Appendices

Appendix A: Publications

1. The implementation and effectiveness of school-based nutrition promotion programmes using a health promoting schools approach: a systematic review.
2. Knowledge, attitudes and behaviour regarding nutrition and dietary intake of seventh-grade students in rural areas of Mi Yun County, Beijing, China.
3. Do health-promoting schools improve nutrition in China?

Appendix B: Research Documents

1. Questionnaires

   Questionnaire and information sheet for students
   Questionnaire and information sheet for parents/carers
   Questionnaire and information sheet for school staff

2. Activity Records

   SHEET 1: Record of the establishment of school nutrition group
   SHEET 2: School nutrition group meeting record
   SHEET 3: School poster pasting record
   SHEET 4: School staff’s nutrition training record
   SHEET 5: School staff’s nutrition knowledge brochure distribution record
   SHEET 6: Students’ nutrition in-class curriculum record
   SHEET 7: Students’ nutrition knowledge brochure distribution record
   SHEET 8: Students’ peer support activity record
   SHEET 9: Parents’ nutrition lecture record
   SHEET 10: Parents’ nutrition knowledge brochure distribution record
   SHEET 11: Parents’ short message sending record
3. Posters

- TOPIC 1: Balance Diet Pagoda for adolescents (Year 12-18)
- TOPIC 2: Introduction of six major nutrients
- TOPIC 3: Four principles of rational diet
- TOPIC 4: The definition of a healthy lifestyle
- TOPIC 5: No or less fried food and grilled food
- TOPIC 6: No or less soft drinks

4. Implementation of the Intervention

- DOMAIN 1: Supportive school environment
- DOMAIN 2: Modified curriculum
- DOMAIN 3: Family involvement

5. Certificate of Cooperation with Miyun County Education Committee
Appendix A: Publications

In order to comply with copyright the articles have been removed.
Appendix B: Research Documents
1. Questionnaires
TITLE OF PROJECT
Healthy Nutrition in Chinese Middle Schools: An Ecological Approach

QUESTIONNAIRE AND INFORMATION SHEET FOR STUDENTS

Protocol for investigator

Please discuss the following with the students and ensure that it is as well understood as possible. Where ask the students to sign/make a mark to confirm that the information has been provided to them.

You have been invited to take part in our project. Before you decide whether you like to take part in it, we’d like you to understand a few things about it.

Feel free to ask me any questions as I go along and I will answer them for you.

What the project involves is that:
1. I will ask you to complete a questionnaire about your knowledge, attitudes and behaviours in relation to nutrition and dietary intake.
2. We will ask your (parent/carer) and some staff in your school to complete a questionnaire about their knowledge, attitudes and behaviours in relation to nutrition and dietary intake as well.

I will ask your classmates and their parents/carer to complete a same questionnaire, so you will not be the only one asked to take part in the project. It will take you about 20-30 minutes to complete the questionnaire.

Your answers are confidential, and your parents and teachers will not know your answers. If you don’t want to be involved that’s quite OK, or if you don’t want to answer any of the questions that’s no problem at all. It won’t make any differences to your academic record. You can stop any time. You can say what you like because we don’t ever put your name against anything.

Do you want to go ahead and take part? 
Yes: tick ( )
No: tick ( )

Instructions
1. You need to choose only one answer unless otherwise indicated;
2. For fill in the blanks questions, please write your information on “________”;
3. For multiple-choice questions, please click “✓” to your answer.
Section A. Personal Information
A1. Gender
   [a] Male           [b] Female
A2. Class
A3. Date of Birth
A4. Nationality
   [a] Han nationality   [b] Minority nationality (please indicate)
A5. Your father’s occupation
   [a] Manager/Leader of government agencies, enterprises and institutions
   [b] Professionals (i.e. doctors, teachers, laws, engineers, etc)
   [c] Clerk (i.e. civil servants, employees, etc)
   [d] Individual businesses
   [e] Commercial and services personnel
   [f] Worker of non-agricultural registered permanent residence
   [g] Urban working farmers
   [h] Agricultural laborers (farmers, forestry workers, herdsman and fisherman)
   [i] Retired personnel
   [j] Temporary worker or redundant
   [k] Police and soldiers
   [l] Others (please indicate)
A6. Your mother’s educational attainment
   [a] Junior school or lower
   [b] Middle school
   [c] High school
   [d] College
   [e] University
   [f] Don’t know

Section B. Nutrition Knowledge
B1. Which is the MAIN energy source?
   [a] Grain and cereals
   [b] Plant oil and animal fat
   [c] Meat
   [d] Vegetables and fruits
   [e] Don’t know
B2. Which meal is MOST important?
   [a] Breakfast
   [b] Lunch
   [c] Supper
   [d] Mid-night snack
   [e] Don’t know
B3. How many glasses of water (250ml/glass) should be drunk AT LEAST each day?
   [a] 4 glasses
   [b] 5 glasses
[c] 6 glasses
[d] 7 glasses
[e] Don’t know

B4. What is the **MAIN** function of dietary products?
[a] To build strong teeth and bones
[b] To protect against infections
[c] To provide energy
[d] To catalyze biochemical reaction in the body
[e] Don’t know

B5. What is the **MAIN** function of vegetables?
[a] To build strong teeth and bones
[b] To protect against infections
[c] To provide energy
[d] To catalyze biochemical reaction in the body
[e] Don’t know

B6. Which different foods are **RICHER** in Calcium?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B7. Which different foods are **RICHER** in Vitamin C?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B8. Which different foods are **RICHER** in protein?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B9. Which of the following are caused **BY** food poisoning?
[a] Vomit, diarrhoea, fever
[b] Only vomit and diarrhea
[c] It depends on the types of causative germ
[d] Fever, sore throat and cough
[e] Don’t know

