

Child questionnaire – English

Date of Data collection: _____ Start time of the survey: _____ End time of the survey: _____

Location of the school: _____

Identification			
DCID	Data collector ID		_ _ _
FCID	Field coordinator ID		_ _ _
PCNST	Parental consent received?	00	No
		01	Yes
ASNT	Child assent provided	00	No
		01	Yes
CID2	Child ID	_____	
CID3	School name	_____	
CID4	Location of the school	_____	

Questionnaire result			
QRES	Final result of the questionnaire	01	Completed
		02	Partly completed
		03	Postponed
		04	Other: _____

Module 1 – Demographics

CSEX	Gender	00	Boy
		01	Girl
CAGE	How old are you?	_____	
		99 Don't know/no answer	
CAGE_Y	Year born <i>9999= don't know/no answer</i>	_ _ _ _	
CGRADE	Which grade are you in?	_ _	
CNat	What is your nationality	01 Lebanese 02 Syrian 03 Palestinian 04 Other (Specify)_____	
PM_AM	Shift	00 AM 01 PM	
Summer	Did you participate in this year's summer camp?	00 No 01 Yes	

Module 2 – Dietary habits

		For the following questions, please think about a normal school week (from Monday to Friday/Saturday)				
		FQ - During a school week, on how many days do you usually eat _____? <i>Continuous (max. 6 days)</i> <i>Don't know/no answer = 99</i>	LOC - During a normal school day where do you usually eat _____? <i>If FQ!=0</i> <i>Select multiple</i> 00 Home 01 At school 02 At the restaurant/bakery 03 On the way to/from school (bus, car, road) 04 Other (Specify) 99 Don't know/no answer	LOC_yest - Yesterday where did you eat _____? <i>If FQ!=0</i> <i>Select multiple</i> 00 Home 01 At school 02 At the restaurant/bakery 03 On the way to/from school (bus, car, road) 04 Other (Specify) 99 Don't know/no answer	SRCE - During a normal school day, where do you usually bring the foods you eat from _____? <i>If FQ!=0</i> <i>Select multiple</i> 00 Home 01 Store or shop (on the way to school) 02 Restaurant/bakery (on the way to school) 03 School (canteen, cafeteria, shop, etc.) 04 School feeding program 05 Other (specify) 99 Don't know/no answer	SRCE_yest – Yesterday, did you bring the foods you eat from _____? <i>If FQ!=0</i> <i>Select multiple</i> 00 Home 01 Store or shop (on the way to school) 02 Restaurant/bakery (on the way to school) 03 School (canteen, cafeteria, shop, etc.) 04 School feeding program 05 Other (specify) 99 Don't know/no answer
BF	Breakfast					
SN1	One snack before lunch					
LN	Lunch					
SN2	Snack after lunch					
DN	Dinner					

Hunger	In the past week Did it happen that you felt hungry before the time for school break?	00 No 01 Yes 99 don't know
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Module 3 – Previous day dietary diversity

		00 No 01 Yes 99 DK	<i>If Yes</i> , what did you have for breakfast/snack/lunch/dinner yesterday? (Data collectors will select the food groups from the list below based on the participants' answer)
DD_BF	Yesterday, did you have breakfast after you woke up?		
DD_SN1	Yesterday, did you have a snack after breakfast and before lunch?		
DD_LN	Yesterday did you have lunch ?		
DD_SN2	Yesterday, did you have a snack after lunch and before dinner?		
DD_DN	Yesterday, did you have dinner ?		
DD_SN3	Yesterday, did you have a snack after dinner?		

List of foods consumed yesterday

DD01	Cereals (Bread, Rice, Burghol, Pasta, Frikeh, Manakish, cornflakes, burgul, kaak)
DD02	Roots or tubers (potatoes, beetroot)
DD03	Vegetables (tomato, zucchini, eggplant, cucumber, lettuce)
DD04	Vitamin A-rich plant foods (carrots, red pepper orange sweet potatoes)
DD05	Green leafy vegetables (spinach, broccoli, other dark green leaves, wild leaves, chicory, rockets, mulukhiyi)
DD06	Fruits (apple, banana, oranges, grapes)
DD07	Fruits rich in Vitamin A (apricot, peach)
DD08	Chicken, meat (tawook, meat, beef/chicken liver, sausages, kafta mortadella)
DD09	Eggs
DD10	Fish (tuna, sayadieh, fish fillet, shrimps...)
DD11	Pulses and legumes (lentils, chickpeas, beans, fava beans, green beans, peas)
DD12	Nuts (peanuts, Groundnut; Other nuts)
DD13	Milk and milk products (milk, cheese, labneh, yogurt, kichik, labne)
DD14	Oil/fat (fried foods, French fries, fried chicken, chips, fried sambousik, doughnuts, olives)
DD15	Salted snacks (Indomy, popcorn, salted nuts, crackers, pretzel...)
DD16	Dessert/sweets (cake, chocolate, candy, cookies, baklava, halawa, jams)
DD17	Sweetened beverages (frisco, boxed juice, pepsi, tea with sugar, iced tea...)
DD18	Other (Zaatar, etc...)

