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ADDENDA

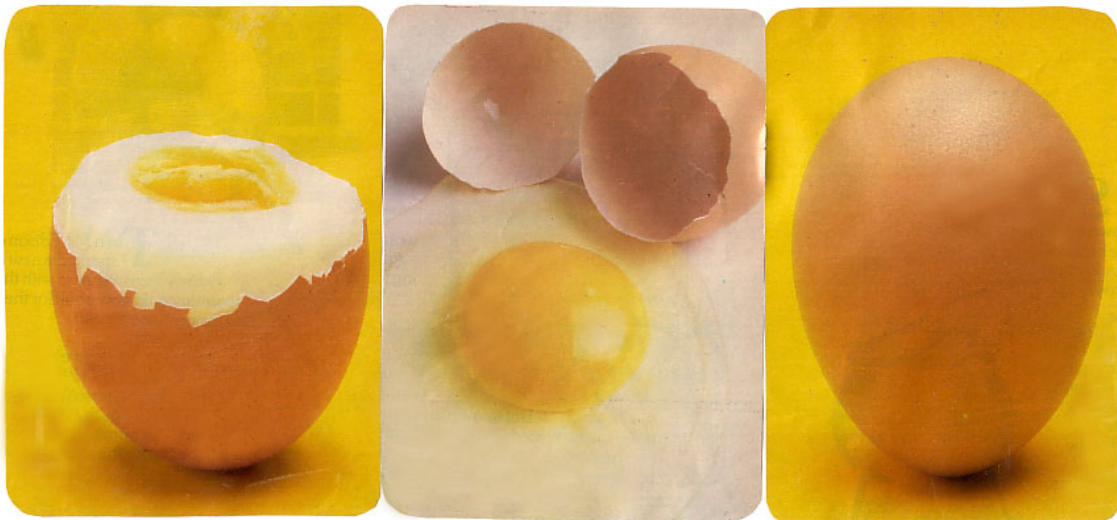
APPENDUM A: TEST METHOD

(Reduced copies of food pictures)

Meats



Eggs



Dairy, milk, high fat



Dairy, milk, low fat



Dairy, cheese, high fat



Dairy, cheese, low fat



Dairy, dessert, high fat



Dairy, dessert, low fat



Convenience foods



Table fats, high fat



Table fats, low fat



Snacks, high fat



Snacks, low fat



ADDENDUM B: FOOD RECORD FORM

(English translation and Afrikaans version as used in research)

(Instructions and page 1 of day 1; Three pages per day; three days each printed on different colour paper; examples filled in on page 1)

Food recording

Instructions for completion:

General:

1. Each learner keeps record of all food and drink consumed for 3 days
2. Each learner receives a set of record forms (attached) onto which the information must be written. Each day of recording has a different colour paper. Per day there are three pages, thus for day 1 there are 3 pages, and also for days 2 and 3. Make sure you use the right form for each day.
3. Learners in group A will receive an electronic scale for the 3 days.
4. All children who have a kitchen scale at home and have permission to use it, are in group B.
5. Group C consists of children who are neither in group A or group B. They receive a set of measuring cups and spoons and a ruler for the duration of the recording.
6. Following “your” 3 days of recording, you have to hand in your form and the measuring equipment to the mathematic teacher for the next group of learners.
7. When all learners have completed the recording, the collected information will be analysed as a class assignment. It is important that everybody follows the instructions.

Specific instructions:

1. During the recording period you should continue eating as usual. Do not change your eating habits.
2. Everything that crosses your lips (food, sweets, special products, pills, water, cooldrinks) must be written down.
3. In column A you write when and where you have eaten, eg “6:00” “home”, “at school”, “restaurant”.
4. In column B you fill in what you have eaten, eg “sandwich with butter, cheese and tomato”, breakfast cereal with milk and sugar”.
Only one food item should be written per line, eg bread, butter, cheese and tomato are each written on a separate line of column B (thus 4 lines).
5. In column C the amounts consumed should be indicated. You should only write down how much you have actually eaten. You should thus measure the food when it is ready to be eaten: eg after wrappers have been removed, after the banana has been peeled. If there are left-overs, eg plate waste or the core of an apple, deduct it. You are welcome to write down your calculation on the form.

Group A: Everything must be recorded to the closest 2gram, exactly as your mathematics teacher showed you. Remember to use the TARE function on the scale.

Group B: Write down the information as precise as your mother’s scale allows.

Group C: Try to convert the amount as accurate as possible by holding it next to the household measures you got, ie a cup, spoon, or measure with the ruler.