B10. Which of the following are **MOST** responsible for food poisoning?
[a] Inadequate preservation
[b] Contamination of food prior to cooking
[c] Manipulation of cooked food immediately prior to consumption
[d] Inadequate washing of plates and silver ware
Section C. Food Frequency Consumption

C1. Over the past 7 days, how many times each day do you drink soft drinks?
   [a] Never
   [b] Less than 1 time per day
   [c] 1 time per day
   [d] 2 times per day
   [e] 3 times per day
   [f] 4 times per day
   [g] 5 or more times per day

C2. Over the past 7 days, how many times do you eat dessert?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C3. Over the past 7 days, how many times do you eat fried food?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4. Over the past 7 days, how many times do you eat fresh fruits?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4.1. How many kinds of fresh fruits do you eat every day?
   [a] Never
   [b] 1 kind
   [c] 2 kinds
   [d] 3 kinds
   [e] 4 kinds
   [f] 5 kinds
   [g] More than 5 kinds

C5. Over the past 7 days, how many times do you eat vegetables?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C5.1. How many kinds of vegetables do you eat every day?
   [a] Never
C6. Over the past 7 days, how many days do you eat breakfast?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C6.1. What kinds of food are normally included in your breakfast? *(You can choose more than one option)*
   [a] Milk or yogurt
   [b] Eggs
   [c] Soy milk or bean curd jelly
   [d] Fruits
   [e] Meat
   [f] Grain or cereal
   [g] Vegetables

C7. Over the past 7 days, how many days do you drink at least one glass of milk (or soy milk, or yogurt)?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C8. Over the past 7 days, how many days do you eat at fast food restaurants?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days
C9. Over the past 7 days, how many days do you eat snacks on your way home?
    [a] Never
    [b] 1 day
    [c] 2 days
    [d] 3 days
    [e] 4 days
    [f] 5 days
    [g] 6 days
    [h] 7 days

Section D. Attitudes towards Nutrition
D1. In your opinion, is nutrition important to your health?
    [a] Very important
    [b] Important
    [c] Not sure
    [d] Un-important
    [e] Very un-important
D2. Which do you think is the most important aspect when you are buying foods?
    [1] The brand is famous
    [2] The quality is good
    [3] The price is reasonable
    [4] The package is exquisite
    [5] The nutrition is balanced
D3. Which aspect do you want to know most?
    [a] Food safety
    [b] Nutrition issue
    [c] Food taste
    [d] Food appearance
    [e] Others________________(please indicate)
D4. What is your attitude to the food with an expired date?
    [a] Don’t care about the expire date of food
    [b] Throw away
    [c] Continue to eat if it only expires one or two days
    [d] Continue to eat if there is no obvious qualitative change
    [e] Others______________(please indicate)
D5. Do you think it is important to develop healthy dietary habits?
    [a] Very important
    [b] Important
    [c] Not sure
    [d] Un-important
    [e] Very un-important

Thanks very much for your cooperation again!
Section E. Participation Status of the Interventions (for six-month Follow-up Survey)

E1. Nutrition in-class curriculum
E1.1. Have you attended the nutrition in-class curriculum?
   [a] Yes
   [b] No (turn to Question E2)
E1.2. How many times have you attended the nutrition in-class curriculum?
   [a]_________times
   [b] Can’t remember
E1.3. How do you feel about the nutrition in-class curriculum?

E2. Peer support activity
E2.1. Have you attended the peer support activity?
   [a] Yes
   [b] No (turn to Question E3)
E2.2. How many times have you attended the peer support activity?
   [a]_________times
   [b] Can’t remember
E2.3. How do you feel about the peer support activity?

E3. Nutrition knowledge brochure
E3.1. Have you received the nutrition knowledge brochure?
   [a] Yes
   [b] No (turn to Question E4)
E3.2. How many times of nutrition knowledge brochure have you received?
   [a]_________times
   [b] Can’t remember
E3.3. How do you feel about the nutrition knowledge brochure?

E4. Publicity poster
E4.1. Do you know where the publicity poster is?
   [a] Yes
   [b] No (Finish)
E4.2. How many kinds of publicity poster have you read?
   [a]_________times
   [b] Can’t remember
E4.3. How do you feel about the publicity poster?

Thanks very much for your cooperation again!
TITILE OF PROJECT

Healthy Nutrition in Chinese Middle Schools: An Ecological Approach

QUESTIONNAIRE AND INFORMATION SHEET FOR PARENTS/CARERS

You and your child have been invited to take part in our research project. Before you decide whether you would like to participate or not, it is important that you understand why the research is being undertaken and what it will involve.

Please take the time to read the following information carefully. Do not hesitate to contact us if you need clarification on any details or if you require additional information.

Why is the research being conducted?
The aim of this project is to promote healthy dietary intake and nutrition among students, their parents and school staff in Chinese middle schools.

What you will be asked to do?
You will be asked to fill in a questionnaire about your knowledge, attitudes and behaviours in relation to nutrition and dietary intake. The time required for completing the survey will be about 20-30 minutes.

Why have we been asked to take part in the project?
The objects of our research include (1) seventh grade students; (2) parents/carers of surveyed seventh grade students; and (3) school staff in recruited middle schools.

The expected benefits of the research
We hope that the information that we collected will help us to explore an appropriate model for nutrition promotion among students, their parents and school staff in Chinese middle schools.

Risks to you
We do not believe that there is any increased risk of harm or discomfort.

