## APPENDIX 1: THE NEW SOUTH WALES SECONDARY SCHOOLS STUDENTS HEALTH SURVEY 2002

1.	(a) What suburb or town do you live in?
	(b) What is the postcode of your address?
2.	What year level are you in?  1
3.	How old are you now?  10
4.	What sex are you?  1  Male 2  Female
5.	What is your date of birth?// 19
6.	During a normal week, how much money do you have available to spend on yourself? (for example, from pocket money, part-time job).  1 None 2 Less than \$10 3 \$11-\$20 4 \$21-\$40 5 \$41-\$60 6 \$61-\$80 7 Over \$80
7.	At school work, do you consider yourself:  1  A lot above average?  2  Above average?  3  Average?  4  Below average?  5  A lot below average?
8.	<ul> <li>(a) Were you at school on the last school day?</li> <li>1□ Yes Go to Question 9</li> <li>2□ No Go to Question 8(b)</li> </ul>

	<ul><li>(b) If No: Why were you away?</li><li>1 ☐ You were ill or had some other health problem</li></ul>
	2□ Study day or other school related activities 3□ Family reasons 4□ Other (specify)
9.	Are you of Aboriginal or Torres Strait Islander descent?
	<ul> <li>1□ No</li> <li>2□ Yes, Aboriginal descent</li> <li>3□ Yes, Torres Strait Islander descent</li> <li>4□ Yes, both Aboriginal and Torres Strait Islander descent</li> </ul>
10.	What is the main language spoken at home?
	Tick only 1 box.
	<ul> <li>1 ☐ English</li> <li>2 ☐ Another language only</li> <li>Specify which language.</li> </ul>
	3 ☐ English and another language
11.	Specify the other language.
11.	At the present time, do you consider yourself:  1  A heavy smoker?
	2□ A light smoker?
	3 ☐ An occasional smoker? 4 ☐ An ex-smoker?
	5 ☐ A non-smoker?
12.	Have you ever smoked even part of a cigarette?
	<ul> <li>No</li> <li>Yes, just a few puffs</li> <li>Yes, I have smoked fewer than 10 cigarettes in my life</li> <li>Yes, I have smoked more than 10 but fewer than 100 cigarettes in my life</li> <li>Yes, I have smoked more than 100 cigarettes in my life</li> </ul>
13.	Have you smoked cigarettes in the last 12 months?
	1  Yes 2  No
14.	Have you smoked cigarettes in the last 4 weeks?
	1  Yes 2  No
15.	This question is about the number of cigarettes you had during the last 7 days, including yesterday.  Monday
	Put a tick near yesterday. Then in the space provided, write the number of cigarettes you had yesterday. If you didn't smoke any cigarettes, put in '0'. Start filling in the spaces beginning with yesterday, and follow the arrows.
	Answer for every day of the week.
	Write in the circle the number of cigarettes you smoked each day.  Saturday  Wednesday
	Put '0' for each day you didn't drink smoke any cigarettes.
	Friday Thursday

<ul><li>16.</li><li>17.</li></ul>	Do you think you will be smoking cigarettes this time next year?  1 Certain not to be smoking  2 Very unlikely to be smoking  3 Unlikely to be smoking  4 Can't decide how likely  5 Likely to be smoking  6 Very likely to be smoking  7 Certain to be smoking  Have you ever smoked even part of a cigar?  1 No  2 Yes, a few puffs but not as much as 1 cigar  3 Yes, I have smoked at least 1 cigar in my life
Questio	ons 18, 19 and 20 are only for those who have smoked a cigarette in the past week.
If you h	ave not smoked a cigarette in the past week, go to Question 21.
18. (a)	What brand of cigarettes do you usually smoke?
	Tick the box near the brand you usually smoke. If that brand is not listed here, tick the box next to 'Other' and write the name of the brand in the space provided.  01 Alpine 02 Benson & Hedges 03 Dunhill 04 Escort 05 Fortune 16 Freedom 06 Holiday 07 Horizon 08 Longbeach 09 Marlboro 10 Peter Jackson 11 Sterling 12 Stradbroke 13 Vogue 14 Wills Super Mild 15 Winfield ** Other You should have ticked only 1 box.
(b)	Do the cigarettes you usually smoke come from packets of?  1 □ 20s?  2 □ 25s?  3 □ 30s?  4 □ 35s?  5 □ 40s?  6 □ 50s?