The following are examples:

Fractions and multiples of a given measure: $\frac{1}{2}$ cup rice

Description: 1 level teaspoon; 2 heaped tablespoons

Dimensions: 2 cookies (each diameter 50mm); 3 rusks (each 100mm x 40mm x 40mm)

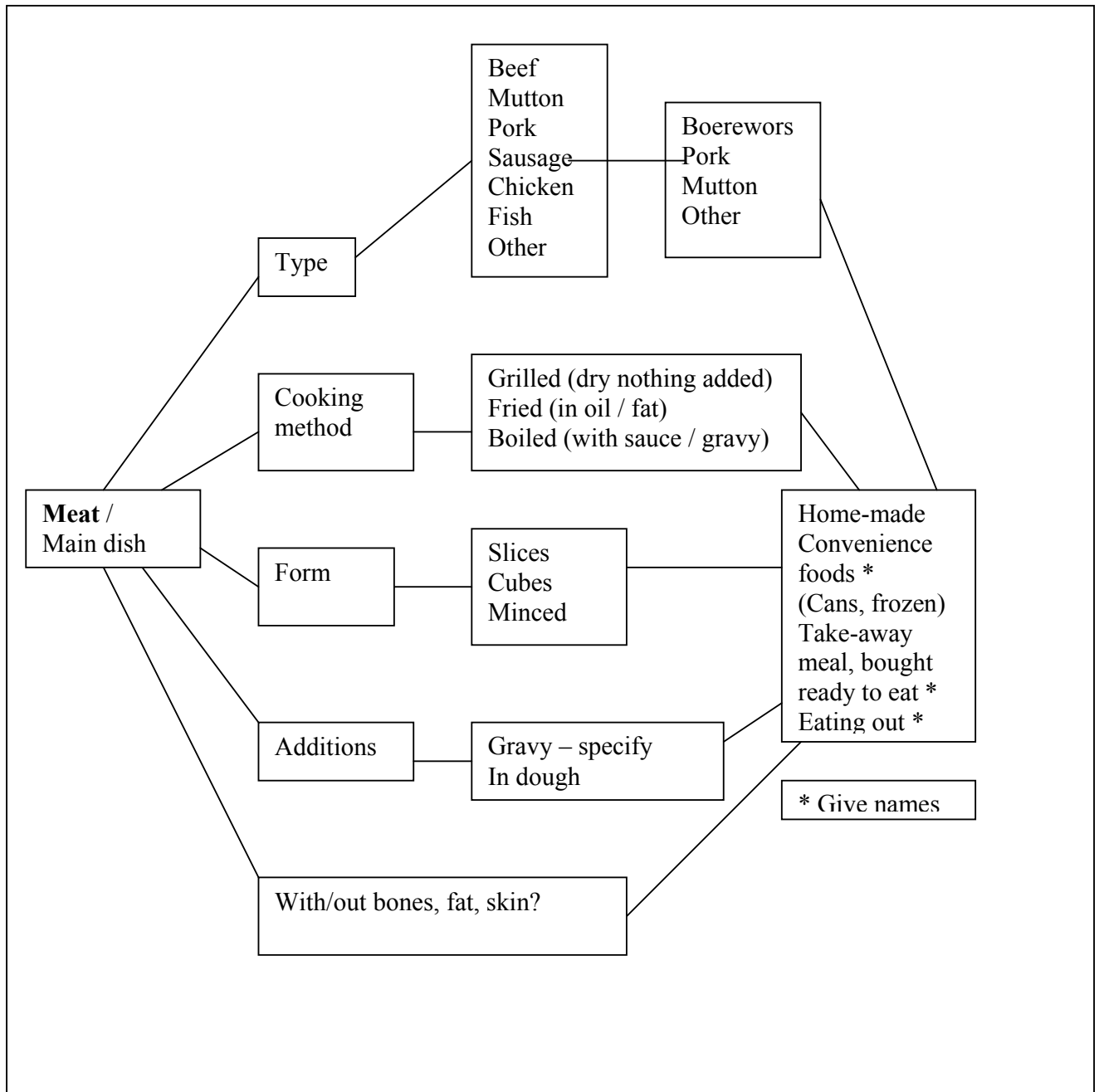
