

Survey questions

RCH National Child Health Poll Questionnaire: Nutrition

Questionnaire for children aged 12-17 years

Different people have different experiences and feelings about cooking or preparing food.

1. Do you know how to prepare or cook food at home?

No, not at all

Yes, I can prepare simple snacks but cannot cook a basic meal

Yes, I can cook a basic meal

If 'No, not at all' or 'Yes, I can prepare snack but cannot cook a basic meal' to Q1 branch to Q2

2. Would you like to learn how to cook a basic meal?

Yes/ No/ Not sure

In the following statements, dinner means the meal eaten in the evening or at night.

3. Thinking about a typical week, how often:

Every day of the week

4 to 6 days a week

2 to 3 days a week

1 day a week

Never

3.1 do you help your family prepare or make dinner/ an evening meal?

3.2 does your family eat dinner together at the table?

3.3 does your family have the TV on during dinner?

3.4 does your family have phones at the table during dinner?

3.5 does your family eat dinner that was prepared or cooked at home?

3.6 do you eat or drink protein shakes, powders or bars?

3.7 do you have energy drinks? e.g. Monster, Red Bull or Celsius

4. Please tell us how much you agree or disagree with the following statements:

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure

- 4.1 It is ok to eat as much sugar as you want as long as it is natural
- 4.2 Eating patterns that start in childhood continue into adulthood
- 4.3 A balanced diet is one that focuses on having as few calories or kilojoules as possible
- 4.4 It does not matter how much food you eat as long as it is healthy
- 4.5 Eating habits during teenage years have a lifelong impact on health
- 4.6 Diet can impact mood and wellbeing
- 4.7 People should always finish everything on their plate
- 4.8 Drinking fruit juice is healthier than water
- 4.9 Exercise can make up for having a diet that is not nutritious
- 4.10 Protein bars, shakes and powders are needed for muscle growth

5. Please tell us how much you agree or disagree with the following statements about **teenagers' diets in general**.

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure

- 5.1 Low or no-carbohydrate diets are better for teenagers' health
- 5.2 Low-fat food options are better for teenagers' health
- 5.3 Gluten-free diets are better for teenagers' health
- 5.4 High-protein diets are better for teenagers' health
- 5.5 It's good for all teenagers to take vitamin and mineral supplements
- 5.6 Teenagers need sports and energy drinks when playing sport
- 5.7 It can be harmful for teenagers to take dietary supplements

6. Do you know what the five main food groups are according to the Australian guide to healthy eating?

Yes/ No/ Not sure

If 'Yes' to Q6 branch to Q7

7. Which of the following food groups are part of the Australian guide to healthy eating? Select all that apply.

- Fruits
- Vegetables and legumes
- Sweets and snacks
- Meat, poultry, fish and meat alternatives
- Grains and cereals
- Fats and oils
- Sugar

Milk, yoghurt, cheese and other alternatives
Vitamins and minerals
Energy and electrolyte supplements
Whole foods
Organic foods

8. Different people eat different foods. **How many serves** of each of the following food types are **recommended** in general for someone your age and gender to eat **every day**?

None, ½, 1, 1 ½, 2, 2 ½, 3, 3 ½, 4, 4 ½, 5, 5 ½, 6, 6½, 7, 7½ Not sure

8.1 Vegetables and legumes/beans (One serve = Half a cup of cooked vegetables or one cup of raw vegetables)

8.2 Fruits (One serve = One whole piece of fruit, several smaller fruits or a handful of little fruits like berries or grapes.)

8.3 Meat, poultry, fish and meat alternatives (One serve = One small can of tuna or two large eggs).

8.4 Grains (cereal) foods (One serve = One slice of bread or half a cup of cooked rice.)

8.5 Milk, yoghurt, cheese and other alternatives (One serve = One glass of milk, two slices of cheese or one small tub of yoghurt).

Parent Questionnaire

There are lots of different factors that affect people's decisions about what foods to buy for their family to prepare or eat at home.

1. Can your teenager prepare and/or cook food at home?

No, not at all

Yes, my teenager can prepare a snack but cannot cook a basic meal

Yes, my teenager can cook a basic meal

Not sure

If 'No, not at all' or 'Yes, my **teenager** can prepare a snack but cannot cook a basic meal' to Q1 branch to Q2

2. What are the reasons that your teenager cannot cook or prepare a basic meal at home? Select all that apply

It is not important for my teenager to be able to cook or prepare food

No-one in my house has the time to teach them how
My teenager creates too much mess when they cook
My teenager is not interested in learning how to cook
My teenager is too young to learn to cook or prepare food
It is not safe for my teenager to learn to cook (e.g. they might cut themselves or get burnt)

3. Thinking about a typical week, what, if anything, makes it difficult for **you** to **cook dinner at home**?
Select all that apply.

Ingredients are too expensive
I lack the time to cook
Cooking is too stressful
I am too tired at the end of the day
I don't have the ingredients on hand when I need them
My children prefer food that is not cooked at home

4. Thinking about **teenagers in general**, please tell us how much you agree or disagree with the following statements

Strongly agree/ Agree/ Disagree/ Strongly disagree/ Not sure

4.1 Low or no-carbohydrate diets are better for teenagers' health
4.2 Low-fat food options are better for teenagers' health
4.3 Gluten-free diets are better for teenagers' health
4.4 High-protein diets are better for teenagers' health

5. Different people eat different foods every day. How many serves of each of the following food types are recommended for your teenager to eat every day?

None, ½, 1, 1 ½, 2, 2 ½, 3, 3 ½, 4, 4 ½, 5, 5 ½, 6, 6 ½, 7, 7 ½ Not sure

5.1 Vegetables and legumes or beans (One serve = Half a cup of cooked vegetables or one cup of raw vegetables)
5.2 Fruit (One serve = One whole piece of fruit, several smaller fruits or a handful of little fruits like berries or grapes.)
5.3 Meat, poultry, fish and meat alternatives (One serve = One small can of tuna or two large eggs.)
5.4 Grains (cereal) foods (One serve = One slice of bread or half a cup of cooked rice.)
5.5 Milk, yoghurt, cheese and other alternatives (One serve = One glass of milk, two slices of cheese or one small tub of yoghurt.)

THE END