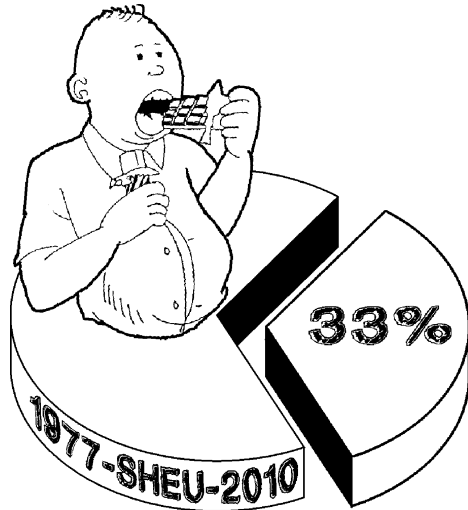


Food choices and weight control



This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The current versions of the questionnaire contain a checklist of common food items against which the pupils indicate typical levels of consumption. It is hoped that classroom discussion of these results will raise levels of awareness regarding 'healthy' and 'unhealthy' foods. The health-related aspect of diet, as well as attitude to personal weight, is also included in this section.

Question

- What did you have for breakfast this morning?..... 2
- What did you do for lunch yesterday?..... 3
- Your weight — which statement describes you best?..... 4
- Do you know your weight? 5
- Do you know your height?..... 6
- Weight analysis? 7
- Protein items in their diet 8
- Starchy items in their diet..... 9
- Fruit and vegetables in their diet..... 10
- Portions of fruit and vegetables..... 11
- The drinks and snacks they eat..... 12
- Water drunk yesterday..... 13
- When deciding what to eat, do you consider your weight?..... 14

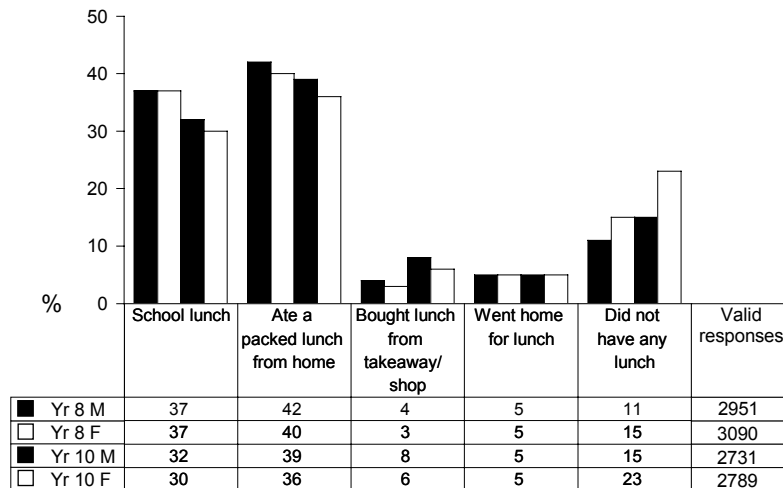
Example pages

Schoolday lunch

23% of the Year 10 females did not have any lunch

What did you do for lunch yesterday?

1. A 'packed lunch from home' was the most popular option from this sample.
2. Up to 42% had a packed lunch.
3. 37% of the 12-13 year olds had a school lunch.
4. 23% of the Year 10 females and 15% of the Year 8 females had no lunch.



Comments

1. Up to 42% of all pupils ate a packed lunch. Basic analysis of 1990s data suggested that this group were likely to enjoy a more balanced overall diet than those choosing other lunch options – not necessarily because of what was in the lunch box as parents are less likely to put items in the lunch box that their child will not eat. However, those supplying a packed lunch tended to give more thought to what pupils ate.
2. Are those who are buying their lunch from a shop allowed to leave the school premises at lunchtime or are they off-site without permission? 8% of the Year 10 males bought their lunch from a shop. Why are they choosing this option above the option of lunch at school?



Breakfast and lunch: The breakfast question is about this morning, and the lunch question is about yesterday. We cannot demonstrate that any pupil missed both breakfast and lunch on the same day. Nonetheless, we do know that the two options are related. Of the Year 10 females that missed breakfast, 31% reported having nothing for lunch the previous day:

Proportion missing breakfast this morning: 27%

Proportion missing lunch yesterday: 23%

Proportion of those having nothing to eat for breakfast this morning who had nothing for lunch yesterday: 31%