Units: 1 big apple; 1 tin of Coke

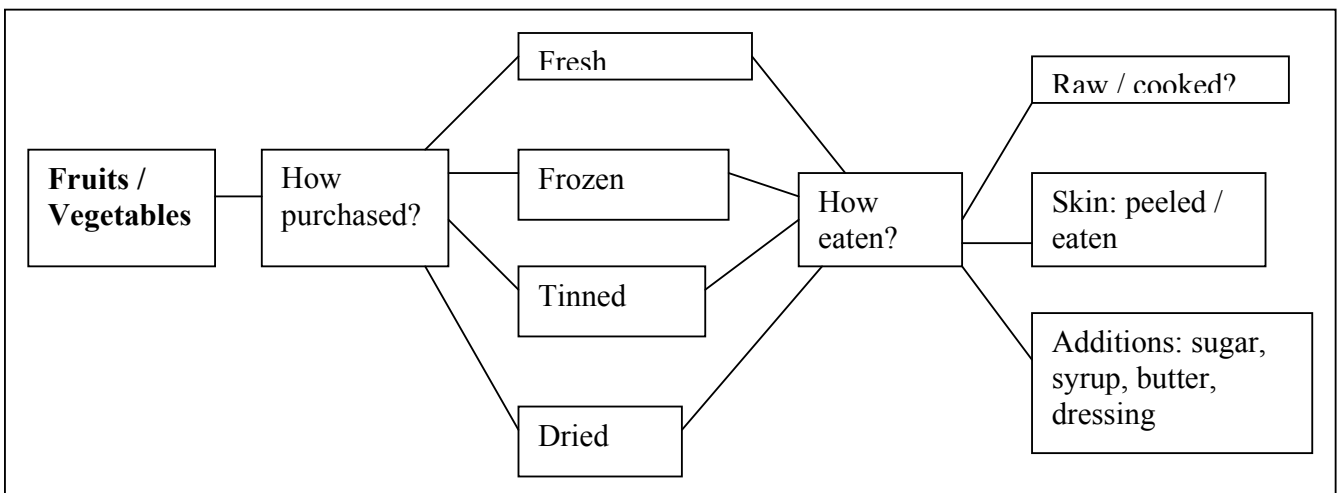
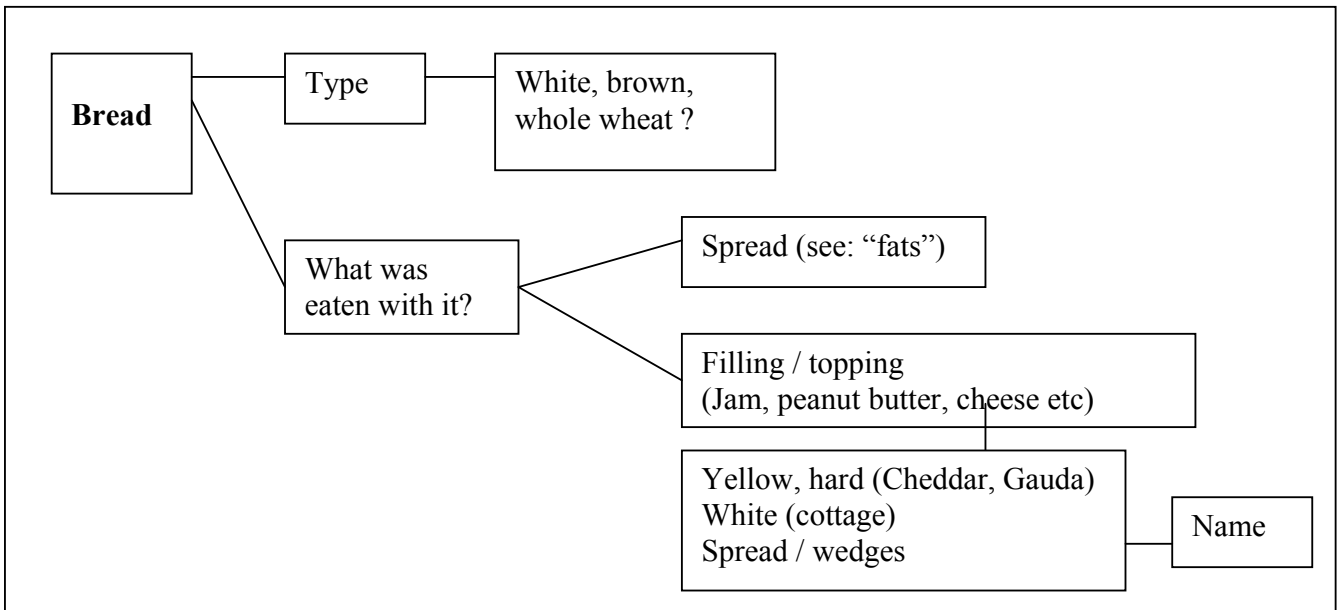
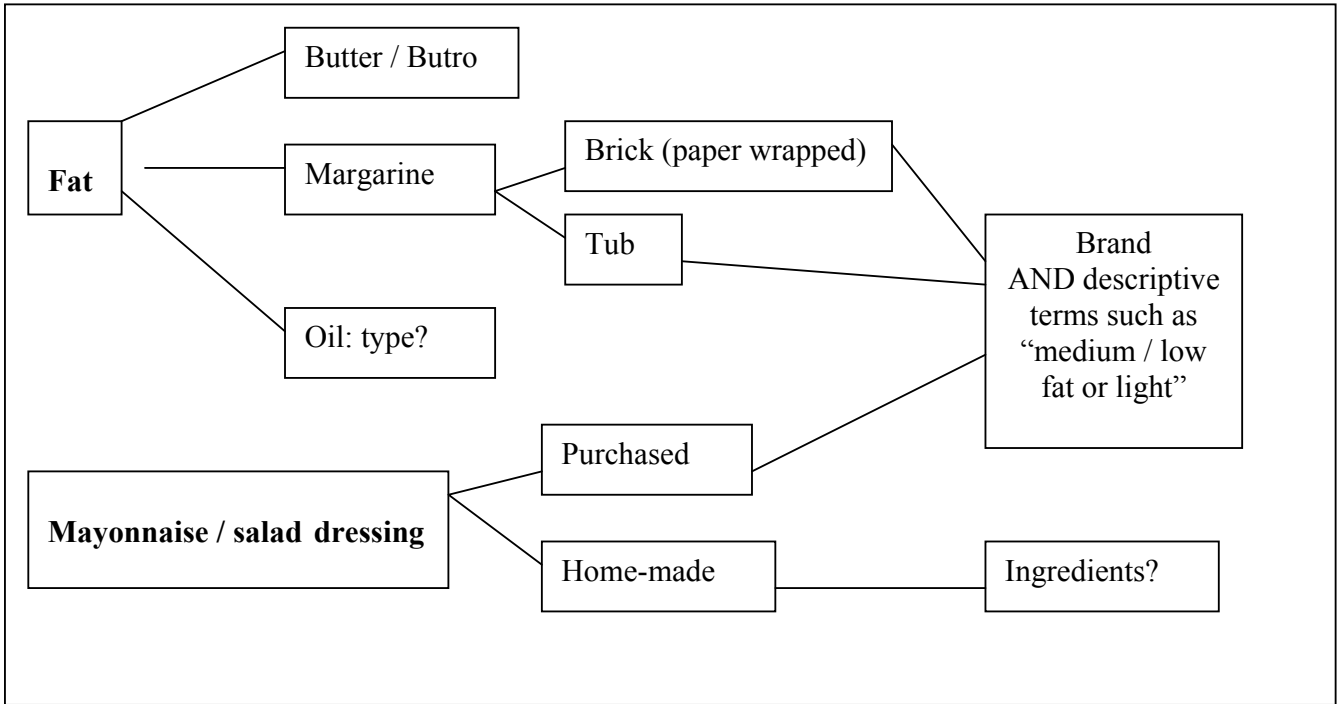
Packaging: 1 large Bar One, 1 meat pie (place wrappers into the attached plastic pocket; marks it 1, 2 or 3 for the corresponding day)

