The Economic and Social Research Institute An Roinn Leanaí Whitaker Square **Trinity College Dublin** agus Gnóthaí Óige Sir John Rogerson's Quay Coláiste na Tríonóide, Baile Átha Cliath Department of Dublin 2 The University of Dublin Children and Youth Affairs Ph: 01-863 2000 Fax 01-863 2100 AREA HHOLD **YP** No **Interviewer Name** Interviewer Number

GROWING UP IN IRELAND – the national longitudinal study of children/Young People

Time-Use Diary and Food Frequency Questionnaire

STRICTLY CONFIDENTIAL

As part of the *Growing Up in Ireland* project we would like to record details on (i) how 17-year-olds in Ireland spend their time and (ii) the foods they eat.

We would like you to complete the enclosed (i) Time-use Diary and (ii) Food Frequency Questionnaire, as shown by the interviewer.

As regards the time-use diary, simply mark the booklet to indicate what you were doing for each quarter hour in the day. To do this draw an arrow through the relevant 15 minute slots to indicate what you were doing.

If you were engaged in a number of activities in any given 15-minute time period we would like you to record your MAIN activity – for example, if at some time in the course of the day you were watching TV and also eating a snack and if you considered your main activity to have been watching the TV at that time then record this in Line 17 – Watching TV, Films, Videos or DVDs - rather than in Line 3 on Eating.

As regards the Food Frequency Questionnaire from page 4 to page 10, we would like you to record details on the types of food you eat and don't eat. We would like you to indicate how often you eat each of the foods on the Food Frequency Questionnaire. Once again we would like to assure you that all of the information provided will be treated in the strictest confidence and will not be revealed in any way which could be associated with your name or address.

TIME-USE DIARY

Day on which we would like this diary to be completed:

DAY	DATE
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T1. Please record the day and date of the Time-use Diary Day, i.e. the day the activities relate to:

	Day: Date:
	DD/MM
T2.	Was this:
	A school/college day
	A work day
	A weekend day \Box_3
	A holiday or family celebration
	A day when something special was happening in your home (someone was sick/visiting, a family crisis, etc.) \square_5
Т3.	When did you fill in the diary? Please tick ($ m v$) one box.
	Now and then during the diary day
	At the end of the diary day
	The day after the diary day
	Later

PLEASE RETURN THIS COMPLETED TIME-USE DIARY AND FOOD FREQUENCY QUESTIONAIRE IN THE ENCLOSED PRE-PAID ENVELOPE TO THE ECONOMIC AND SOCIAL RESEARCH INSTITUTE.

THE ASSISTANCE OF YOU AND YOUR FAMILY IN THE *GROWING UP IN IRELAND* PROJECT IS GREATLY APPRECIATED AND WILL HOPEFULLY HELP ALL YOUNG PEOPLE IN IRELAND OVER THE COMING YEARS.

Time Use Diary (17-year study)

Worked Example

The purpose of the Time-Use Diary is to record details on the way you use your time on the reference day specified on the front of this questionnaire. We would like you to fill it out at some point in the course of that day or the following.

The Time-Use Diary records what you did for each 15-minute slot in the reference day.

To fill out the Time-Use Diary we would like you to start at Midnight (00.00am) and draw an arrow through the boxes to indicate what you were doing for each 15-minute period.

In the worked example overleaf the Young Person's day was as follows:

- Sleeping until 8.00am (arrow from midnight to 8.00am shows sleeping) [Line 1]
- Personal care getting washed and dressed from 8.00-8.15 am. [Line 2]
- Eating breakfast from 8.15-8.30 am. [Line 3]
- Travelling to school from 8.30 to 9.00am. [Line 4]
- At school from 9.00am until 3.30pm. [Line 5]
- Travelling home from 3.30-4.00pm. [Line 4]
- Having a meal from 4.00-4.30pm on arriving home. [Line 3]
- Hanging around with friends from 4.30-5.30pm. [Line 8]
- Attending a football match from 5.30-6.30pm. [Line 12]
- Watching TV from 6.30-7.00pm. [Line 17]
- Doing a hobby or other leisure activity from 7.00 8.00pm. [Line 21]
- Having a meal (dinner) from 8.00-8.30 pm. [Line 3]
- Reading a book from 8.30 to 9.00pm. [Line 19]
- Playing computer games from 9.00 10.30pm. [Line 14]
- Personal care getting washed and dressed from 10.30-10.45pm. [Line 2]
- Going to bed and sleeping from 10.45pm to midnight [Line 1]

[This example is not intended to suggest that the Young Person <u>should</u> do these activities or go to bed at certain times etc. It is included only to show how the Time-Use diary is filled out.]

We would like you to fill out the Time-Use Diary in the same way as the example above to show how you spent your time on the day specified on the front of the Time Use Diary.