19.	(a) Where, or from whom, did you get the last cig	garette that you smoked?
	Fill in the space beside 'Other' if you can't find yo	ur answer.
	Tick only 1 box.	
	I didn't buy it OR	I bought it
	01□ My parent(s) gave it to me	51☐ At a hotel, pub or club
	02□ My brother or sister gave it to me	52□ At a supermarket
	03□ I took it from home without my parent(s) permission	53□ At a newsagency
	04□ Friends gave it to me	54□ At a milk bar or delicatessen
	05□ I got someone to buy it for me	55□ At a convenience store (for example, Food Plus, 711, Night Owl, 727)
	** Other (specify)	56□ At a tobacconist–tobacco shop
		57□ At a take-away food shop
		58□ At a petrol station
		59□ Through the Internet
		** Other (specify)
	You should have ticked only 1 box.	
	<ul> <li>(b) If you bought your last cigarette, was it from</li> <li>1 ☐ Yes</li> <li>2 ☐ No</li> <li>You should have ticked only 1 box.</li> </ul>	
20.		ettes and sell single cigarettes. In the last 4 weeks, have ket (for example, buying one or more cigarette(s) at a time)?
	<ul> <li>(b) Thinking of the last time you bought cigarette cigarette(s) from?</li> <li>1 ☐ I bought the cigarette(s) at a shop</li> <li>2 ☐ I bought the cigarette(s) from a friend of the cigarette(s) from someone</li> </ul>	
21.	At the present time, do you consider yourself:	
	<ul> <li>1 □ A non-drinker?</li> <li>2 □ An occasional drinker?</li> <li>3 □ A light drinker?</li> <li>4 □ A party drinker?</li> <li>5 □ A heavy drinker?</li> </ul>	
22.	Have you ever had even part of an alcoholic drink	?
	<ul> <li>1□ No</li> <li>2□ Yes, just a few sips</li> <li>3□ Yes, I have had fewer than 10 alcoholic</li> <li>4□ Yes, I have had more than 10 alcoholic</li> </ul>	
23.	Have you had an alcoholic drink in the last 12 mo	nths?
	1 ☐ Yes 2 ☐ No	
24.	Have you had an alcoholic drink in the last 4 week	s?
	1 ☐ Yes 2 ☐ No	

25. This question is about the number of alcoholic drinks you had during the last 7 days, including yesterday. Put a tick near yesterday. Then in the space provided, write the number of alcoholic drinks you had yesterday. If you didn't have any alcoholic drinks, put in '0'. Start filling in the spaces beginning with yesterday, and follow the arrows.

Answer for every day of the week. Write in the circle the number of alcoholic drinks you had each day. Put '0' for each day you didn't drink any alcoholic drinks.

Questions 26, 27, 28 and 29 are for anyone who has had an alcoholic drink. If you have never had an alcoholic drink, go to Question 30.

26. What alcoholic drink do you usually have?

Tick the box near the drink you usually have. If that drink is not listed here, tick the box next to 'Other' and write the name of the drink in the space provided.

- 01□ Ordinary beer
- 02□ Low alcohol beer
- 03□ Wine
- 04 Wine Cooler (for example, West Coast Coolers)
- 05 Champagne or sparkling wine (for example, Spumante, Passion Pop)
- 06□ Alcoholic Apple Cider (for example, Strongbow)
- 07□ Alcoholic Sodas (for example, Two Dogs)
- 08 Premixed spirits (for example, Bacardi Breezer, Lemon Ruski, UDL Drinks, Sub Zero)

OR

- 09□ Spirits (for example, rum, brandy, whisky, gin, vodka)
- 10□ Liqueurs (for example, Tia Maria, Kahlua, Midori, etc)
- \*\*□ Other

You should have ticked only one box.

27. Where, or from whom, did you get your last alcoholic drink?

Fill in the space beside 'Other' if you can't find your answer. Tick only 1 box

I didn't buy it ....
01□ My parent(s) gave it to me

02□ My brother or sister gave it to me

03□I took it from home without my parent(s) permission

04□ Friends gave it to me

05□ I got someone to buy it for me

\*\*□ Other (specify)

I bought it ....

51□ At a hotel, pub, bar, tavern, RSL Club

52□ At a licensed–liquor store or supermarket

Monday

Tuesday

Wednesda

Thursday

Sunday

Friday

Saturday

53 At a walk-in bottle-shop, pub or hotel

54□ At a drive-in bottle-shop

55□ At a restaurant

56□ At a dance venue–dance party

57 At a nightclub

58□ At a sporting event

59□ At a sports club (for example, surfing, football)

60□ Through the Internet

61□ By phone, fax, mail order

\*\* Other (specify)\_\_\_\_\_

You should have ticked only 1 box.