Your confidentiality
A high level of confidentiality will be maintained at all times. The initial data that will be collected will be identifiable. When the research is published and reported, all data will be made unidentifiable.
Your participation is voluntary

You can choose not to participate or to withdraw at any stage with no explanation required. Your children can choose not to answer any questions.

Whatever you decide, your decision will in no way impact upon the relationship of you, or your child, with the school, and you will continue to receive the normal services from the school.

Questions/ further information

Should you have any questions or seek additional information about this project, members of the research team will be glad to be contacted.

Dongxu Wang, School of Medicine, Griffith University
Tel. 15811096158; Email: p06240401@163.com
Chun Chang, School of Public Health, Peking University
Tel. 010-82801743; Email: cchang2004@yahoo.com.cn

Feedback to you

You will receive a summary of results, once the research is completed.

Privacy Statement

The conduct of this research involves the collection, access and/or use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes. However, your anonymity will at all time be safeguarded.

Do you want to go ahead and take part? Please sign/make mark
Yes: tick (√)
No: tick (   )

Instructions

1. You need to choose only one answer unless otherwise indicated;
2. For fill in the blanks questions, please write your information on “_________”;
3. For multiple-choice questions, please click “√” to your answer.
Section A. Personal Information
A1. Gender
   [a] Male         [b] Female
A2. Age__________ Years old
A3. Nationality
   [a] Han nationality   [b] Minority nationality______________(please indicate)
A4. Marriage status
   [a] Single
   [b] Married
   [c] Divorced
   [d] Window
A5. Educational attainment
   [a] Junior school or lower
   [b] Middle school
   [c] High school
   [d] College
   [e] University
A6. Occupation
   [a] Manager/Leader of government agencies, enterprises and institutions
   [b] Professionals (i.e. doctors, teachers, laws, engineers, etc)
   [c] Clerk (i.e. civil servants, employees, etc)
   [d] Individual businesses
   [e] Commercial and services personnel
   [f] Worker of non-agricultural registered permanent residence
   [g] Urban working farmers
   [h] Agricultural laborers (farmers, forestry workers, herdsman and fisherman)
   [i] Retired personnel
   [j] Temporary worker or redundant
   [k] Police and soldiers
   [l] Others______________(please indicate)

Section B. Nutrition Knowledge
B1. Which is the MAIN energy source?
   [a] Grain and cereals
   [b] Plant oil and animal fat
   [c] Meat
   [d] Vegetables and fruits
   [e] Don’t know
B2. Which meal is MOST important?
   [a] Breakfast
   [b] Lunch
   [c] Supper
   [d] Mid-night snack
   [e] Don’t know
B3. How many glasses of water (250ml/glass) should be drunk AT LEAST each day?
   [a] 4 glasses
   [b] 5 glasses
   [c] 6 glasses
   [d] 7 glasses
   [e] Don’t know

B4. What is the MAIN function of dietary products?
   [a] To build strong teeth and bones
   [b] To protect against infections
   [c] To provide energy
   [d] To catalyze biochemical reaction in the body
   [e] Don’t know

B5. What is the MAIN function of vegetables?
   [a] To build strong teeth and bones
   [b] To protect against infections
   [c] To provide energy
   [d] To catalyze biochemical reaction in the body
   [e] Don’t know

B6. Which different foods are RICHER in Calcium?
   [a] Eggs
   [b] Meat
   [c] Dietary products and beans
   [d] Vegetables and fruits
   [e] Don’t know

B7. Which different foods are RICHER in Vitamin C?
   [a] Eggs
   [b] Meat
   [c] Dietary products and beans
   [d] Vegetables and fruits
   [e] Don’t know

B8. Which different foods are RICHER in protein?
   [a] Eggs
   [b] Meat
   [c] Dietary products and beans
   [d] Vegetables and fruits
   [e] Don’t know

B9. Which of the following are caused BY food poisoning?
   [a] Vomit, diarrhoea, fever
   [b] Only vomit and diarrhea
   [c] It depends on the types of causative germ
   [d] Fever, sore throat and cough
   [e] Don’t know

B10. Which of the following are MOST responsible for food poisoning?
    [a] Inadequate preservation
[b] Contamination of food prior to cooking
[c] Manipulation of cooked food immediately prior to consumption
[d] Inadequate washing of plates and silver ware
[e] Don’t know

Section C. Food Frequency Consumption

C1. Over the past 7 days, how many times each day do you drink soft drinks?
   [a] Never
   [b] Less than 1 time per day
   [c] 1 time per day
   [d] 2 times per day
   [e] 3 times per day
   [f] 4 times per day
   [g] 5 or more times per day

C2. Over the past 7 days, how many times do you eat dessert?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C3. Over the past 7 days, how many times do you eat fried food?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4. Over the past 7 days, how many times do you eat fresh fruits?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4.1. How many kinds of fresh fruits do you eat every day?
   [a] Never
   [b] 1 kind
   [c] 2 kinds
   [d] 3 kinds
   [e] 4 kinds
   [f] 5 kinds
   [g] More than 5 kinds

C5. Over the past 7 days, how many times do you eat vegetables?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
C5.1. How many kinds of vegetables do you eat every day?
   [a] Never
   [b] 1 kind
   [c] 2 kinds
   [d] 3 kinds
   [e] 4 kinds
   [f] 5 kinds
   [g] More than 5 kinds

C6. Over the past 7 days, how many days do you eat breakfast?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C6.1. What kinds of food are normally included in your breakfast? (You can choose more than one option)
   [a] Milk or yogurt
   [b] Eggs
   [c] Soy milk or bean curd jelly
   [d] Fruits
   [e] Meat
   [f] Grain or cereal
   [g] Vegetables