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9. SPENDING TIME WITH FAMILY												
10. PLAYING WITH OR EXERCISING A PET												
11. AT THE GYM, PLAYING SPORT OR DOING PHYSICAL EXERCISE (training, matches)												
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FOOD FREQUENCY QUESTIONNAIRE:

YOUR DIET OVER THE PAST YEAR

For each food there is an amount shown, either what we think is a "medium serving" or a common household unit such as a slice or teaspoon. Please put a tick in the box to indicate how often, **on average**, you have eaten the specified amount of each food, to the nearest whole number **during the past year i.e.** from when you receive this questionnaire to the same month the previous year.

Please estimate your average food use as best you can. Please answer every question, do not leave ANY lines blank.

EXAMPLES:

The following are examples on how to estimate how often and how much bread and potatoes you ate over the past year. Please estimate your food intake for all foodstuffs in the same way.

Potatoes: If you ate a medium serving of potatoes 3 times per week over the past year put a tick in the box "2-4 per week". If you think you usually ate more or less than a medium serving please try to estimate which box suits best.

			AVER	AGE USE	E LAST YE	EAR			
Potatoes, Rice and Pasta (medium serving)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
Boiled, instant or jacket potatoes				\checkmark					

For white bread a medium serving is one medium sized slice. Therefore if you usually ate 1 medium slice 4 or 5 times per day, you should put a tick in the column headed "4-5 per day". If you ate 2 medium slices 4 or 5 times per day, then you should put a tick in the column "6+ per day".

			AVER	AGE USE	LAST YE	EAR			
BREAD AND SAVOURY BISCUITS (One slice or one biscuit)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
White bread and rolls (including ciabatta and pannini bread)								✓	

Please check that you put a tick (\checkmark) on every line

		A	VERAGE	USE LAST	YEAR			
A. MEAT, FISH AND POULTRY (Medium serving – the size of a deck of cards)	Never or less than once per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Beef roast								
2. Beef: steak								
3. Beef: mince								
4. Beef: stew								
5. Beef burger (1 burger)								
6. Pork: roast								
7. Pork: chops								
8. Pork: slices/escalopes								
9. Lamb: roast								
10. Lamb: chops								
11. Lamb: stew								
 Chicken portion or other poultry e.g. turkey: roast 								
13. Breaded chicken, chicken nuggets, chicken burger								
14. Bacon								
15. Ham								
16. Corned beef, Spam, Luncheon meats								
17. Sausages, Frankfurters (1 sausage)								
 Savoury pies (e.g. meat pie, pork pie, steak & kidney pie, sausage rolls) 								
19. Liver, heart, kidney								
20. Liver paté								
21. Fish fried in batter, as in fish and chips								
22. Fish fried in breadcrumbs								
23. Oven baked/grilled fish (in breadcrumbs or batter)								
24. Fish fingers/fish cakes								
25. Other white fish, fresh or frozen (e.g. cod, haddock, plaice, sole, halibut, coli)								
26. Oily fish, fresh or canned (e.g. mackerel, kippers, tuna, salmon, sardines, herring)								
27. Shellfish (e.g. crab, prawns, mussels)								

		А	VERAGE	USE LAST	YEAR			
B. BREAD AND SAVOURY BISCUITS (One slice or one biscuit)	Never or less than once per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
 White bread and rolls (including ciabatta and pannini bread) 								
2. Brown bread and rolls								
3. Wholemeal bread and rolls								
4. Cream crackers, cheese biscuits								
5. Crisp bread, e.g. Ryvita								
6. Pancakes, muffins, oatcakes								

		А	VERAGE	USE LAST	YEAR			
C. CEREALS (One medium sized bowl)	Never or less than once per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Porridge, Readybrek								
2. All Bran, Weetabix, Shredded Wheat								
3. Branflakes, Bran Buds								
4. Cornflakes, Rice Krispies								
5. Muesli (e.g. Country Store, Alpen, sugar coated)								
6. Sugar Coated Cereals (e.g.Frosties, Crunchy Nut Cornflakes, Crunchy Sugar Coated Muesli)								

			A	VERAGE L	JSE LAST	YEAR			
D. POTATOES, RICE AND PASTA (Medium serving – about a cupful)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Boiled, instant or jacket potatoes									
2. Mashed potatoes									
3. Chips									
4. Roast potatoes									
5. Potato Salad									
6. White Rice									
7. Brown Rice									
 White/yellow or green pastas (e.g. spaghetti, macaroni, noodles) 									
9. Wholemeal pasta									
10. Lasagne (meat based)									
11. Lasagne (vegetarian)									
12. Moussaka									
13. Pizza									
14. Macaroni Cheese									