28.	Whe	re did you drink your last al	coholic d	rink?						
	Fill i	in the space beside 'Other' if	you can	't find your a	ınswer.					
		Tick only 1 box.								
	I drank it									
		01 ☐ At a beach, park or re	ecreation	area						
		02□ At a hotel, pub, bar, t								
		03 ☐ At a dance venue—da	nce party	7						
		04□ At a nightclub								
		05□ At a party 06□ At a restaurant								
		07□ At a restaurant								
		08□ At a sports club (for e	example.	Leagues, sui	fing, footba	all)				
		09□ On school grounds d	_	_	Ο,	,				
		10□ On school grounds at	fter hours	;						
		11 ☐ At my home								
		12 ☐ At my friend's home								
		13□ In a car **□ Other								
		You should have ticked on	lv 1 box							
29.	Thin	k back over the last 2 weeks.	•	any times if	any have y	ou had the	following n	umber o	falcoholic	
2).		ks on any one occasion when						idilioer o	alconone	
			None	Once	Twice	3-6	7–9	10 or	more	
			1,011		2.1120	times	times	tim		
	(i)	11 or more drinks in a row	1 🗖	2	3□	4□	5□	6		
	(ii)	7 or more drinks in a row	1 🗆	2	3□	4□	5□	6		
	(iii)	5 or more drinks in a row	1 🗆	2	3 🗖	4□	5□	6		
which s	hows	stions are for everyone and a how many times you have us line of boxes.								
30.		many times, if ever, have young reason:	u used or	taken pain k	xillers–analg	gesics such	as 'Disprin	', 'Panad	ol', 'Aspro',	
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times	
	(i) I	n the last week?	1 🗖	2	3□	4□	5 <b></b>	6□	7 <b></b>	
	(ii) I	n the last 4 weeks?	1 🗆	2 🗖	3□	4□	5 🗖	6□	7 🗖	
	(iii) l	n the last year?	1 🗆	2 🗖	3□	4□	5 🗖	6□	7 🗖	
	(iv) I	n your lifetime?	1 🗆	2 🗖	3 🗖	4□	5□	6□	7 🗖	
31.		many times, if ever, have yourses', 'Rohypnol', 'Barbs', 'V						ves, such	ı as	
			None	Once or	3-5	6–9	10-19	20-39	40 or more	
				twice	times	times	times	times	times	
	(i) I	in the last week?	1 🗖	2 🗖	3□	4□	5 🗖	<b>6□</b>	7 🗖	
	(ii) I	in the last 4 weeks?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7 🗖	
	(iii) l	n the last year?	1 🗖	2 🗖	3□	4□	5 <b></b>	6□	7 <b></b>	
	(iv) I	n your lifetime?	1 🗆	2 🗖	3□	4□	5 🗖	6□	7 🗖	

32. (a)	How many times, if ever, have you smoked or used marijuana—cannabis (grass, hash, dope, weed, mull, yarndi, ganga, pot, a bong, a joint):								
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times
	(i)	In the last week?	1 🗖	2 🗖	3 🗖	4□	5 🗖	6□	7
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3□	4□	5□	6□	7 <b></b>
	(iii)	In the last year?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7
	(iv)	In your lifetime?	1 🗖	2 🗖	3 🗖	4□	5 <b></b>	6□	7
	If vo	•	-cannabis	in the last v	ear, go to	Ouestion 3	3.		
(b)	If you have not used marijuana—cannabis in the last year, go to Question 33.  In the last year, did you use any other substance or substances on the same occasion that you used marijuana—cannabis?  Tick all that apply.  01  I did not use any other substance on the same occasion  02  Ecstasy (XTC, E, MDMA, ecci, X)  03  Amphetamines (for example, speed, uppers, goey, MDA, Dex, Dexies, Dexamphetamines, ox blood)  04  Hallucinogens (for example, LSD, acid, trips, Magic Mushrooms)  05  Painkillers—analgesics  06  Sedatives—tranquillisers—sleeping tablets  07  Alcohol  08  Tobacco  ** Other (what substance?)  You should have ticked all that apply.								
(c)	Whe	rn you use cannabis (marijua Tick only 1 box  1 □ Smoke it as a joint (r  2 □ Smoke it from a 'bon  3 □ Eat it (for example, of the content	eefer, spli ng' or a 'p n hash co	ff)? ipe'?					
(d)		rou usually use cannabis (material)  By myself  Uhler  With others  By myself and with	others ab			ers?			
(e)	whe	re did you last use cannabis  Fill in the space beside 'C		ou can't find	l vour answ	ver			
	I use	od it  1 At a hotel, bar, taver  1 At a hotel, bar, taver  1 At a dance venue, da  1 At a nightclub  1 At a party  1 At a party  1 At a party  1 At a sporting club (for a park)  1 At a sporting club (for a park)  1 At the beach  1 At the beach  1 At a car  1 At the beach  1 At the beach  1 At the beach  2 At the beach  3 At the beach  4 At the beach  4 At the beach  5 At the beach  6 At the beach  6 At the beach  7 At a car  1 At a sporting club (for a beach of a beac	n, or RSL ince party or examp	Club , rave le, leagues, s					