C7. Over the past 7 days, how many days do you drink at least one glass of milk (or soy milk, or yogurt)?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C8. Over the past 7 days, how many days do you eat at fast food restaurants?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
C9. Over the past 7 days, how many days do you eat snacks on your way home?
   [a] Never  
   [b] 1 day  
   [c] 2 days  
   [d] 3 days  
   [e] 4 days  
   [f] 5 days  
   [g] 6 days  
   [h] 7 days

Section D. Attitudes towards Nutrition

D1. In your opinion, is nutrition important to your health?
   [a] Very important  
   [b] Important  
   [c] Not sure  
   [d] Un-important  
   [e] Very un-important

D2. Which do you think is the most important aspect when you are shopping?
   [1] The brand is famous  
   [2] The quality is good  
   [3] The price is reasonable  
   [4] The package is exquisite  
   [5] The nutrition is balanced

D3. Which aspect do you want to know most?
   [a] Food safety  
   [b] Nutrition issue  
   [c] Food taste  
   [d] Food appearance  
   [e] Others________(please indicate)

D4. What is your attitude to the food with an expired date?
   [a] Don’t care about the expire date of food  
   [b] Throw away  
   [c] Continue to eat if it only expires one or two days  
   [d] Continue to eat if there is no obvious qualitative change  
   [e] Others_________ (please indicate)

D5. Do you think it is important to develop healthy dietary habits?
   [a] Very important  
   [b] Important  
   [c] Not sure  
   [d] Un-important  
   [e] Very un-important

Thanks very much for your cooperation again!
Section E. Participation Status of the Interventions (for six-month Follow-up Survey)

E1. Nutrition lecture
E1.1. Have you attended the nutrition lecture?
   [a] Yes
   [b] No (turn to Question E2)
E1.2. How many times have you attended the nutrition lecture?
   [a]________ times
   [b] Can’t remember
E1.3. How do you feel about the nutrition lecture?

E2. Short message
E2.1. Have you received the short message about nutrition knowledge?
   [a] Yes
   [b] No (turn to Question E3)
E2.2. How many pieces of short message about nutrition knowledge have you received?
   [a]________ times
   [b] Can’t remember
E2.3. How do you feel about the short message about nutrition knowledge?

E3. Nutrition knowledge brochure
E3.1. Have you received the nutrition knowledge brochure?
   [a] Yes
   [b] No (Finish)
E3.2. How many times of nutrition knowledge brochure have you received?
   [a]________ times
   [b] Can’t remember
E3.3. How do you feel about the nutrition knowledge brochure?

Thanks very much for your cooperation again!
TITLE OF PROJECT

Healthy Nutrition in Chinese Middle Schools: An Ecological Approach

QUESTIONNAIRE AND INFORMATION SHEET FOR SCHOOL STAFF

You and your colleagues have been invited to take part in our research project. Before you decide whether you would like to participate or not, it is important that you understand why the research is being undertaken and what it will involve.

Please take the time to read the following information carefully. Do not hesitate to contact us if you need clarification on any details or if you require additional information.

Why is the research being conducted?
The aim of this project is to promote healthy dietary intake and nutrition among students, their parents and school staff in Chinese middle schools.

What you will be asked to do?
You will be asked to fill in a questionnaire about your knowledge, attitudes and behaviours in relation to nutrition and dietary intake. The time required for completing the survey will be about 20-30 minutes.

Why have we been asked to take part in the project?
The objects of our research include (1) seventh grade students; (2) parents/carers of surveyed seventh grade students; and (3) school staff in recruited middle schools.

The expected benefits of the research
We hope that the information that we collected will help us to explore an appropriate model for nutrition promotion among students, their parents and school staff in Chinese middle schools.

Risks to you
We do not believe that there is any increased risk of harm or discomfort.

Your confidentiality
A high level of confidentiality will be maintained at all times. The initial data that will be collected will be identifiable. When the research is published and reported, all data will be made unidentifiable.
Your participation is voluntary

You can choose not to participate or to withdraw at any stage with no explanation required. Whatever you decide, your decision will in no way impact upon the relationship of you with the school.

Questions/ further information

Should you have any questions or seek additional information about this project, member of the research team will be glad to be contacted.

Dongxu Wang, School of Medicine, Griffith University
Tel. 15811096158; Email: p06240401@163.com

Chun Chang, School of Public Health, Peking University
Tel. 010-82801743; Email: cchang2004@yahoo.com.cn

Feedback to you

You will receive a summary of results, once the research is completed.

Privacy Statement

The conduct of this research involves the collection, access and/or use of your identified personal information. The information collected is confidential and will not be disclosed to third parties without your consent, except to meet government, legal or other regulatory authority requirements. A de-identified copy of this data may be used for other research purposes. However, your anonymity will at all time be safeguarded.

Do you want to go ahead and take part? Please sign/make mark
Yes: tick ( )
No: tick ( )

Instructions

1. You need to choose only one answer unless otherwise indicated;
2. For fill in the blanks questions, please write your information on “________”;
3. For multiple-choice questions, please click “√” to your answer.
Section A. Personal Information

A1. Gender
   [a] Male   [b] Female

A2. Age_________ Years old

A3. Nationality
   [a] Han nationality   [b] Minority nationality___________(please indicate)

A4. Marriage status
   [a] Single
   [b] Married
   [c] Divorced
   [d] Window

A5. Educational attainment
   [a] Junior school or lower
   [b] Middle school
   [c] High school
   [d] College
   [e] University

A6. Occupation
   [a] Teachers
   [b] Administrative Staff
   [c] Support Staff
   [d] Others___________(please indicate)

