

**National Children's Study**  
**Interviewer Instruction Scripts for Completion of Dietary Questionnaires**

**DIETARY SCRIPT # 1 – P1 OR T1 DIETARY QUESTIONNAIRES COMPLETION**

INSTRUCTIONS ARE PROVIDED TO THE MOTHER FOR QUESTIONNAIRES THAT ARE LEFT WITH HER TO COMPLETE. THE COMPLETED QUESTIONNAIRES WILL BE EITHER PICKED UP BY THE DATA COLLECTOR OR MAILED BACK BY THE PARTICIPANT. IF A PRE-CONCEPTION HOME VISIT IS NOT COMPLETED BEFORE PREGNANCY, THESE QUESTIONNAIRES ARE GIVEN AT THE T1 VISIT.

So that I do not take up more of your time today, I'm going to give you some forms to complete on your own. The 2 food booklets are called the Food Frequency Questionnaire and the 3-Day Food Checklist. All of the forms contain instructions on how to complete them, but I will take some time right now to go over the instructions with you.

**A. FOOD FREQUENCY QUESTIONNAIRE SCRIPT**

1. This is a Food Frequency Questionnaire. We want to know about the foods you eat. For all of these questionnaires, you will need to use a black or blue ball-point pen and I have one for you. [HAND RESPONDENT PEN] Do not use a pencil or felt-tip pen.
2. [USE QUESTIONNAIRE AS GUIDE] On page 2, there are directions for completing this questionnaire in case you need to refer to them later. First, fill in today's date, and the month and year you were born.
3. IF P1 VISIT: Answer all about your usual dietary intake over the past 3 months.  
IF T1 VISIT: Answer all questions about your usual dietary intake during 3 months before you became pregnant.
4. Do the best you can. Estimate if you can't remember since a guess is better than leaving a blank.
5. If you mark "Never" or "No" for a question, please follow the arrows to the next question. [POINT TO AN EXAMPLE OF AN ARROW IN THE BOOKLET]
6. If you need to make a change to your answer, fill in the box containing the wrong answer completely and put an "X" in the correct box. [POINT TO INSTRUCTIONS]

**B. 3-DAY FOOD CHECKLIST SCRIPT**

1. Here's another form about the food you eat. For this one, we are asking you to record the food you eat over 3 days. There is one checklist page for each day.
2. We want you to record one weekend day, and two weekdays. So, you will begin on Thursday/Sunday. [MARK DAYS ON FORM – EITHER THURSDAY, FRIDAY AND SATURDAY, OR SUNDAY, MONDAY AND TUESDAY]. Let's look at the booklet. On page 2 you will enter the start date and the day of the week.

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3. Now let's look at the examples on page 1.
4. The food checklist asks about some but not all of the foods you eat. For example, the dairy section lists "Milk whole", "Milk skim", etc. The list does not include all dairy foods and that's ok.
5. Record how many different times you eat a food each day, not how many servings you have each time.
6. Let's look at the second example on page 1. It says "I ate 2 pieces of cornbread at lunch." Only 1 "X" is marked because both pieces were eaten at the same meal.
7. When you eat something that is a mix of foods on the list, make an "X" for each food included.
8. Let's look at the third example, lasagna. For this example, you would mark pasta noodles, beef and tomatoes.
9. At the end of each day make sure you answer question 4 about how many organic foods you ate.
10. After you complete the booklets, turn through the pages to make sure that you have not skipped any pages. Also make certain that you have clearly indicated the correct answer for any changes you have made.