33.	How many times, if ever, have you used or taken steroids, 'Muscle', 'roids' or 'gear' without a doctor's prescription in an attempt to make you better at sport, to increase muscle size or to improve your general appearance:								
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times
	(i)	In the last week?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7 🗖
	(iii)	In the last year?	1 🗖	2	3□	4□	5□	6□	7 <b></b>
	(iv)	In your lifetime?	1 🗖	2 🗖	3□	4□	5□	6□	7 🗖
34.		many times, if ever, have niffed things like glue, pai						makes yo	ou feel:
	This	does not include sniffing	'white-out'	, liquid pape	r, textas or	pens.			
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times
	(i)	In the last week?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7 🗖
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7
	(iii)	In the last year?	1 🗖	2 🗖	3□	4□	5□	6□	7 <b></b>
	(iv)	In your lifetime?	1 🗖	2□	3□	4□	5□	6□	7 <b></b>
35. (a)		many times, if ever, have a', 'Dexies', Dexamphetar						pers, MDA	A, 'goey',
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times
	(i)	In the last week?	1 🗖	2 🗖	3□	4□	5□	6□	7 🗖
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3 🗖	4□	5 🗖	6□	7 🗖
	(iii)	In the last year?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7 🗖
	(iv)	In your lifetime?	1 🗖	2 🗖	3□	4 🗖	5 🗖	6□	7
		If you have not used amp		· ·					
(b)	In the last year, did you use any other substance or substances on the same occasion that you used amphetamines (for example, speed, uppers, goey, MDA, Dex, Dexies, Dexamphetamine, ox blood etc)?  Tick all that apply.  01								etc)?
36. (a)	How	many times, if ever, have	you used or	taken 'ecsta	sy' or 'XT	C'(E, MDN	ЛА, Ecci, X	, bickies):	
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times
	(i)	In the last week?	1 🗖	2 🗖	3□	4□	5□	6□	7
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3□	4□	5□	6□	7
	(iii)	In the last year?	1 🗖	2 🗖	3 🗖	4□	5 🗖	6□	7 🗖
	(iv)	In your lifetime?	1 🗖	2 🗖	3□	4□	5 🗖	6□	7
		If you have not used ecs	tasy in the l	ast year, go	to Questio	n 37.			