Section B. Nutrition Knowledge

B1. Which is the MAIN energy source?
   [a] Grain and cereals
   [b] Plant oil and animal fat
   [c] Meat
   [d] Vegetables and fruits
   [e] Don’t know

B2. Which meal is MOST important?
   [a] Breakfast
   [b] Lunch
   [c] Supper
   [d] Mid-night snack
   [e] Don’t know

B3. How many glasses of water (250ml/glass) should be drunk AT LEAST each day?
   [a] 4 glasses
   [b] 5 glasses
   [c] 6 glasses
   [d] 7 glasses
   [e] Don’t know

B4. What is the MAIN function of dietary products?
   [a] To build strong teeth and bones
   [b] To protect against infections
[c] To provide energy
[d] To catalyze biochemical reaction in the body
[e] Don’t know

B5. What is the **MAIN** function of vegetables?
[a] To build strong teeth and bones
[b] To protect against infections
[c] To provide energy
[d] To catalyze biochemical reaction in the body
[e] Don’t know

B6. Which different foods are **RICHER** in Calcium?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B7. Which different foods are **RICHER** in Vitamin C?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B8. Which different foods are **RICHER** in protein?
[a] Eggs
[b] Meat
[c] Dietary products and beans
[d] Vegetables and fruits
[e] Don’t know

B9. Which of the following are caused **BY** food poisoning?
[a] Vomit, diarrhoea, fever
[b] Only vomit and diarrhea
[c] It depends on the types of causative germ
[d] Fever, sore throat and cough
[e] Don’t know

B10. Which of the following are **MOST** responsible for food poisoning?
[a] Inadequate preservation
[b] Contamination of food prior to cooking
[c] Manipulation of cooked food immediately prior to consumption
[d] Inadequate washing of plates and silver ware
[e] Don’t know

**Section C. Food Frequency Consumption**

C1. Over the past 7 days, how many times each day do you drink soft drinks?
[a] Never
[b] Less than 1 time per day
[c] 1 time per day
[d] 2 times per day
[e] 3 times per day
[f] 4 times per day
[g] 5 or more times per day

C2. Over the past 7 days, how many times do you eat dessert?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C3. Over the past 7 days, how many times do you eat fried food?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4. Over the past 7 days, how many times do you eat fresh fruits?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C4.1. How many kinds of fresh fruits do you eat every day?
   [a] Never
   [b] 1 kind
   [c] 2 kinds
   [d] 3 kinds
   [e] 4 kinds
   [f] 5 kinds
   [g] More than 5 kinds

C5. Over the past 7 days, how many times do you eat vegetables?
   [a] Never
   [b] 1 time per week
   [c] 2-6 times per week
   [d] 1 time per day
   [e] 2 or more times per day

C5.1. How many kinds of vegetables do you eat every day?
   [a] Never
   [b] 1 kind
   [c] 2 kinds
   [d] 3 kinds
   [e] 4 kinds
   [f] 5 kinds
   [g] More than 5 kinds
C6. Over the past 7 days, how many days do you eat breakfast?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C6.1. What kinds of food are normally included in your breakfast? (You can choose more than one option)
   [a] Milk or yogurt
   [b] Eggs
   [c] Soy milk or bean curd jelly
   [d] Fruits
   [e] Meat
   [f] Grain or cereal
   [g] Vegetables

C7. Over the past 7 days, how many days do you drink at least one glass of milk (or soy milk, or yogurt)?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C8. Over the past 7 days, how many days do you eat at fast food restaurants?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
   [g] 6 days
   [h] 7 days

C9. Over the past 7 days, how many days do you eat snacks on your way home?
   [a] Never
   [b] 1 day
   [c] 2 days
   [d] 3 days
   [e] 4 days
   [f] 5 days
Section D. Attitudes towards Nutrition

D1. In your opinion, is nutrition important to your health?
   [a] Very important
   [b] Important
   [c] Not sure
   [d] Un-important
   [e] Very un-important

D2. Which do you think is the most important aspect when you are shopping?
   [1] The brand is famous
   [2] The quality is good
   [3] The price is reasonable
   [4] The package is exquisite
   [5] The nutrition is balanced

D3. Which aspect do you want to know most?
   [a] Food safety
   [b] Nutrition issue
   [c] Food taste
   [d] Food appearance
   [e] Others____________(please indicate)

D4. What is your attitude to the food with an expired date?
   [a] Don’t care about the expire date of food
   [b] Throw away
   [c] Continue to eat if it only expires one or two days
   [d] Continue to eat if there is no obvious qualitative change
   [e] Others____________(please indicate)

D5. Do you think it is important to develop healthy dietary habits?
   [a] Very important
   [b] Important
   [c] Not sure
   [d] Un-important
   [e] Very un-important

Thanks very much for your cooperation again!
Section E. Participation Status of the Interventions (for six-month Follow-up Survey)

E1. Nutrition training
E1.1. Have you attended the nutrition training?
   [a] Yes
   [b] No *(turn to Question E2)*
E1.2. How many times have you attended the nutrition training?
   [a] ________ times
   [b] Can’t remember
E1.3. How do you feel about the nutrition training?

E2. Nutrition knowledge brochure
E2.1. Have you received the nutrition knowledge brochure?
   [a] Yes
   [b] No *(turn to Question E3)*
E2.2. How many times of nutrition knowledge brochure have you received?
   [a] ________ times
   [b] Can’t remember
E2.3. How do you feel about the nutrition knowledge brochure?

E3. School nutrition group
E3.1. Have your school formed a school nutrition group?
   [a] Yes
   [b] No *(Finish)*
   [c] Don’t know *(Finish)*
E3.2. Have you attended the school nutrition group meeting?
   [a] Yes
   [b] No *(Finish)*
E3.3. How many times have you attended the school nutrition group?
   [a] ________ times
   [b] Can’t remember
E3.4. How do you feel about the school nutrition group?

Thanks very much for your cooperation again!
2. Activity Records
**SHEET 1: Record of the establishment of school nutrition group**

- **School**
- **Date**
- **Recorder**

<table>
<thead>
<tr>
<th>Name of Participants</th>
<th>Title</th>
<th>Signature</th>
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**Meeting Minutes**
# SHEET 2: School nutrition group meeting record

School__________________________
Date__________________________
Recorder________________________

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<th>Name of Participants</th>
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Activities completed

The next activities
# SHEET 3: School poster pasting record

School ____________________________

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<th>Content of poster</th>
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SHEET 4: School staff’s nutrition training record

School _______________________
Date _______________________
Lecturer ________________

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Signatures of school staff

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**School staff’s nutrition knowledge brochure**

**distribution record**

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# SHEET 6: Students’ nutrition in-class curriculum record

School ____________________________
Class ____________________________
Date ____________________________
Lecturer __________________________

## Contents

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### SHEET 7: Students’ nutrition knowledge brochure

**distribution record**

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**Signatures of students**

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**SHEET 8: Students’ peer support activity record**

School _______________________
Class _______________________
Date _______________________
Forms _______________________
Contents ___________________  

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<th>Group 3</th>
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SHEET 9: Parents’ nutrition lecture record

School_____________________
Class_____________________
Date_____________________
Lecturer__________________

Contents

Signatures of parents
# SHEET 10: Parents’ nutrition knowledge brochure

**distribution record**

School__________________________
Class__________________________
Date of distribution_______________
Distributor______________________

**Signatures of parents**

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**SHEET 11: Parents’ short message sending record**

School________________________
Date__________________________

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3. Posters
TOPIC 1: Balance Diet Pagoda for adolescents (Year 12-18)

Time: September 2012
TOPIC 2: Introduction of six major nutrients

Time: October 2012

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water
TOPIC 3: Four principles of rational diet

Time: November 2012

合理膳食四项原则

| 全面 | 样样都吃，吃得越杂越好；不挑食、不偏食。
| 均衡 | 不要有的多，有的少；按人体需要营养素的比例摄入。
| 适量 | 不要吃得太多，也不能吃得太少。
| 合理 | 三餐的热能分配为：早餐30%，午餐40%，晚餐30% |
TOPIC 4: The definition of a healthy lifestyle

Time: December 2012

什么是健康的生活方式

- 健康生活方式，是指有益于健康的习惯化的行为方式。
- 世界卫生组织针对影响现代人健康的主要危害因素——不良行为与生活方式，提出了健康四大基石。

合理膳食 适量运动
戒烟限酒 心理平衡
TOPIC 5: No or less fried food and grilled food

Time: March 2013

不吃或少吃油炸、烧烤食品
TOPIC 6: No or less soft drinks

Time: April 2013

不喝或少喝碳酸饮料
4. Implementation of the Intervention
Overview of the Intervention Implementation

Aligned with the components of the intervention, we conducted intervention activities in the HPS School and the HE School from September 2012 to May 2013 (Except for the Winter Holidays, altogether across six months). The implementation of the intervention is identified in more details as followings:

**DOMAIN 1: Supportive school environment**

**Formation of a school nutrition group and nomination of a group leader**

The HPS School established a nutrition group on 3 September 2012, before the intervention was conducted. The members of the group included project officer, school principal, school director, teachers, students and parents, and the school principal was nominated as group leader. The record is as follows:

<table>
<thead>
<tr>
<th>Table 1 Record of school nutrition group formation</th>
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<tbody>
<tr>
<td><strong>Group Members</strong></td>
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<tr>
<td>One project officer</td>
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<td>One school principal</td>
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<td>One school director</td>
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<td>Two teachers</td>
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<td>Two students</td>
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<td>Two parents</td>
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</table>

**Regular school nutrition group meeting**

In the HPS School, the nutrition group meeting was held once every two months, and the program summary meeting was held on 30 June 2013. The participants of the group meeting included one project officer, one school principal, one school director, two teachers, two students, and two parents in the HPS School. In the meeting, the
group members concluded the activities completed and outlined the next target. The nutrition group meeting record is as follows:

**Table 2 (1) Record of regular school nutrition group meeting**

<table>
<thead>
<tr>
<th>Date</th>
<th>Completed Activities</th>
<th>Next Target</th>
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<tr>
<td>25/09/2012</td>
<td>Completed baseline survey;</td>
<td>Change posters;</td>
</tr>
<tr>
<td></td>
<td>Completed school staff’s nutrition training, and distribution of nutrition knowledge brochure for school staff;</td>
<td>Continue to give nutrition curriculum to students and organize peer support activities among students;</td>
</tr>
<tr>
<td></td>
<td>Completed one poster posted;</td>
<td>Continue to send short messages to parents.</td>
</tr>
<tr>
<td></td>
<td>Completed three nutrition curriculum topics, the first time distribution of nutrition knowledge brochure, and one peer support activity for students;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Completed one lecture, the first time distribution of nutrition knowledge brochure, and one short message sending for parents.</td>
<td></td>
</tr>
<tr>
<td>27/11/2012</td>
<td>Completed two posters posted;</td>
<td>Change posters;</td>
</tr>
<tr>
<td></td>
<td>Completed eight nutrition curriculum topics, and two peer support activities for students;</td>
<td>Continue to give students nutrition curriculum, organize peer support activities among students, and distribute the second nutrition knowledge brochure to students;</td>
</tr>
<tr>
<td></td>
<td>Completed two short messages sending for parents.</td>
<td>Hold one lecture and distribute the second nutrition knowledge brochure to parents;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Continue to send short messages to parents;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Conduct three-month follow-up survey.</td>
</tr>
</tbody>
</table>
### Table 2 (2) Record of regular school nutrition group meeting