Module 4 - Food purchasing habits

Now we will ask a few questions about your food purchasing habits on school days						
BUY01	Do your caregivers/parents give you money to buy food on school days (Monday-Friday/Saturday)?	00	No			
		01	Yes			
		99	Don't know/no answer			
<i>Skip BUY02 till BUY 3_3 if BUY01 is No</i>						
BUY02	Before school , how many days a week (Monday-Friday/Saturday) do you usually buy something to eat on the way to school ? <i>Continuous (max. 6 days)</i> <i>Don't know/no answer = 99</i>					
BUY03	At school how many days a week (Monday-Friday/Saturday) do you usually buy something to eat? <i>Continuous (max. 6 days)</i> <i>Don't know/no answer = 99</i>					
BUY04	After school , how many days a week (Monday-Friday/Saturday) do you usually buy something to eat on the way home from school ? <i>Continuous (max. 6 days)</i> <i>Don't know/no answer = 99</i>					
BUY03_1	How much pocket money do your parents/caregivers give you to buy food on school days, including snacks and drinks? <i>If BUY03 = 01</i>	Frequency		Amount	Currency	
		01	Day	_____	01	LBP
		02	Week		02	USD
		03	Month			
BUY03_2	How much of this money do you spend on food in school ? <i>If BUY03 = 01</i>	Frequency		Amount	Currency	
		01	Day	_____	01	LBP
		02	Week		02	USD
		03	Month			
BUY03_3	How much of this money do you spend on food outside school ? <i>If BUY03 = 01</i>	Frequency		Amount	Currency	
		01	Day	_____	01	LBP
		02	Week		02	USD
		03	Month			

Module 5 – Child food security ¹

Now, I would like to ask you some questions about the availability and accessibility of food. I want to remind you that you may choose to skip any question that you are not comfortable answering.

In the last month² (since the beginning of the school year):		
		01 Sometimes/a little of the time 02 Often / a lot of the time 03 Never 99 DK
FS_CH1_1	Did you ever feel that your family was unable to buy expensive food items because they did not have enough money?	
FS_CH2_2	Did you ever feel that there was less food in the house at certain times because your father/household head had not yet been paid?	
FS_CH3_10/ED4	Has the size of your meals been cut because your family didn't have enough money for food?	
FS_CH4_8	Did it actually ever happen that food ran out before your family had money to buy more?	
FS_CH5_3	Did you ever feel that your parents were angry or frustrated because there wasn't enough food in the house?	
FS_CH6_4	Did you ever go to a relative's or a friend's house to eat there because there wasn't any food available at home?	
FS_CH7_12/ED5	Were you ever hungry but didn't eat because your family didn't have enough food?	
FS_CH8_11/ED6	Did you have to skip a meal because your family didn't have enough money for food?	
FS_CH9_7/ED7	Did you ever feel tired or weak because there wasn't enough food to eat at home?	

¹ Jamaluddine Z, Sahyoun NR, Choufani J, Ghattas H. A child-administered food security scale is associated with household food security, socio-economic status, diet diversity and school performance. *Journal of Nutrition* 2019. In press/

Bernal J, Frongillo EA, Herrera HA, Rivera JA. Food insecurity of children but not of their mothers is associated with altered activities, school absenteeism, and stunting. *Journal of Nutrition* 144:1619-1626, 2014

Cluver, L., & Orkin, M. Cumulative risk and AIDS-orphanhood: Interactions of stigma, bullying and poverty on child mental health in South Africa. *Social Science & Medicine*, 69(8), 1186-1193, 2009

Fram MS, Frongillo EA, Draper CL, Fishbein EM. Development and validation of a child-report assessment of child food insecurity and comparison to parent-report assessment. *Journal of Hunger and Environmental Nutrition* 8:128–145, 2013.