(0)	XTC	te fast year, did you use any C)?	other subs	stance of suc	stances of	i tile same (	occasion in	ii you used	i ecstasy (E,	
	Tick all that apply.									
		01 I did not use any ot 02 Marijuana—cannabi 03 Amphetamines (for Dexamphetamines, 04 Hallucinogens (for 05 Painkillers—analges 06 Sedatives—tranquill 07 Alcohol 08 Tobacco ** Other (what substan You should have ticked a	example, s ox blood) example, I tics isers—sleep	speed, uppers	s, goey, MI	DA, Dex, D				
37.	How	many times, if ever, have y	you used o	r taken coca	ine:					
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times	
	(i)	In the last week?	1 🗖	2 🗖	3 🗖	4□	5 🗖	6□	7	
	(ii)	In the last 4 weeks?	1 🗖	2	3 🗖	4□	5 🗖	6□	7	
	(iii)	In the last year?	1 🗖	2	3 🗖	4□	5 🗖	6□	7	
	(iv)	In your lifetime?	1 🗖	2	3 🗖	4□	5□	6□	7 <b></b>	
38.		many times, if ever, have y cotics) such as methadone,						(), or other	opiates	
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times	
	(i)	In the last week?	1 🗖	2 🗖	3□	4□	5□	6□	7	
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7	
	(iii)	In the last year?	1 🗖	2 🗖	3 🗖	4□	5 🗖	6□	7	
	(iv)	In your lifetime?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7	
39. (a)		many times, if ever, have y hrooms, Datura, Angel's Tr		taken hallu	cinogens (1	for example	, LSD, 'aci	d', 'trips',	Magic	
			None	Once or twice	3–5 times	6–9 times	10–19 times	20–39 times	40 or more times	
	(i)	In the last week?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7	
	(ii)	In the last 4 weeks?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7	
	(iii)	In the last year?	1 🗖	2 🗖	3□	4□	5□	6□	7	
	(iv)	In your lifetime?	1 🗖	2 🗖	3 🗖	4□	5□	6□	7 <b></b>	
	If yo	u have not used hallucinog	ens in the	last year, go	to Questi	on 40.				
(b)	In th	e last year, what forms of h  Tick all that apply.  1 Tabs  2 Liquids  3 Magic Mushrooms  4 Datura–Angel's Tru  5 Other (please write	ımpet	ns did you u	se?					

(c)	In the last year, did you use any other substance or substances on the same occasion that you used hallucinogens (for example, LSD, 'acid', Magic Mushrooms)?
	Tick all that apply.
	01 □ I did not use any other substance on the same occasion
	02□ Ecstasy (XTC, E, MDMA, ecci, X, bickies)
	03 Amphetamines (for example, speed, uppers, goey, MDA, Dex, Dexies, Dexamphetamines, ox blood)
	04□ Marijuana–cannabis
	05 Painkillers-analgesics
	06□ Sedatives–tranquillisers–sleeping tablets 07□ Alcohol
	08□ Tobacco
	09□ Other (what substance?)
	You should have ticked all that apply.
These o	questions are for everyone.
40.	During 2001 (last year), did you have any lessons or parts of lessons at school that were about smoking?
	1□ No, not even part of a lesson
	2□ Yes, part of a lesson
	3□ Yes, 1 lesson
	4□ Yes, more than 1 lesson
41.	During 2001 (last year), did you have any lessons or parts of lessons at school that were about drinking?
	1 No, not even part of a lesson
	2☐ Yes, part of a lesson
	3  Yes, 1 lesson 4  Yes, more than 1 lesson
42.	
42.	During 2001 (last year), did you have any lessons or parts of lessons at school that were about illicit drugs such as marijuana, ecstasy, heroin, amphetamines, hallucinogens, cocaine?
	1 No, not even part of a lesson
	2 Yes, part of a lesson
	3  Yes, 1 lesson 4  Yes, more than 1 lesson
	Remember, last year was 2001.
The ne	xt few questions are about some other topics.
43.	You only get skin cancer if you get burnt often.
	1 ☐ True
	2□ False
44.	Most skin cancer is caused by ultraviolet radiation (UVR) from the sun.
	1□ True
	2□ False
45.	During 2001 (that is last year), did you have any lessons or parts of lessons at school that were about skin cancer or protection from the sun?
	1 No, not even part of a lesson
	2□ Yes, part of a lesson
	3□ Yes, 1 lesson
	4□ Yes, more than 1 lesson
46.	Over the last summer, did you get sunburn that was sore or tender the next day?
	1 Yes, just once
	2☐ Yes, 2 or 3 times 3☐ Yes, 4 or more times
	4 No, not at all
	1.0, 1.00 00 00

