

**Teach Well - Gimme 5 Atlanta**  
**Daily Diary Check Protocol**  
**[To be read as written!]**

"Hi! We're back to see how you're doing on your food diaries. Does everyone have their food diary with them?"

**[If no, allow time for students to get them]**

"Have you finished your diary page for yesterday?"

**[If no, then ask them to please do so now and allow time for them to do so]**

"Let's take some time for you to check your diary page from yesterday which was \_\_\_\_\_."

**[If checked only breakfast yesterday (saw them in a.m.), continue here. If checked breakfast and lunch yesterday (saw them in the p.m.), skip to \*\* on page 2.]**

"We checked breakfast already when we were here yesterday. So, look at lunch. Make sure you wrote down everything you ate and drank for lunch. If you need to write something down, do it now. **[Brief pause]** If you did not eat any lunch check that you wrote the word 'nothing' in that space. **[Brief pause]** Also, check that you wrote one food per line. If you wrote more than one food per line, then fix it now. **[Brief pause]** Check to see if you marked the number of servings for each food at lunch and that you checked "Food from school" if the food you ate at lunch was from school. **[Brief pause]** We'll be checking each meal on your page to make sure you've written down everything."

**\*\* [If checked both breakfast and lunch yesterday, continue here...]**

"Now, did you eat or drink a snack yesterday afternoon? If yes, check that you wrote down what you ate or drank, the number of servings, and if the food was from school. If you did not eat an afternoon snack, check that you wrote the word "nothing" on the line next to snack. If you need to write something down, then do it now. If really you can't remember what you had, then write "forgot" in that space."

**[Allow time, Rover(s) check diaries!]**

"Okay, look at dinner last night. Check that you wrote down everything you ate and drank for dinner. If you did not eat or drink anything for dinner check that you wrote the word "nothing" in that space. **[Brief pause]** Check that you marked the number of servings for each food you ate at dinner."

**[Allow time, Rover(s) check diaries!]**

"Are you having trouble remembering what you ate for dinner last night? If you are, then think about what you were doing last night. Were you at home or did you go somewhere? Sometimes, you can remember what you ate if you think about what you were doing."

"Okay, look at your evening snack. Check that you wrote down everything you ate and drank. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food."

**[Allow time, Rover(s) check diaries!]**

"Now , one last time, look over your page for yesterday. Think... did you have anything else to eat or drink that you forgot to write down?"

**[Allow time, Rover(s) check diaries!]**

**[If you are doing this protocol in the morning before lunch, only check breakfast as below. If it is after the children's lunch, also continue with the "Lunch" check. Otherwise skip the "Lunch" section and do it tomorrow.]**

**[If today is Final day of data collection, skip to **\*\*SECTION 3\*\*** on page 5 and continue with protocol at that point.]**

"Okay, turn to your diary page for today. Check that you wrote down everything you ate and drank at breakfast. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food and if the food was from school.

**[Allow time, Rover(s) check diaries!]**

Okay, now check that you wrote down everything you ate and drank at lunch. If you ate or drank nothing, check that you wrote the word 'nothing' in that space. **[Brief pause]** Check that you marked the number of servings for each food and if the food was from school.

**[Allow time, Rover(s) check diaries!]**

**\*\* [If today is not Friday, or the final day of data collection day, continue with **\*\*SECTION 1\*\*** on next page.]**

**[If today is Friday, skip to **\*\*SECTION 2\*\*** on next page and continue with protocol at that point.]**

**[\*\*SECTION 1\*\*]**

"Now we are going to come around and check each of your diaries. Please leave them open on your desks and take out something to read quietly until we get to you."

**[Rover(s) and Reader should designate which students each of them will check and should be checking that students have done these things correctly; use Highlighter pen to highlight the words, "lunch", "snack", "dinner" and "breakfast" when the student has completed it to your satisfaction]**

"Do you have any questions about the food diaries?"

**[Answer and record questions]**

Okay, now we want to ask you some questions about fruits and vegetables.

**[End this protocol here and go to the questionnaire protocol designated for today.]**

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**[\*\*SECTION 2\*\* FOR FRIDAYS - START HERE]**

"Okay, let's talk about the weekend. Where will your food diaries stay over the weekend? **(at school)** So we have yellow 'Weekend Food and Drink Notes' for each of you to take home, fill out and bring back on Monday to complete your diary for the weekend. What will you need to record on your yellow 'Weekend Food and Drink Notes'? **(Friday -- after school snack, dinner evening snack; all day Saturday; all day Sunday)** You'll have to bring them back on Monday so that we can check them. They will become a part of your Food Diary so they are really important.

**[Distribute YELLOW Weekend Food and Drink Notes, one set per student]**

"Please write your name (pause), your teacher's name (pause) and fill in the dates for Friday, \_\_\_\_\_ (give date and pause), Saturday, \_\_\_\_\_ (give date and pause), and Sunday, \_\_\_\_\_ (give date and pause) on your yellow 'Weekend Food and Drink Notes' . **[Brief pause; write dates on board]** Now, please write **'Bring Me Back Monday'** across the top of your yellow 'Weekend Food and Drink Notes.' **[Allow time]**

"We'll be back on Monday to check your yellow 'Weekend Food and Drink Notes' from the weekend so be sure to bring them back . Remember, we'll give each of you a surprise on Monday if you've completed your yellow Weekend Food and Drink Notes through Sunday.

Are there any questions?"

**[Answer and record]**

Okay, now we want to ask you some questions about fruits and vegetables.

**[End this protocol here and go to questionnaire protocol designated for today.]**

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**[\*\*Section 3\*\* FOR FINAL DAY OF DATA COLLECTION - START HERE]**

**[Rover(s) be sure to check completeness of entire food diary on this day!]**

"You did it! You're through with your food diaries! Make sure your name is on your diary.

We'll come by and pick them up."

**[Rovers pick up diaries]**

"Thank you very much for your hard work and cooperation on your food diaries. We have just one more thing to do today."

**[Reader go to Outcome Expectancy Protocol and complete it.]**