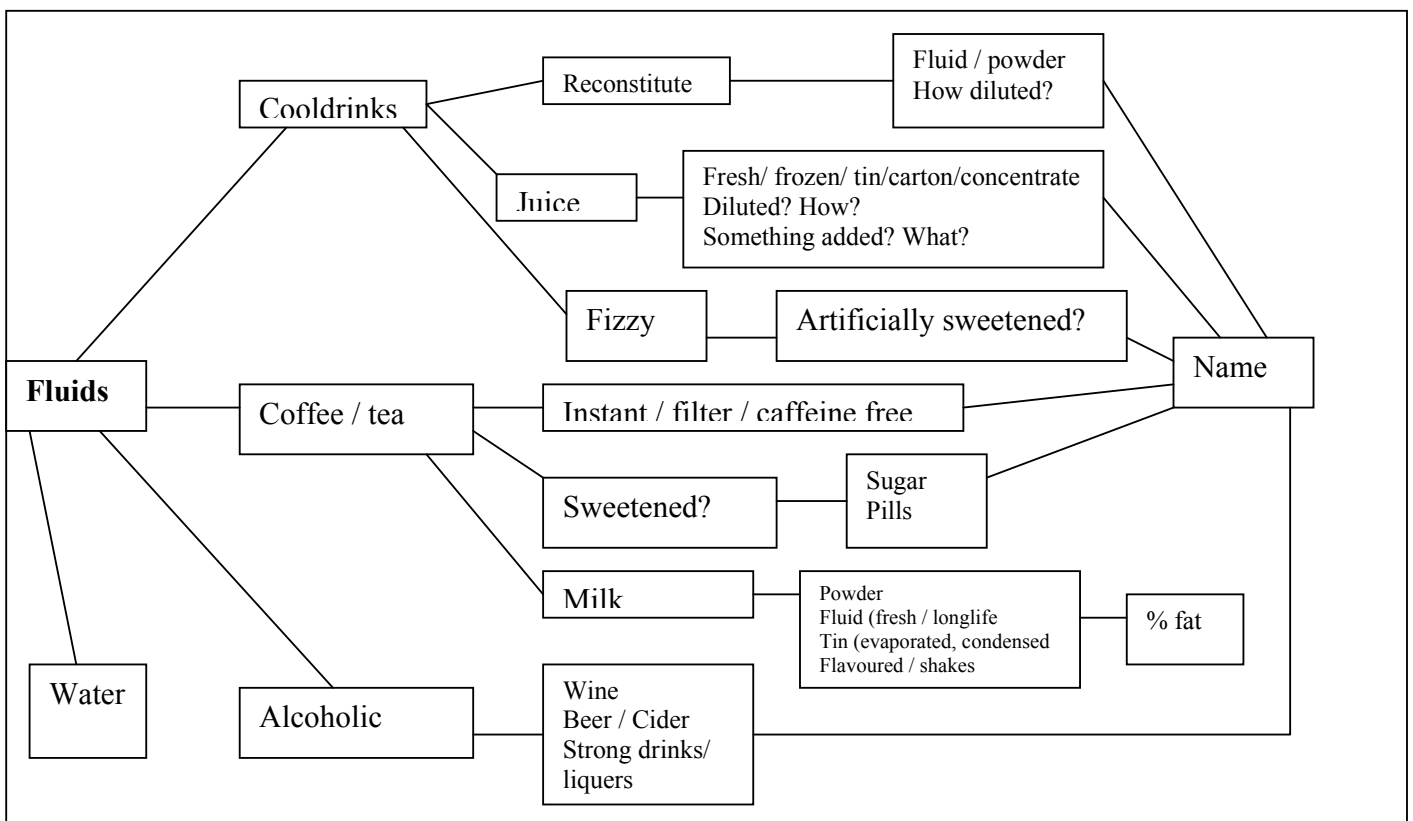
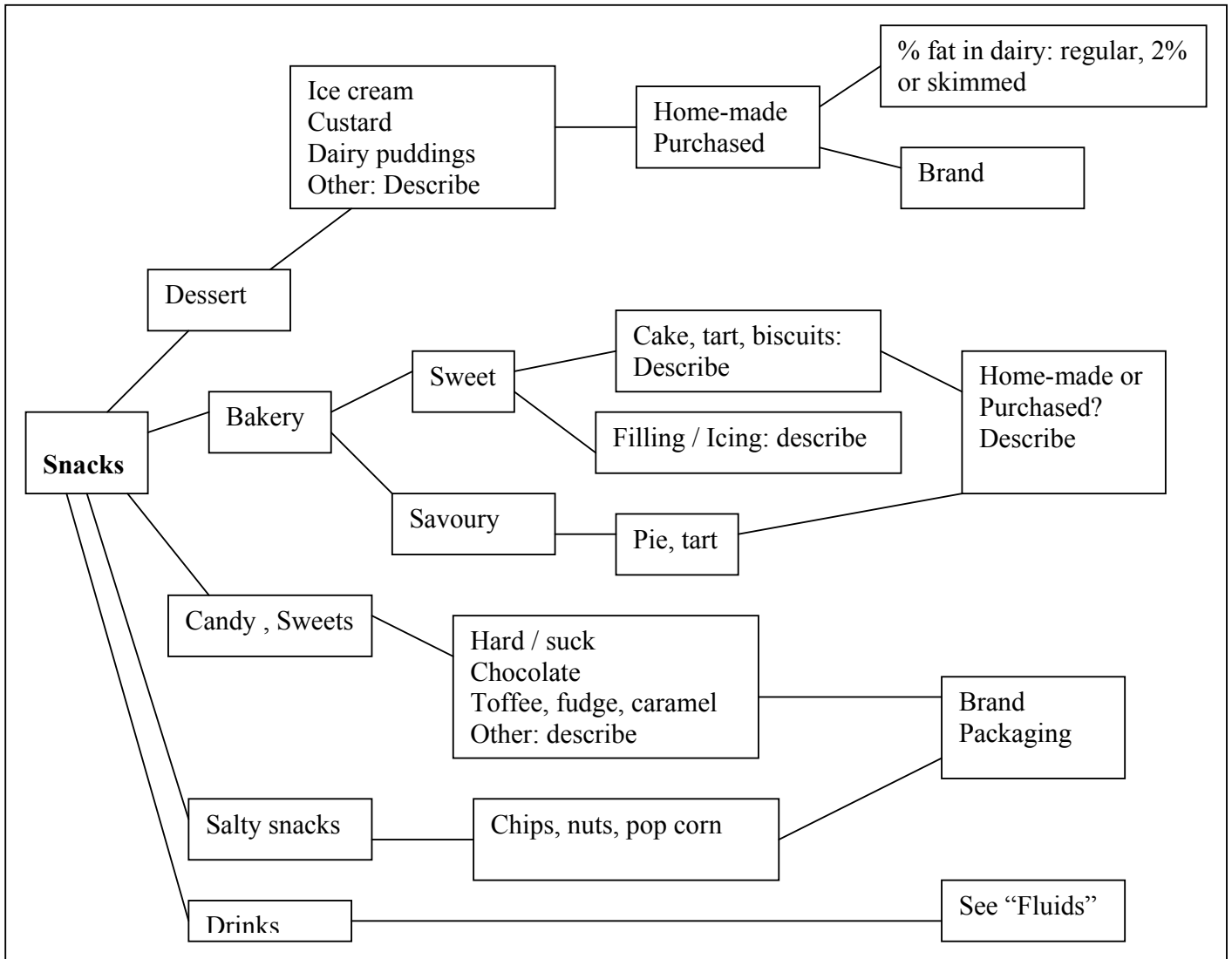
6. Put all packaging (chips bags, sweets wrappers etc) in the plastic pocket, marked for that applicable day.
7. In column D the food must be described in detail. The attached diagrams will help you remember to note everything precisely

ADDENDUM C: FLOW CHARTS FOR COMPLETING FOOD RECORD

(English translation and Afrikaans version as used in research)







ADDENDUM D: SCREENER FOR PARENTS

(English translation and Afrikaans version as used in research)

Overview of your grade 6 child's eating habits	How often? Fill in the number of times that your child usually eats or drinks this food group per day OR per week		How much? Mark the typical portion size of your child relative to the given medium (as specified in food list) Small Medium Large
	Per day	Per week	
Name (child):			
Meat (Medium portion: ½ cup, 90g) <i>Beef, pork, mutton, chicken, sausage, organ meats, processed (cold) meat</i>			S M L
Eggs			How many eggs per time? ≤1 2 ≥3
Milk, full cream (Medium portion: 1 cup) <i>Full cream, 2%, fresh, longlife, powder, condensed, evaporated; creamers; full cream yoghurt: plain or flavoured</i>			S M L
Milk, low fat (Medium portion: 1 cup) <i>Skimmed or 1% milk (fresh, longlife or powder); yoghurt: plain or flavoured</i>			S M L
Cheese, full cream (Medium portion: Match box size) <i>Cheddar, Gouda, Tussers, cream cheese, cheese spread and wedges</i>			S M L
Cheese, low fat (Medium portion: Match box size) <i>Low fat hard cheeses, low fat cheese spread, wedges and cottage cheese</i>			S M L
Dairy dessert, full cream (Medium portion: ½ cup) <i>Ice cream, milk shakes, custard, blancmange, mousse</i>			S M L
Dairy dessert, low fat (Medium portion: ½ cup) <i>Low fat milk drinks, frozen desserts</i>			S M L
Fried foods (Medium portion: ½ cup) <i>Fried meat, seafood, fish, chicken; fried vegetables e.g. onions, french fries</i>			S M L
Bakery (Medium portion: 1 unit) <i>Cakes, biscuits, sweet and savoury pies, rusks, muffins</i>			S M L
Convenience foods (Medium portion: 1 cup) <i>Tins (e.g. meat, soup), ready to eat packages or frozen meals or dishes (e.g. pizza and pasta dishes)</i>			S M L
Spreads and sauces, regular (Medium portion: 1 teaspoon) <i>Butter, brick (paper-wrapped) margarine, mayonnaise, regular salad dressing, peanut butter</i>			S M L
Spreads and sauces, low fat (Medium portion: 1 teaspoon) <i>Tub margarine (regular, medium or low fat), low fat salad dressing</i>			S M L
Snacks, high fat (Medium portion: 50g chocolate, 30g [small package] chips, 6 crackers) <i>Chocolate, peanuts, (crisp) chips, regular salty crackers (eg TUC), caramel/toffee/fudge, coconut</i>			S M L
Snacks, low fat (Medium portion: 10 sweets, 1 fruit bar, 3 Pro Vitas) <i>Hard or jelly-type or marshmallow sweets, dried fruit rolls or bars, dry biscuits</i>			S M L