Fram MS, Ritchie LD, Rosen N, Frongillo EA. Child experience of food insecurity is associated with child diet and physical activity. *Journal of Nutrition* 145:499-504, 2015.

González W, Jiménez A, Madrigal G, Muñoz LM, Frongillo EA. Development and validation of measure of household food insecurity in urban Costa Rica confirms proposed generic questionnaire. *Journal of Nutrition* 138:587-592, 2008.

Ritscher, J. B., Otilingam, P. G., & Grajales, M. Internalized stigma of mental illness: psychometric properties of a new measure. *Psychiatry research*, 121(1), 31-49, 2003. (Internalized Stigma of Mental Illness Scale)

² This is the recall period we have used in the past, but we could use a shorter recall (e.g. 1 month) to reflect the current school year SFP duration.

FS_CH10_14	Did you ever not eat for a whole day because your family didn't have enough money for food?	
FS_CH11_5	Did you ever save money to help your parents when they did not have money to buy enough food?	
FS_CH12_5	Did you ever work to help your parents when they did not have money to buy enough food?	
FS_CH13_6/ED1	Did you worry that food at home would run out before your family got money to buy more?	
FS_CH14/ED2	Did you ever worry about how hard it is for your parents to get enough food for your family?	
FS_CH15/ED3	Were you unable to get the food you wanted because there wasn't enough money?	
FS_CH16/ED8	Did you feel embarrassed or ashamed because your family didn't have enough food?	
FS_CH17/ED9	Did you feel sad or mad because your family didn't have enough food?	
FS_CH18/ED10	Did you feel embarrassed or ashamed about any of the things you or your family had to do to get enough food?	
FS_CH19	Did it actually ever happen that you only ate the school snack for the whole day	

Module 6 – Nutrition knowledge ³

Nutr_edu01	In the past month have you been taught anything about nutrition in the classroom?	00	No
		01	Yes
Nutr_edu02	From what other sources do you get nutrition knowledge? _____		
CKNOW01	What happens if children have breakfast before going to school?	00	They get sleepy and are not able to concentrate in class.
		01	They feel energized and perform well in class.
		02	There is no effect of eating breakfast before school on children.
		03	Don't know
CKNOW02	Excess body weight is not good for my health because it can cause diseases like heart diseases later on	00	False
		01	True
		02	Don't know
CKNOW03	It is important to eat small amounts of healthy fats and oils because...	00	Fats give you energy and keep you warm
		01	Fats help your body to build muscle
		02	Fats help you to absorb certain important nutrients
		03	Don't know
CKNOW04	Which of the following is a healthy school snack for children?	00	Manouche with juice
		01	Chips and a juice box
		02	A piece of fruit and milk
		03	Chocolate sandwich and fruit juice
		04	Don't know
CKNOW05	Choose the food group that you should eat the most of everyday	00	Cereal, bread, grains, rice
		01	Pulses and nuts
		02	Meat, poultry, fish and eggs
		03	Milk and dairy products (cheese, laban, labneh)
		04	Fruits and vegetables
		05	Sugar, fats and oils
		06	Don't know
CKNOW06	Packed fruit juice has the same nutritional benefit as fresh fruit	00	False
		01	True
		02	Don't know
CKNOW07	How many portions of fruits and vegetables is it recommended to eat per day?	00	1-3
		01	7-10
		02	4-6
		03	Don't know
CKNOW08	Choose the food that is high in calcium	00	Milk
		01	Eggs
		02	Candy
		03	Apples
		04	Don't know
CKNOW09	Choose the food with the highest iron content	00	Tomatoes
		01	Meat

³ Based on IOCC WFP tools

		02	Banana
		03	Potato
		04	Don't know
CKNOW10	Corn flakes are considered as	00	Unprocessed food
		01	Moderately processed food
		02	Ultra-processed food
		03	Don't know

Module 7 – Attitudes to healthy and unhealthy food

		00 Dislike 01 Not sure 02 Like
CATT1	How much do you like the taste of Milk	
CATT2	How much do you like the taste of Yogurt	
CATT2	How much do you like the taste of Apples	
CATT3	How much do you like the taste of green vegetables (spinach, including spinach fatayer, moloukhiya, siliq)?	
CATT4	How much do you like the taste of chips?	
CATT5	How much do you like the taste of laban wa khiyar?	