			A	VERAGE	USE LAST	YEAR			
E. DAIRY PRODUCTS AND FATS	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Cream (tablespoon)									
 Full-fat yoghurt or Greek- style Yoghurt (125g carton) 									
3. Dairy desserts (125g carton)									
4. Cheddar cheese (medium serving)									
5. Low-fat cheddar cheese (medium serving)									
6. Eggs as boiled, fried, scrambled, poached (one)									
7. Quiche (medium serving)									
 Light salad cream or light mayonnaise (tablespoon) 									
9. Salad cream, mayonnaise (tablespoon)									
10. French dressing (tablespoon)									
11. Other salad dressing (tablespoon)									
The following on bread or vegetables:									
12. Butter (teaspoon)									
13. Lite Butter e.g. Dawn Lite, Connacht Gold (teaspoon)									
14. Sunflower margarine e.g. Flora (teaspoon)									
15. Low-fat margarine (e.g. low- low)									
16. Cholesterol Lowering Spreads e.g. Flora Pro Active, Dairy Gold Heart (teaspoon)									
17. Cream & Vegetable Oil spread e.g. Golden Pasture, Kerrymaid, Dairy Gold – teaspoon									
 Olive oil spread e.g. Golden Olive (teaspoon) 									

			AV	ERAGE U	SE LAST	YEAR			
F. FRUIT (1 Fruit or medium serving)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Apples									
2. Pears									
3. Oranges, satsumas, mandarins									
4. Grapefruit									
5. Bananas									
6. Grapes									
7. Melon									
8. Peaches, plums									
9. Apricots									
10. Strawberries, raspberries, kiwi fruit									
11. Tinned fruit									
12. Dried fruit e.g. raisins									
13. Frozen fruit									

	AVERAGE USE LAST YEAR										
G. VEGETABLES Fresh, frozen or tinned (Medium Serving – 2 tablespoons)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
1. Carrots											
2. Spinach											
3. Broccoli, spring greens, kale											
4. Brussel sprouts											
5. Cabbage											
6. Peas											
7. Green beans, broad beans, runner beans											
8. Courgettes											
9. Cauliflower											
10. Parsnips, turnips											
11. Leeks											
12. Onions											
13. Garlic											
14. Mushrooms											
15. Sweet peppers											
16. Beansprouts											
17. Green salad, lettuce											
18. Cucumber, celery											
19. Tomatoes											
20. Sweetcorn											
21. Beetroot											
22. Coleslaw											
23. Baked beans											
24. Dried lentils, beans, peas											
25. Tofu, soya meat, TVP, vegeburger											

		AVERAGE USE LAST YEAR										
H. SWEETS AND SNACKS (Medium serving)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day			
 Chocolate coated sweet biscuits e.g. digestive (one) 												
 Plain sweet biscuits e.g. Marietta, digestives, rich tea (one) 												
3. Cakes e.g. fruit, sponge												
4. Buns, pastries e.g. croissants, doughnuts												
5. Fruit pies, tarts, crumbles												
6. Sponge puddings												
7. Milk puddings e.g. rice, custard, trifle												
8. Ice cream, choc ices, Frozen desserts												
9. Chocolates, singles or squares												
10. Sweets, toffees, mints												
11. Sugar added to tea coffee, cereal (teaspoon)												
12. Sugar substitute e.g. canderel added to tea coffee, cereal (teaspoon)												
13. Crisps or other packet snacks												
14. Peanuts or other nuts												

	AVERAGE USE LAST YEAR									
I. SOUPS, SAUCES AND SPREADS	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day	
1. Vegetable soups: homemade/fresh (1 bowl)										
2. Vegetable soups: tinned/packet (1 bowl)										
3. Meat or cream soups: homemade/fresh (1 Bowl)										
 Meat or cream soups: tinned/packet (1 bowl) 										
5. Sauces e.g. white sauce, cheese sauce, gravy (tablespoon)										
6. Tomato based sauces e.g. pasta sauces										
7. Curry-type sauces										
8. Pickles, chutney (tablespoon)										
9. Marmite, Bovril (tablespoon)										
10. Jam, marmalade, honey, syrup (teaspoon)										
11. Peanut butter (teaspoon)										

		AVERAGE USE LAST YEAR									
J. DRINKS	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day		
1. Tea (cup)											
2. Coffee instant (cup)											
3. Coffee ground (cup)											
4. Coffee, decaffeinated (cup)											
 Coffee whitener e.g. coffee-mate (teaspoon) 											
6. Cocoa, Hot Chocolate (cup)											
7. Horlicks, Ovaltine (cup)											
8. Wine (glass)											
9. Beer, Larger or Cider (half pint)											
10. Alcopops e.g. Bacardi Breezer (bottle)											
11. Port, Sherry, Vermouth, liqueurs (glass)											
12. Spirits e.g. Gin, Whiskey (single measure)											
13. Low calorie or diet soft fizzy (glass)											
14. Fizzy Soft drinks e.g. Cocoa Cola (glass)											
15. Pure fruit drinks e.g. orange juice (small glass)											
16. Fruit squash (small glass)											
X1. What type of milk do you use most ofte None Whole milk/Full fat Low fat Other, please specify	1 2 3	Skimm Soya	ned				- 4 - 6	·			
(2. How much milk do you drink each day? None 250ml (half pint) 568 ml (one pint)	<u>1</u> <u>2</u>						<u> </u>				

Thank you for taking the time to complete this questionnaire. Please return this completed Time-Use Diary and Food Frequency Questionnaire in the pre-paid envelope provided to the Economic and Social Research Institute.