

# EATING IN CHILDHOOD

## TAKING PART



We would like you to take part in a research study! Before deciding to take part, you should understand what it is about. Talk to your parents/guardians about this too.

## QUESTIONS



If you have any questions about the study, you can ask your parents/guardians to email or call us. We can give them all the information you need.

## WHAT AND WHY



This research is looking at children's diets and how healthy they are and how good they are for the planet. You have been asked to take part, so we can look at your diets, along with lots of other children, so we can understand this more.

## CHOICE



It is very important that you choose if you want to take part. The choice is up to you and your parents/guardians. If you want to change your mind and stop taking part, that is fine and can be done at any time.

## WHAT WILL HAPPEN



We will be looking at what you eat. So your parents/guardians will be weighing all your food and drink out to let us know what you're eating. They will also ask you what you ate at school, if the school gave you lunch or snacks. It is important you tell them everything you can remember. At the end we will be combining all of the children's data and writing a report.

## YOUR INFORMATION



Your data will be kept very safe and private, with not many people having access to it. There will be no information collected about you that will tell anyone who you are.