47.	(a)	Have you ever had severe sunburn, w	hich has bli	istered?			
		1 Yes Go to Question $47(b)$ 2 No Go to Question $48$					
	(b)	If yes, how long ago was the last time	e vou were v	ou severely	sunburnt?		
		1□ Last summer	J	,			
		2□ 1 to 2 years ago					
40	XX 71	3□ More than 2 years ago			0		
48.	wna	t type of hat do you most often wear of the Wide brimmed hat	on a sunny c	iay in summe	r?		
		2□ Narrow brimmed hat					
		3□ Legionnaire hat					
		4□ Cap 5□ Sun-visor					
		6□ Other (what kind?)					
40	****	7□ None	0.1		11		0
49.	Wha	t is the SPF (Sun Protection Factor) of 1 I don't use sunscreen	the sunscr	een you usua.	lly use on a sunr	iy day in sum	mer?
		2□ SPF 12 or lower					
		3□ SPF 15 4□ SPF 30+					
		5☐ Can't remember—don't know					
50.		oose your skin was exposed to strong s			g of summer wit	h no protectio	on at all. If
	you	stayed in the sun for 30 minutes, wou	ld your skir	1:			
		<ul><li>1□ Just burn or go red</li><li>2□ Burn or go red first, then tan at</li></ul>	fterwards				
		3□ Just tan					
<i>7</i> 1	Б	4□ Nothing would happen becaus	e I was bor	n with dark s	kin		
51.	Do 3	ou like to get a suntan?					
		2□ Yes, a light tan					
		3☐ Yes, a moderate tan					
		4□ Yes, a dark tan 5□ Yes, a very dark tan					
52.	Thir	king about sunny days in summer, wh	en you are	outside for ar	hour or more b	etween 11.00	a.m. and
	3.00	p.m., how often would you:					
			Never	Rarely	Sometimes	Usually	Always
	(i)	Wear a hat?	1 🗖	2□	3□	4□	5□
	(ii)	Wear clothes covering most of your					
		body (including arms and legs)?	1 🗖	2 🗖	3□	4□	5□
	(iii)	Deliberately wear less or briefer clot	_	_	_	_	_
		so as to get some sun on your skin?	1 🗖	2 🗖	3□	4□	5□
	(iv)	Wear maximum protection sunscreen (SPF 30+)?	1 🗖	2	3 🗖	4□	5□
	(v)	Wear sunglasses?	1 🗆	2 🗖	3□	4□	5□
	(vi)	Stay mainly in the shade?	1 🗖	2 🗖	3□	4□	5□
	Thir	king about sunny days in summer bet	ween 11.00	a.m. and 3.0	0 p.m.:		
	(vii)	How often would you spend most of the time inside?	1 🗖	2	3□	4 🗖	5□
		most of the time histor!	1 🖵	4 <b>.</b>	ال د	+⊔	J

The nex	The next few questions are about food you might have eaten.							
53.	How many serves of vegetables do you usua vegetables or 1 cup of salad vegetables)  1  1 serve or less 2  2-3 serves 3  4-5 serves 4  6 serves or more 5  I do not eat vegetables	lly eat ea	ch day? (	A serve is	s equal	to 1/2 cup	of cook	ed
54.	How many serves of fruit do you usually eat of fruit or 1 cup of diced pieces of fruit)	each day	? (A serv	e is equal	to 1 m	edium pie	ce or 2 s	mall pieces
	1 □ 1 serve or less 2 □ 2-3 serves 3 □ 4-5 serves 4 □ 6 serves or more 5 □ I do not eat fruit							
55.	How many serves of bread and/or cereal do				2		11	
	(A serve is 1 slice of bread, 1/2 bread roll, 1/  1	2 cup bre	akfast cei	real, or 1/2	2 cup p	asta, rice,	or nood	les)
The nex	t few questions are about some activities you	might ha	ve done	in the last	week.			
56.	How many times in the last week did you:							
		None	Once	Twice	3 times	4 times	5 times	6 or more times
	(i) do any vigorous physical activity for at least 30 minutes that made you sweat and breathe hard? (for example basketball, netball, soccer, football, running, fast bike riding, fast dancing, aerobics)	10	2 🗖	3 🗖	4□	5□	6□	7 <b>□</b>
	(ii) do any moderate physical activity for at least 30 minutes that did not make you sweat or breathe hard? (for example, slow bike riding, swimming, pushing a lawnmower, mopping floors, brisk walking)	10	2 🗖	3 🗖	4□	5□	6 🗆	7 <b>-</b>
	(iii) participate in organised sports activities? (for example, playing on spo teams, orafter school training sessions)	rts 1 🗖	2 🗖	3 🗖	4□	5□	6□	7 <b>□</b>
57.	On an average school day, about how many	hours a d	ay do you	ı do the fo	ollowin	g when y	ou are no	ot at school:
		None	1 hour or less	2 hour	rs I	3 hours	4 hours	5 or more hours
	(i) homework	1 🗖	2	3□		4□	5 <b></b>	6□
	(ii) watching TV-videos	1 🗖	2	3□		4□	5 🗖	6□
	(iii) using Internet–playing computer games (Don't include computer use for homework)		2	3□		4	5 🗖	6□
Thank y	ou very much for your help.							