and the food ingested shortly after the meals / snacks. The protocol should include all snacks and drinks.
- Whenever possible, please also specify the approximate amount of the food/drink as you can see in the example on the next pages.

Details for the protocol:

- Slice [Sl.]: for bread, cheese, ham,



- piece [pc.]: for fruit or vegetables, eggs, pizza, cake, snack,



- Portion (about 1 children handful): for chips, meat, fish, salad, dessert, pudding, ...
- Glas (200/150ml): for milk, juice and other beverages
- Scoop (150ml): for soup
- Tablespoon (1TS = 15ml): for Cornflakes, cereals, rice, pasta, cooked fruits or vegetables
- Teaspoon/little spoon (1LS = 5ml bzw. 10g): for butter, mamelade, nutella, honey, ...

Example:Date: 23.02.2021 Day: Monday wake up time: 08:10 bed time: 21:35

Time	Location	Food/Beverages	Quantity
7:00	At home	Wholemeal bun Butter nutella grapes, milk 150ml, 3,5%	$\frac{1}{2}$ Pc 1LS 1LS 1 Handful 1/2 Glas
10:00	School	Wholemeal bun, cream cheese, cucumber, tomatoes Apple, Lolli, Water	$\frac{1}{2}$ Pc 2 Teaspoon 3 Slices 2 Pieces $\frac{1}{2}$ Pc. 1 Piece 250 ml
13:00	At home	2 handful of noodles, tomato sauce selfmade 2 EL Parmesan, Salad/cucumber/corn with dressing Water	2 Child's handfull 1 Scoop 1 Teaspoon Öl 2 Tablespoon 1 Bowl 1 Tablespoon 150ml
15:00 16:00	At home	1 Hanuta, Apple, Apple juice Chocolate granola with Milk	22g 1 Piece $\frac{1}{2}$ Pc 100 ml 2 TS 100ml
18:00	Restaurant	1 handful of chips 1 handful of Schnitzel, 1 Orangina, Tomatoes, 1 Minitüte Gummibärchen	1 Portion $\frac{1}{2}$ Piece 330ml 1 Handfull 1 Pc

Amount of water (ca.): 1 Liter

Special remarks:

