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An Roinn Leanaí agus Gnóthaí Óige  
Department of Children and Youth Affairs



Trinity College Dublin  
Coláiste na Tríonóide, Baile Átha Cliath  
The University of Dublin

AREA  HHOLD  YP No

Interviewer Name \_\_\_\_\_ Interviewer Number \_\_\_\_\_

**GROWING UP IN IRELAND – the national longitudinal study of children/Young People**  
**Time-Use Diary and Food Frequency Questionnaire**

**STRICTLY CONFIDENTIAL**

As part of the *Growing Up in Ireland* project we would like to record details on (i) how 17-year-olds in Ireland spend their time and (ii) the foods they eat.

We would like you to complete the enclosed (i) Time-use Diary and (ii) Food Frequency Questionnaire, as shown by the interviewer.

As regards the time-use diary, simply mark the booklet to indicate what you were doing for each quarter hour in the day. To do this draw an arrow through the relevant 15 minute slots to indicate what you were doing.

If you were engaged in a number of activities in any given 15-minute time period we would like you to record your MAIN activity – for example, if at some time in the course of the day you were watching TV and also eating a snack and if you considered your main activity to have been watching the TV at that time then record this in Line 17 – Watching TV, Films, Videos or DVDs - rather than in Line 3 on Eating.

As regards the Food Frequency Questionnaire from page 4 to page 10, we would like you to record details on the types of food you eat and don't eat. We would like you to indicate how often you eat each of the foods on the Food Frequency Questionnaire. **Once again we would like to assure you that all of the information provided will be treated in the strictest confidence and will not be revealed in any way which could be associated with your name or address.**

**TIME-USE DIARY**

*Day on which we would like this diary to be completed:*

**DAY** \_\_\_\_\_ **DATE** \_\_\_\_\_

**T1. Please record the day and date of the Time-use Diary Day, i.e. the day the activities relate to:**

Day: \_\_\_\_\_ Date: \_\_\_\_\_  
DD/MM

**T2. Was this:**

- A school/college day .....  1
- A work day .....  2
- A weekend day .....  3
- A holiday or family celebration .....  4
- A day when something special was happening in your home (someone was sick/visiting, a family crisis, etc.) .....  5

**T3. When did you fill in the diary? Please tick (✓) one box.**

- Now and then during the diary day .....  1
- At the end of the diary day .....  2
- The day after the diary day .....  3
- Later .....  4

→ **T4. About how many days after?** \_\_\_\_\_ days

**PLEASE RETURN THIS COMPLETED TIME-USE DIARY AND FOOD FREQUENCY QUESTIONNAIRE IN THE ENCLOSED PRE-PAID ENVELOPE TO THE ECONOMIC AND SOCIAL RESEARCH INSTITUTE.**

**THE ASSISTANCE OF YOU AND YOUR FAMILY IN THE GROWING UP IN IRELAND PROJECT IS GREATLY APPRECIATED AND WILL HOPEFULLY HELP ALL YOUNG PEOPLE IN IRELAND OVER THE COMING YEARS.**

# Time Use Diary (17-year study)

## Worked Example

The purpose of the Time-Use Diary is to record details on the way you use your time on the reference day specified on the front of this questionnaire. We would like you to fill it out at some point in the course of that day or the following.

The Time-Use Diary records what you did for each 15-minute slot in the reference day.

To fill out the Time-Use Diary we would like you to start at Midnight (00.00am) and draw an arrow through the boxes to indicate what you were doing for each 15-minute period.

In the worked example overleaf the Young Person's day was as follows:

- Sleeping until 8.00am (arrow from midnight to 8.00am shows sleeping) [Line 1]
- Personal care – getting washed and dressed – from 8.00-8.15 am. [Line 2]
- Eating breakfast from 8.15-8.30 am. [Line 3]
- Travelling to school from 8.30 to 9.00am. [Line 4]
- At school from 9.00am until 3.30pm. [Line 5]
- Travelling home from 3.30-4.00pm. [Line 4]
- Having a meal from 4.00-4.30pm on arriving home. [Line 3]
- Hanging around with friends from 4.30-5.30pm. [Line 8]
- Attending a football match from 5.30-6.30pm. [Line 12]
- Watching TV from 6.30-7.00pm. [Line 17]
- Doing a hobby or other leisure activity from 7.00 – 8.00pm. [Line 21]
- Having a meal (dinner) from 8.00-8.30 pm. [Line 3]
- Reading a book from 8.30 to 9.00pm. [Line 19]
- Playing computer games from 9.00 – 10.30pm. [Line 14]
- Personal care – getting washed and dressed – from 10.30-10.45pm. [Line 2]
- Going to bed and sleeping from 10.45pm to midnight [Line 1]

*[This example is not intended to suggest that the Young Person should do these activities or go to bed at certain times etc. It is included only to show how the Time-Use diary is filled out.]*

**We would like you to fill out the Time-Use Diary in the same way as the example above to show how you spent your time on the day specified on the front of the Time Use Diary.**

Activity	AM →	
	00.00 am 15 30 45	01.00 am 15 30 45
1. SLEEPING / RESTING (including time trying to get to sleep, trying to get up)		
2. PERSONAL CARE OR GETTING READY (showing, washing, dressing, brushing teeth or hair, doing make-up, getting changed or ready for school, for training, for going out or for going to bed)		
3. EATING (breakfast, lunch, dinner, tea)		
4. TRAVELLING (to or from school or elsewhere)		
5. AT SCHOOL/COLLEGE		
6. AT WORK		
7. DOING HOMEWORK OR STUDY		
8. JUST HANGING AROUND WITH FRIENDS (outside or inside)		
9. SPENDING TIME WITH FAMILY		
10. PLAYING WITH OR EXERCISING A PET		
11. AT THE GYM, PLAYING SPORT OR DOING PHYSICAL EXERCISE (training, matches)		
12. ATTENDING A SPORTS EVENT		
13. USING THE INTERNET / EMAILING (including social networking, browsing etc)		
14. PLAYING COMPUTER GAMES (e.g. Playstation, PSP, X-Box or Wii)		
15. TALKING ON THE PHONE OR TEXTING		
16. MUSIC LESSONS (OR PRACTICING MUSIC), DRAMA, CLASSES ETC		
17. WATCHING TV, FILMS, VIDEOS OR DVDS		
18. LISTENING TO MUSIC		
19. READING FOR PLEASURE OR INTEREST (NOT FOR SCHOOL/COLLEGE/STUDY)		
20. HOUSEWORK (preparing food, tidying bedroom, feeding pets)		
21. HOBBIES AND OTHER LEISURE ACTIVITIES		
22. OUT SHOPPING TO BUY THINGS (groceries, clothes etc).		
23. GOING TO DISCOS OR BARS, ETC.		
24. GOING TO PARTY OR OTHER SOCIAL EVENT (in people's houses)		
25. OTHER 1 (SPECIFY)		

Activity	PM →	
	12.00 noon 15 30 45	01.00 pm 15 30 45
1. SLEEPING / RESTING (including time trying to get to sleep, trying to get up)		
2. PERSONAL CARE OR GETTING READY (showing, washing, dressing, brushing teeth or hair, doing make-up, getting changed or ready for school, for training, for going out or for going to bed)		
3. EATING (breakfast, lunch, dinner, tea)		
4. TRAVELLING (to or from school or elsewhere)		
5. AT SCHOOL/COLLEGE		
6. AT WORK		
7. DOING HOMEWORK OR STUDY		
8. JUST HANGING AROUND WITH FRIENDS (outside or inside)		
9. SPENDING TIME WITH FAMILY		
10. PLAYING WITH OR EXERCISING A PET		
11. AT THE GYM, PLAYING SPORT OR DOING PHYSICAL EXERCISE (training, matches)		
12. ATTENDING A SPORTS EVENT		
13. USING THE INTERNET / EMAILING (including social networking, browsing etc)		
14. PLAYING COMPUTER GAMES (e.g. Playstation, PSP, X-Box or Wii)		
15. TALKING ON THE PHONE OR TEXTING		
16. MUSIC LESSONS (OR PRACTICING MUSIC), DRAMA, CLASSES ETC		
17. WATCHING TV, FILMS, VIDEOS OR DVDS		
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20. HOUSEWORK (preparing food, tidying bedroom, feeding pets)		
21. HOBBIES AND OTHER LEISURE ACTIVITIES		
22. OUT SHOPPING TO BUY THINGS (groceries, clothes etc).		
23. GOING TO DISCOS OR BARS, ETC.		
24. GOING TO PARTY OR OTHER SOCIAL EVENT (in people's houses)		
25. OTHER 1 (SPECIFY)		





## FOOD FREQUENCY QUESTIONNAIRE:

### YOUR DIET OVER THE PAST YEAR

For each food there is an amount shown, either what we think is a “medium serving” or a common household unit such as a slice or teaspoon. Please put a tick in the box to indicate how often, **on average**, you have eaten the specified amount of each food, to the nearest whole number **during the past year i.e. from when you receive this questionnaire to the same month the previous year.**

Please estimate your average food use as best you can. Please answer every question, do not leave ANY lines blank.

### EXAMPLES:

The following are examples on how to estimate how often and how much bread and potatoes you ate over the past year. Please estimate your food intake for all foodstuffs in the same way.

Potatoes: If you ate a medium serving of potatoes 3 times per week over the past year put a tick in the box “2-4 per week”. If you think you usually ate more or less than a medium serving please try to estimate which box suits best.

	AVERAGE USE LAST YEAR								
Potatoes, Rice and Pasta (medium serving)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
Boiled, instant or jacket potatoes				✓					

For white bread a medium serving is one medium sized slice. Therefore if you usually ate 1 medium slice 4 or 5 times per day, you should put a tick in the column headed “4-5 per day”. If you ate 2 medium slices 4 or 5 times per day, then you should put a tick in the column “6+ per day”.

	AVERAGE USE LAST YEAR								
BREAD AND SAVOURY BISCUITS (One slice or one biscuit)	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
White bread and rolls (including ciabatta and pannini bread)								✓	

**Please check that you put a tick (✓) on every line**











J. DRINKS	AVERAGE USE LAST YEAR								
	Never or less than once per month	1-3 per month	Once a week	2-4 per week	5-6 per week	Once a day	2-3 per day	4-5 per day	6+ per day
1. Tea (cup)									
2. Coffee instant (cup)									
3. Coffee ground (cup)									
4. Coffee, decaffeinated (cup)									
5. Coffee whitener e.g. coffee-mate (teaspoon)									
6. Cocoa, Hot Chocolate (cup)									
7. Horlicks, Ovaltine (cup)									
8. Wine (glass)									
9. Beer, Lager or Cider (half pint)									
10. Alcopops e.g. Bacardi Breezer (bottle)									
11. Port, Sherry, Vermouth, liqueurs (glass)									
12. Spirits e.g. Gin, Whiskey (single measure)									
13. Low calorie or diet soft fizzy (glass)									
14. Fizzy Soft drinks e.g. Coca Cola (glass)									
15. Pure fruit drinks e.g. orange juice (small glass)									
16. Fruit squash (small glass)									

**K1. What type of milk do you use most often?**

- None ..... <sub>1</sub> Super/fortified ..... <sub>5</sub>  
 Whole milk/Full fat ..... <sub>2</sub> Skimmed ..... <sub>4</sub>  
 Low fat ..... <sub>3</sub> Soya ..... <sub>6</sub>  
 Other, please specify \_\_\_\_\_ ..... <sub>7</sub>

**K2. How much milk do you drink each day?**

- None ..... <sub>1</sub> One litre ..... <sub>4</sub>  
 250ml (half pint) ..... <sub>2</sub> More than 1 litre ..... <sub>5</sub>  
 568 ml (one pint) ..... <sub>3</sub>

**Thank you for taking the time to complete this questionnaire. Please return this completed Time-Use Diary and Food Frequency Questionnaire in the pre-paid envelope provided to the Economic and Social Research Institute.**