

INTRODUCTION:

Hello, I am _____ and I am conducting a study about the fruit and vegetable snacks at your school for the US Department of Agriculture Food and Nutrition Service. Later today we will meet again, and I will ask you about all the foods you ate during the school day. After we finish that, I'm going to give you a little gift.

HAND OUT FEST FORMS:

I am giving you this booklet to help you keep track of what you eat at school today. That includes everything you ate between [INSERT OFFICIAL START AND END TIME]. Please bring this booklet when we meet again at [TIME SCHEDULED TO MEET] in [ROOM #]. It will take us about ten minutes or less to go through the booklet together so you know how to fill it out.

- *Interviewer: Ask student to write name, individualized time scheduled to meet, and room number to meet on cover page.*

DIRECTIONS (PAGE 2)

Open the form to the first page and I will read the directions to you.

- *Interviewer: Be sure to emphasize...*
 - o *everything you eat and drink*
 - o *one food or drink per line*
 - o *describe fruits and vegetables- fresh, canned, dried, frozen*
 - o *include snacks*
- *Do you have any questions?*

DATE (PAGE 3)

Turn to the next page. Please write in today's date.

- *Interviewer: Read each space and wait for child to write response*
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CONTINUE ON NEXT PAGE

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-XXXX. The time required to complete this information collection is estimated to average 10 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

FOODS EATEN IN SCHOOL TODAY (PAGE 4)

Turn to the next page. Think about what you have had to eat or drink here at school this morning. Let's record the foods together so you will know how to fill out the page on your own. What did you eat or drink?

- *Interviewer: Ask child to write each item on a separate line in the "What?" column.*
- *When did you eat it? Please fill in the time in the first space.*
- *Interviewer: Probe for detailed description of each food in "What?" column.*
 - o Packaged food: Do you remember what brand it was? What was on the wrapper? What flavor was it?*
 - o Fruit/vegetable: Was it fresh, canned, dried, or frozen? Was it whole, sliced, or mashed?*
- *In the last column to the right, check off where the food came from: school, home, or somewhere else.*
- *Can you think of anything else you ate or drank at school today that you did not write down on this page? Did you have any snacks?*
- *Do you think you can fill out the booklet with everything you eat or drink today before we meet again at [TIME SCHEDULED TO MEET]?*

Now, I will answer any other questions you might have.

Have a great day until I see you later. Remember to fill in your FEST form each time you eat or drink something.

STOP