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ADDENDA
APPENDUM A: TEST METHOD

(Reduced copies of food pictures)
### Meats

![Meats Image](image1)

### Eggs

![Eggs Image](image2)
Dairy, milk, high fat

Dairy, milk, low fat
Dairy, cheese, high fat

Dairy, cheese, low fat
Dairy, dessert, high fat

Dairy, dessert, low fat
Fried foods

Fats in baked goods
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: ½ 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.
**Food record form**

**DAY 1:**

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
</tr>
</thead>
<tbody>
<tr>
<td>How late?</td>
<td>Where?</td>
<td>Whicat food or fluid? (One item per row)</td>
<td>How much did you really eat of each item in B?</td>
</tr>
<tr>
<td></td>
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<td>B</td>
<td>C</td>
<td>D</td>
</tr>
<tr>
<td>---</td>
<td>---</td>
<td>---</td>
<td>---</td>
</tr>
<tr>
<td>Hoe laat?</td>
<td>Watter voedsel of vloeistof? (Een item per reël)</td>
<td>Hoeveel het jy regtig geëet van elke item in B?</td>
<td>Volledige beskrywing van elke item in B (kyk vloeidiagramme)</td>
</tr>
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<td></td>
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</tr>
</tbody>
</table>
ADDENDUM C: FLOW CHARTS FOR COMPLETING FOOD RECORD

(English translation and Afrikaans version as used in research)
Fat
- Butter / Butro
- Margarine
- Brick (paper wrapped)
- Tub
- Oil: type?
- Purchased
- Home-made
- Brand AND descriptive terms such as “medium / low fat or light”

Mayonnaise / salad dressing
- Purchased
- Home-made
- Ingredients?

Bread
- Type
  - White, brown, whole wheat?
- Spread (see: “fats”)
  - Filling / topping
    - (Jam, peanut butter, cheese etc)
  - Yellow, hard (Cheddar, Gauda)
  - White (cottage)
  - Spread / wedges

Fruits / Vegetables
- How purchased?
  - Fresh
  - Frozen
  - Tinned
  - Dried
- How eaten?
  - Raw / cooked?
  - Skin: peeled / eaten
  - Additions: sugar, syrup, butter, dressing
ADDENDUM D: SCREENER FOR PARENTS

(English translation and Afrikaans version as used in research)
### Overview of your grade 6 child’s eating habits