Module 8 –Behaviors to school snack

This module will only be asked in the intervention schools

		Continuous 0-5 times
CBEV1	In the last week, how many days did you drink the milk provided by the school	
CBEV1_2	In the last week, how many days did you take the milk provided by the school with you to home to drink it later	
CBEV2	In the last week, how many days did you eat the fruit provided by the school	
CBEV2_2	In the last week, how many days did you take the fruit provided by the school with you to home to eat it later	

Module 9 – School Engagement Scale ⁴

		01 Never 02 On Occasion 03 Some of the time 04 Most of the time 05 All the time 06 Not applicable
School_ES1	I pay attention in class	
School_ES2	When I am in class, I just act as if I am concentrating (reversed)	
School_ES3	I complete my homework on time	
School_ES4	I follow the rules at school	
School_ES5	I get in trouble at school (reversed)	
School_ES6	I feel happy in school.	
School_ES7	I feel bored in school (reversed).	
School_ES8	I feel excited by the work in school	
School_ES9	I like being at school.	
School_ES10	I am interested in the school study activities	
School_ES11	My classroom is a fun place to be.	
School_ES12	When I read a book, I ask myself questions to make sure I understand what it is about.	
School_ES13	I study at home even when I don't have a test.	
School_ES14	I try to watch TV shows about things we are doing in school.	
School_ES15	I talk with people outside of school about what I am learning in class.	
School_ES16	I check my schoolwork for mistakes.	
School_ES17	If I don't know what a word means when I am reading, I do something to figure it out, like look it up in the dictionary or ask someone.	
School_ES18	I read extra books to learn more about things we do in school.	
School_ES19	If I don't understand what I read, I go back and read it over again	

⁴ <https://www.rand.org/education-and-labor/projects/assessments/tool/2005/school-engagement-scale-ses.html>

https://www.childtrends.org/wp-content/uploads/2013/05/Child_Trends-2003_03_12_PD_PDConfBFP.pdf

Module 10 – Sense of Community Scale ⁵

		01 Strongly disagree 02 Disagree 03 Neutral 04 Agree 05 Strongly Agree
BSCS1	I can get what I need in this school ⁶ .	
BSCS2	This school helps me fulfill my needs.	
BSCS3	I feel like a member of this school.	
BSCS4	I belong in this school.	
BSCS5	I have a say about what goes on in my school.	
BSCS6	People in this school are good at influencing each another	
BSCS7	I feel connected to this school.	
BSCS8	I have a good bond with others in this school	

		00 Not at all 01 A little 02 Some 03 A lot/ very
BSCS9	How strongly do you agree or disagree with this statement: “I feel safe at school.”	= = = =
BSCS10	How strongly do you agree or disagree with this statement: “I feel safe commuting to school.”	= = = =
BSCS11	How strongly do you agree or disagree with this statement: “I like going to school.”	= = = =
BSCS12	My teachers work hard to make sure I learn while in school	= = = =

⁵ Lardier DT, Reid RJ, & Garcia-Reid P. Validation of the Brief Sense of Community Scale among youth of color from an underserved urban community. *J Community Psychol*. 2018;1–13. <https://doi.org/10.1002/jcop.22091>

⁶ Neighborhood can be replaced with community or school.

Module 11 – Self-esteem ⁷

		00 Strongly disagree 01 Disagree 02 Agree 03 Strongly agree
SE1	On the whole, I am satisfied with myself	
SE2	At times I think I am no good at all	
SE3	I feel that I have a number of good qualities	
SE4	I am able to do things as well as most other people	
SE5	I feel I do not have much to be proud of	
SE6	I certainly feel useless at times	
SE7	I feel that I'm a person of worth, at least on an equal plane with others.	
SE8	I wish I could have more respect for myself.	
SE9	All in all, I am inclined to feel that I am a failure.	
SE10	I take a positive attitude toward myself.	

⁷ Rosenberg M. Rosenberg self-esteem scale (SES). Society and the adolescent self-image. 1965.

The Arabic-translated version for the Rosenberg scale can be found at [https://www.researchgate.net/post/Where can I find the Arabic version Rosenberg Self-esteem scale](https://www.researchgate.net/post/Where_can_I_find_the_Arabic_version_Rosenberg_Self-esteem_scale)