<table>
<thead>
<tr>
<th>Date</th>
<th>Completed Activities</th>
<th>Next Target</th>
</tr>
</thead>
<tbody>
<tr>
<td>19/03/2013</td>
<td>Completed two poster posted;</td>
<td>Change posters;</td>
</tr>
<tr>
<td></td>
<td>Completed seven nutrition curriculum topics, the second time distribution of nutrition knowledge brochure, and two peer support activities for students;</td>
<td>Continue to give nutrition curriculum to students and organize peer support activities among students;</td>
</tr>
<tr>
<td></td>
<td>Completed one lecture, the second time distribution of nutrition knowledge brochure, and two short messages sending for parents;</td>
<td>Continue to send short messages to parents;</td>
</tr>
<tr>
<td></td>
<td>Completed three-month follow-up survey.</td>
<td>Conduct six-month follow-up survey.</td>
</tr>
<tr>
<td>30/06/2013</td>
<td>Completed one poster posted;</td>
<td></td>
</tr>
<tr>
<td>(Program Summary)</td>
<td>Completed eight nutrition curriculum topics, and one peer support activity for students;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Completed one short message sending for parents;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Completed six-month follow-up survey;</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Completed program summary.</td>
<td></td>
</tr>
</tbody>
</table>

**School staff’s nutrition training**

In the HPS School, the school staff’s nutrition training was held on 3 September 2012. It took 90 minutes and altogether 62 school staff attended. The record of nutrition training is in Table 3.
Table 3 Record of nutrition training to school staff

<table>
<thead>
<tr>
<th>Time</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>03/09/2012</td>
<td>The importance of healthy nutrition and rational diet to adolescents;</td>
</tr>
<tr>
<td>16:00-17:30</td>
<td>Introduction of Dietary Guidelines for Chinese People;</td>
</tr>
<tr>
<td></td>
<td>Introduction of Balance Diet Pagoda;</td>
</tr>
<tr>
<td></td>
<td>The functions of the seven major nutrients to people;</td>
</tr>
<tr>
<td></td>
<td>The syndromes of the major nutrients deficiency diseases;</td>
</tr>
<tr>
<td></td>
<td>How to supplement major nutrients reasonably;</td>
</tr>
<tr>
<td></td>
<td>Introduction of food safety and how to prevent food poisoning.</td>
</tr>
</tbody>
</table>

Distribution of nutrition knowledge brochure for school staff

In the HPS School, a six-page nutrition knowledge brochure was distributed to school staff before the nutrition training (3 September, 2012), we distributed 62 knowledge brochures altogether.

Post poster to publicise healthy diet and nutrition

In the HPS School, we posted posters to publicize healthy diet and nutrition, we changed the posters once every month, and the topics are as follows:

Table 4 Record of poster posted

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 2012</td>
<td>Balance Diet Pagoda for adolescents (Year 12-18)</td>
</tr>
<tr>
<td>October 2012</td>
<td>Introduction of six major nutrients</td>
</tr>
<tr>
<td>November 2012</td>
<td>Four principles of rational diet</td>
</tr>
<tr>
<td>December 2012</td>
<td>The definition of a healthy lifestyle</td>
</tr>
<tr>
<td>March 2013</td>
<td>No or less fried food and grilled food</td>
</tr>
<tr>
<td>April 2013</td>
<td>No or less soft drinks</td>
</tr>
</tbody>
</table>
DOMAIN 2: Modified curriculum

Students’ nutrition in-class curriculum

We held an in-class nutrition curriculum session with seventh grade students both in the HPS School and the HE School every week and each nutrition curriculum class took about 15 minutes of the normal 40-minute class. 65 students from the HE School and 62 students from the HPS School attended the classes. The date and topics are as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>05/09/2012</td>
<td>The importance of healthy nutrition and rational diet to adolescents</td>
</tr>
<tr>
<td>12/09/2012</td>
<td>Introduction of Dietary Guidelines for Chinese People</td>
</tr>
<tr>
<td>19/09/2012</td>
<td>The importance of eating breakfast</td>
</tr>
<tr>
<td>26/09/2012</td>
<td>The definition of a nutritious breakfast</td>
</tr>
<tr>
<td>10/10/2012</td>
<td>Introduction of Balance Diet Pagoda</td>
</tr>
<tr>
<td>17/10/2012</td>
<td>Eat diverse food, take cereal as major food and make a balance of coarse</td>
</tr>
<tr>
<td></td>
<td>and refined grain intake</td>
</tr>
<tr>
<td>24/10/2012</td>
<td>Eat more vegetables, fruits and tubers</td>
</tr>
<tr>
<td>31/10/2012</td>
<td>Eat dairy products and bean products everyday</td>
</tr>
<tr>
<td>07/11/2012</td>
<td>Eat moderate fish, poultry, eggs and lean meat regularly</td>
</tr>
<tr>
<td>14/11/2012</td>
<td>Eat less oil and salt</td>
</tr>
<tr>
<td>21/11/2012</td>
<td>Eat moderate, take exercises everyday, and maintain a healthy weight</td>
</tr>
<tr>
<td>28/11/2012</td>
<td>Eat three meals reasonable, and eat moderate snacks</td>
</tr>
<tr>
<td>05/12/2012</td>
<td>Drink sufficient water everyday, and drink carbonated beverage selectively</td>
</tr>
<tr>
<td>12/12/2012</td>
<td>Eat fresh and clean food</td>
</tr>
<tr>
<td>19/12/2012</td>
<td>Introduction of Vitamin A</td>
</tr>
<tr>
<td>26/12/2012</td>
<td>Introduction of Vitamin B</td>
</tr>
<tr>
<td>06/03/2013</td>
<td>Introduction of Vitamin C</td>
</tr>
<tr>
<td>13/03/2013</td>
<td>Introduction of Vitamin E</td>
</tr>
<tr>
<td>20/03/2013</td>
<td>Introduction of Zinc</td>
</tr>
<tr>
<td>27/03/2013</td>
<td>Introduction of Calcium</td>
</tr>
<tr>
<td>03/04/2013</td>
<td>Introduction of Iron</td>
</tr>
<tr>
<td>10/04/2013</td>
<td>Introduction of Protein</td>
</tr>
<tr>
<td>17/04/2013</td>
<td>Introduction of Fat</td>
</tr>
<tr>
<td>24/04/2013</td>
<td>Introduction of Carbohydrate</td>
</tr>
<tr>
<td>08/05/2013</td>
<td>How to prevent food poisoning</td>
</tr>
<tr>
<td>15/05/2013</td>
<td>The functions of the seven major nutrients to people</td>
</tr>
</tbody>
</table>
**Distribution of nutrition knowledge brochure for students**