Kits-oorsig oor u graad 6 kind se eetgewoontes Naam (kind):	Hoe dikwels? Vul die aantal keer in wat u kind die voedsel(groep) gewoonlik per dag OF per week eet/drink		Hoeveel? Merk die tipiese porsiegrootte van u kind relatief tot die gegewe medium (soos aangedui in voedsellys) Klein Medium Groot		
	Per dag	Per week			
Vleis (Mediumporsie: ½ koppie, 90g) <i>Bees, vark, skaap, hoender, wors, orgaanvleis, geprosesseerde (koue)vleis</i>			K	M	G
Eiers			Hoeveel eiers per keer? ≤1 2 ≥3		
Melk, volroom (Mediumporsie: 1 koppie) <i>Volroom, 2%, vars, langlewe, poeier, gekondenseerd, ingedamp; verromers; volroomjoghurt; gewoon of gegeur</i>			K	M	G
Melk, laevet (Mediumporsie: 1 koppie) <i>Afgeroomde ("skim") of 1% melk (vars, langlewe of poeier) of joghurt, gewoon of gegeur</i>			K	M	G
Kaas, volroom (Mediumporsie: vuurhoutjiedoosgrootte) <i>Cheddar, Gouda, Tussers, roomkaas, kaassmeer en -wiggies</i>			K	M	G
Kaas, laevet (Mediumporsie: vuurhoutjiedoosgrootte) <i>Laevet harde kaas, laevet kaassmeer, -wiggies en maaskaas</i>			K	M	G
Suiwelnagereg, volroom (Mediumporsie: ½ koppie) <i>Roomys, melkskommels, vla, melkpoedings (blancmange / mousse)</i>			K	M	G
Suiwelnagereg, laevet (Mediumporsie: ½ koppie) <i>Laevet melkdrankies, bevrore nageregte</i>			K	M	G
Gebraaide voedsels (Mediumporsie: ½ koppie) <i>Gebraaide vleis, seekos / vis, hoender; gebraaide groente (bv uie, "slap"-skyfies)</i>			K	M	G
Gebak (Mediumporsie: 1 eenheid) <i>Koekies, koek, soet- en soutterte, pasteie, beskuit, muffins</i>			K	M	G
Geriefsvoedsel (Mediumporsie: 1 koppie) <i>Blikkies (bv vleis, sop), eetgereed pakkies of bevrore maaltye en geregte (bv pizza, pastageregte)</i>			K	M	G
Smere en souse, gewoon (Mediumporsie: 1 teelepel) <i>Botter, blok(papierverpakte) margarien, mayonnaise, gewone slaaisouse, grondboontjiebotter</i>			K	M	G
Smere en souse, laevet (Mediumporsie: 1 teelepel) <i>Bakkiemargarien (gewoon-, medium- of laevet), laevet slaaisouse</i>			K	M	G
Versnaperinge, hoëvet (Mediumporsie: 50g sjokolade, 30g [klein pakkie] chips, 6 beskuitjies) <i>Sjokolade, grondboontjies, (kraak)skyfies, gewone soutbeskuitjies (bv TUC). karamel/toffie/fudge, klapper</i>			K	M	G
Versnaperinge, laevet (Mediumporsie: 10 lekkers, 1 vrugtestaaf, 3 Pro Vitas) <i>Suig-, jellie-tipe-, marshmallow-lekkers, droëvrugterolle of -stawe, droë beskuitjies (broodtipe)</i>			K	M	G

**ADDENDUM E: INFORMATION LETTER AND INFORMED CONSENT
FORM**

Ingeligte Toestemming

VOEDINGRISIKOBEPALING BY KINDERS

Navorsingstudie

Ek,, gee hiermee toestemming dat my seun/dogter,, mag deelneem aan bogenoemde studie soos aan my verduidelik in meegaande dekbrieff van mev FAM Wenhold van die Afdeling Mensvoeding, Universiteit van Pretoria.

Doel

Die doel van die studie is om 'n voedingsiftingsvraelys te valideer. Hierdie vraelys is daarop gemik om voedingrisikofaktore by Suid-Afrikaanse laerskoolkinders op 'n geldige, maar koste-effektiewe manier te bepaal.

Beskrywing van prosedures

U moet verstaan dat hierdie studie navorsing behels. U kind sal aan die hand van voedselprente 'n vraelys voltooi. Verder sal u kind 'n drie-dag-rekord hou van alle voedsel wat genuttig word. Laasgenoemde vorm deel van praktiese werk in Wiskunde (uitkoms-gebaseerde onderrig in kurrikulum 2005) en sal ook daar ge-evalueer word. U kind se massa en lengte sal bepaal word. Laastens word u versoek om 'n kitsoorsig oor u kind se eetgewoontes te verskaf.

Risiko en ongemak

Geen

Kontakpersoon vir navrae:

Mev FAM Wenhold (Tel 012-354 1234)
Afdeling Mensvoeding
Fakulteit Gesondheidswetenskappe
Universiteit van Pretoria

Voordele

Om 'n kind se voedingrisiko te ken, maak vroeë intervensie en voorkoming van voedingverwante siektes moontlik. Sou u belangstel, kan die voorlopige resultate ten opsigte van u kind aan u beskikbaar gestel word. Inligting van Stephanus Roos verseker dat stedelike Afrikaanssprekende kinders se eetgewoontes geldig in die projek verteenwoordig word.

Integrasie van weeg- en meetaktiwiteite in die Wiskunde-kurrikulum is in lyn met die filosofie van uitkoms-gebaseerde onderrig en maak leer baie meer sinvol. Verder sal kinders die geleentheid kry om hulle data te verwerk en te interpreter ter bevordering van hulle rekenkundige vaardighede.