**Name (child):** ……………………………. 

<table>
<thead>
<tr>
<th>Food Group</th>
<th>How much?</th>
<th>How often?</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat</strong> (Medium portion: ½ cup, 90g)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Beef, pork, mutton, chicken, sausage, organ meats, processed (cold) meat</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Eggs</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Milk, full cream</strong> (Medium portion: 1 cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Full cream, 2%, fresh, longlife, powder, condensed, evaporated; creamers: full cream yoghurt: plain or flavoured</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Milk, low fat</strong> (Medium portion: 1 cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Skimmed or 1% milk (fresh, longlife or powder); yoghurt: plain or flavoured</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Cheese, full cream</strong> (Medium portion: Match box size)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Cheddar, Gouda, Tussers, cream cheese, cheese spread and wedges</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Cheese, low fat</strong> (Medium portion: Match box size)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Low fat hard cheeses, low fat cheese spread, wedges and cottage cheese</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Dairy dessert, full cream</strong> (Medium portion: ½ cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Ice cream, milk shakes, custard, blancmange, mousse</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Dairy dessert, low fat</strong> (Medium portion: ½ cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Low fat milk drinks, frozen desserts</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Fried foods</strong> (Medium portion: ½ cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Fried meat, seafood, fish, chicken; fried vegetables e.g. onions, french fries</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Bakery</strong> (Medium portion: 1 unit)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Cakes, biscuits, sweet and savoury pies, rusks, muffins</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Convenience foods</strong> (Medium portion: 1 cup)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Tins (e.g. meat, soup), ready to eat packages or frozen meals or dishes (e.g. pizza and pasta dishes)</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Spreads and sauces, regular</strong> (Medium portion: 1 teaspoon)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Butter, brick (paper-wrapped) margarine, mayonnaise, regular salad dressing, peanut butter</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Spreads and sauces, low fat</strong> (Medium portion: 1 teaspoon)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Tub margarine (regular, medium or low fat), low fat salad dressing</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Snacks, high fat</strong> (Medium portion: 50g chocolate, 30g [small package] chips, 6 crackers)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Chocolate, peanuts, (crisp) chips, regular salty crackers (eg TUC), caramel/toffee/fudge, coconut</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td><strong>Snacks, low fat</strong> (Medium portion: 10 sweets, 1 fruit bar, 3 Pro Vitas)</td>
<td></td>
<td>Per day</td>
</tr>
<tr>
<td>Hard or jelly-type or marshmallow sweets, dried fruit rolls or bars, dry biscuits</td>
<td>S M L</td>
<td>Per week</td>
</tr>
<tr>
<td>Kits-oorsig oor u graad 6 kind se eetgewoontes</td>
<td>Hoe dikwels?</td>
<td>Hoeveel?</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>--------------</td>
<td>----------</td>
</tr>
<tr>
<td>Vaccine (kind):………………………….</td>
<td>Vul die aantal keer in wat u kind die voedsel(groep) gewoonlik per dag of per week eet/drink</td>
<td>Merk die tipiese porsiegrootte van u kind relatief tot die gegewe medium (soos aangedui in voedsellys)</td>
</tr>
<tr>
<td>Per dag Per week</td>
<td>Klein Medium Groot</td>
<td>Klein Medium Groot</td>
</tr>
<tr>
<td><strong>Vleis (Mediumporsie: ½ koppie, 90g)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Bees, vark, skaap, hoender, wors, orgaanvleis, geoproseesseerde (koue)vleis</td>
<td></td>
<td></td>
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<tr>
<td><strong>Eiers</strong></td>
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<tr>
<td>K ≤1 2 ≥3</td>
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</tr>
<tr>
<td><strong>Merk, volroom (Mediumporsie: 1 koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Volroom, 2%, vars, langlewe, poeier, gekondenseerd, ingedamp; verromers; volrosemoghorst; gewoon of gegeur</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Merk, laevet (Mediumporsie: 1 koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Afgereomende (”skin”) of 1% melk (vars, langlewe of poeier) of joghurt, gewoon of gegeur</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kaas, volroom (Mediumporsie: vuurhoutjiedoosgrootte)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Cheddar, Gouda, Tuskers, roomkaas, kaassmeer en –wiggies</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Kaas, laevet (Mediumporsie: vuurhoutjiedoosgrootte)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Laevet harde kaas, laevet kaassmeer, –wiggies en maaskaas</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Suiewelnagerreg, volroom (Mediumporsie: ½ koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Roomys, melkskommels, vla, melkpoedings (blancmange / mousse)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Suiewelnagerreg, laevet (Mediumporsie: ½ koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Laevet melkdrankies, bevrore nageregte</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gebraaide voedsels (Mediumporsie: ½ koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Gebraaide vleis, seekas / vis, hoender; gebraaide groente (bv uie, “slap”-skyfies)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Gebak (Mediumporsie: 1 eenheid)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Koekies, koek, suet- en soutierte, pasteie, beskuit, muffins</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Geriefvoedsel (Mediumporsie: 1 koppie)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Blikkies (bv vleis, sop), eetgereed pakjes of bevrore maaltye en geregte (bv pizza, pastageregte)</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Smere en souse, gewoon (Mediumporsie: 1 teelepel)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Botter, blokipapiersuipakte) margarien, mayonnaise, gewone slaatsouse, grondboontjehetter</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Smere en souse, laevet (Mediumporsie: 1 teelepel)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Bakkiemargarien (gewoon-, medium- of laevet), laevet slaatsouse</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Versnaperinge, hoëvet (Mediumporsie: 50g sjokolade, 30g [klein pakkie] chips, 6 beskuitjies)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Sjokolade, grondboontjies, (kraak)skyfies, gewone soutbeskuitjies (bv TUC), karmel/toffee/judge, klapper</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Versnaperinge, laevet (Mediumporsie: 10 lekkers, 1 vrugtestaaf, 3 Pro Vitas)</strong></td>
<td></td>
<td>K M G</td>
</tr>
<tr>
<td>Suig-, jellie-tipe-, marshmallow-lekkers, droëvrugterolle of –stawe, droë beskuitjies (broodtipe)</td>
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</tbody>
</table>
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 dekbrief 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 opsigt 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.**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>How often?</th>
<th>HOW MUCH?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>(Fill in a number for Aper day@ OR for Aper week@. Not for both!)</td>
<td>Small</td>
</tr>
<tr>
<td>M</td>
<td>1</td>
<td>per day: M1</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>2</td>
<td>per week: M2</td>
<td></td>
</tr>
<tr>
<td>E</td>
<td>1</td>
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203
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OF by Aper week@ in. Nie by albei nie!)

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