We distributed a three-page nutrition knowledge brochure to students both in the HPS School and the HE School twice, first in September 5, 2012 and second in December 12, 2012. Altogether, 65 students from the HE School and 62 students from the HPS School received the nutrition knowledge brochure.

**Students’ peer support activity**

We asked students in the HPS School and the HE School to organize a peer support activity every month. We provided them with topics and forms. Altogether, 65 students from the HE School and 62 students from the HPS School attended the peer support activities. The record of peer support activity is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Forms</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>14/09/2012</td>
<td>Group discussion</td>
<td>The importance of healthy nutrition and rational diet to adolescents</td>
</tr>
<tr>
<td>19/10/2012</td>
<td>Group discussion</td>
<td>The importance of eating breakfast</td>
</tr>
<tr>
<td>16/11/2012</td>
<td>Knowledge contest</td>
<td>The function of vitamin, the syndromes of vitamin deficiency diseases, and how to supplement vitamin reasonably</td>
</tr>
<tr>
<td>14/12/2012</td>
<td>Knowledge contest</td>
<td>The function of minerals, the syndromes of minerals deficiency diseases, and how to supplement minerals reasonably</td>
</tr>
<tr>
<td>08/03/2013</td>
<td>Knowledge contest</td>
<td>Knowledge about Dietary Guidelines for Chinese People</td>
</tr>
<tr>
<td>12/04/2013</td>
<td>Games</td>
<td>How to prevent food poisoning</td>
</tr>
</tbody>
</table>
DOMAIN 3: Family Involvement

Parents’ nutrition lecture
We held two lecture sessions for parents of seventh grade students in the HPS School, the first on September 7, 2012 and second on December 21, 2012. Each lecture took about an hour and 62 parents attended the lectures. The record is as follows:

Table 7 Record of nutrition lecture to parents

<table>
<thead>
<tr>
<th>Date</th>
<th>Contents</th>
</tr>
</thead>
<tbody>
<tr>
<td>07/09/2012</td>
<td>The importance of healthy nutrition and rational diet to adolescents;</td>
</tr>
<tr>
<td></td>
<td>Introduction of Dietary Guidelines for Chinese People;</td>
</tr>
<tr>
<td>16:00-17:00</td>
<td>Introduction of Balance Diet Pagoda.</td>
</tr>
<tr>
<td>21/12/2012</td>
<td>The functions of the seven major nutrients to people;</td>
</tr>
<tr>
<td>16:00-17:00</td>
<td>The syndromes of the major nutrients deficiency diseases;</td>
</tr>
<tr>
<td></td>
<td>How to supplement major nutrients reasonably;</td>
</tr>
<tr>
<td></td>
<td>Introduction of food safety and how to prevent food poisoning.</td>
</tr>
</tbody>
</table>

Distribution of nutrition knowledge brochure for parents
We distributed a three-page nutrition knowledge brochure to parents of seventh grade students in the HPS School twice before the two lectures and the 62 parents received the nutrition knowledge brochure.

Short message to parents
We sent parents of seventh grade students in the HPS School short messages to publicize relevant nutrition knowledge once every month and the 62 parents received the following short messages, with the date and topics:
<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>15/09/2012</td>
<td>Introduction of Dietary Guidelines for Chinese People</td>
</tr>
<tr>
<td>20/10/2012</td>
<td>Introduction of Balance Diet Pagoda</td>
</tr>
<tr>
<td>27/11/2012</td>
<td>The main functions of the seven major nutrients</td>
</tr>
<tr>
<td>15/12/2012</td>
<td>The importance of eating breakfast everyday</td>
</tr>
<tr>
<td>02/03/2013</td>
<td>The importance of drink sufficient water everyday</td>
</tr>
<tr>
<td>06/04/2013</td>
<td>The importance of eating fresh and clean food</td>
</tr>
</tbody>
</table>
5. Certificate of Cooperation with
Miyun County Education Committee
Certificate of Cooperation

To whom it may concern,

Mi Yun County Education Committee will cooperate with Dongxu Wang’s (2011 Ph.D candidature at Griffith University, Australia) dissertation research program “Healthy Nutrition in Chinese Middle Schools: an Ecological Approach”. We will coordinate her with baseline assessment conducting, interventions implementation and follow-up assessment conducting.

Mi Yun County Education Committee

20 Feb, 2012