Vrywillige deelname

U kind se deelname is vrywillig. Geen vergoeding sal verskaf word nie.. U mag u kind op enige stadium onttrek. Om deelname te weier, sal geen nadelige gevolge vir u kind inhou nie, alhoewel hy/sy die punte verbonde aan die wiskunde-take sal verbeur.

Vertroulikheid

Alle inligting sal vertroulik hanteer word en geen inligting waarvolgens u of u kind geïdentifiseer sou kon word sal vrygestel of gepubliseer word nie.

Ek het al bogenoemde gelees, het die geleentheid gehad om vrae te vra en het bevredigende antwoorde gekry. Ek gee hiermee toestemming dat my kind aan die studie mag deelneem.

.....
(Ouer/voog handtekening)

.....
(Datum)

.....
(Kind handtekening)

.....
(Datum)

.....
(Navorser handtekening)

.....
(Datum)

ADDENDUM F: ANSWER SHEET

(English translation and Afrikaans version as used in research)

ANSWER SHEET

Name:Grade:.....

CIRCLE YOUR ANSWER.

	Yes 1	No 2	How often? (Fill in a number for A per day@ OR for A per week@ . Not for both!)	HOW MUCH?		
				Small 1	Medium 2	Large 3
M	1	2	per day: <i>M3D</i>	1	2	3
			per week: <i>M3W</i>			
E	1	2 <i>E1</i>	per week: <i>E2</i>	1	2	3 <i>E3</i>
DM1	1	2	per day: <i>DM1-3D</i>	1	2	3
			per week: <i>DM1-3W</i>			
DM2	1	2	per day: <i>DM2-3D</i>	1	2	3
			per week: <i>DM2-3W</i>			
DC1	1	2	per day: <i>DC1-3D</i>	1	2	3
			per week: <i>DC1-3W</i>			
DC2	1	2	per day: <i>DC2-3D</i>	1	2	3
			per week: <i>DC2-3W</i>			
DD1	1	2	per day: <i>DD1-3D</i>	1	2	3
			per week: <i>DD1-3W</i>			
DD2	1	2	per day: <i>DD2-3D</i>	1	2	3
			per week: <i>DD2-3W</i>			
F	1	2	per day: <i>F-3D</i>	1	2	3
			per week: <i>F-3W</i>			
I	1	2	per day: <i>I-3D</i>	1	2	3
			per week: <i>I-3W</i>			
C	1	2	per day: <i>C-3D</i>	1	2	3
			per week: <i>C-3W</i>			
T1	1	2 <i>T1-1</i>	per day: <i>T1-3D</i>	1	2	3 <i>T1-4</i>
T2	1	2 <i>T2-1</i>	per day: <i>T2-3D</i>	1	2	3 <i>T2-4</i>
S1	1	2	per day: <i>S1-3D</i>	1	2	3
			per week: <i>S1-3W</i>			
S2	1	2	per day: <i>S2-3D</i>	1	2	3
			per week: <i>S2-3W</i>			

ANTWOORDBLAD

Naam:Graad:.....

OMKRING JOU ANTWOORD.

	Ja 1	Nee 2	Hoe dikwels? (Vul >n syfer by Aper dag@ OF by Aper week@ in. Nie by albei nie!)	HOEVEEL?		
				Klein 1	Medium 2	Groot 3
M	1	2	per dag: <i>M3D</i>	1	2	3
			per week: <i>M3W</i>			
E	1	2	per week: <i>E2</i>	1	2	3
DM1	1	2	per dag: <i>DM1-3D</i>	1	2	3
			per week: <i>DM1-3W</i>			
DM2	1	2	per dag: <i>DM2-3D</i>	1	2	3
			per week: <i>DM2-3W</i>			
DC1	1	2	per dag: <i>DC1-3D</i>	1	2	3
			per week: <i>DC1-3W</i>			
DC2	1	2	per dag: <i>DC2-3D</i>	1	2	3
			per week: <i>DC2-3W</i>			
DD1	1	2	per dag: <i>DD1-3D</i>	1	2	3
			per week: <i>DD1-3W</i>			
DD2	1	2	per dag: <i>DD2-3D</i>	1	2	3
			per week: <i>DD2-3W</i>			
F	1	2	per dag: <i>F-3D</i>	1	2	3
			per week: <i>F-3W</i>			
I	1	2	per dag: <i>I-3D</i>	1	2	3
			per week: <i>I-3W</i>			
C	1	2	per dag: <i>C-3D</i>	1	2	3
			per week: <i>C-3W</i>			
T1	1	2	per dag: <i>T1-3D</i>	1	2	3
T2	1	2	per dag: <i>T2-3D</i>	1	2	3
S1	1	2	per dag: <i>S1-3D</i>	1	2	3
			per week: <i>S1-3W</i>			
S2	1	2	per dag: <i>S2-3D</i>	1	2	3
			per week: <i>S2-3W</i>			