



## **Eat Like a Champ**

### *Information Sheet for Pupils*

**Eat Like a Champ** is an exciting programme designed to help you learn all about food, drink, exercise and about being healthy! You are one of three thousand Year 5 classes across the country who will be taking part this year.

We'd like your help to find out how well **Eat Like a Champ** helps you learn about healthy eating.

If you'd like to help us in our scientific research, you will be asked to fill in a **questionnaire** on-line about the food and drink that you have. You'll be asked to do this three times - in September, November and January. This will help us to make Eat Like A Champ even better in the future.

Your answers will be kept safe and we won't share them with anyone else.

Your teacher can tell you more if you have any questions.

**Thank you for helping us!**

## **PUPIL INFORMATION SHEET: Eat Like A Champ evaluation 2018**

### **What is the survey about?**

Your school has signed up to Eat Like a Champ, a programme created by Danone UK to help you learn about being healthy. Eat Like a Champ has asked Public Health Nutrition Research and King's College London to find out how well Eat Like a Champ helps you to learn about healthy eating. We hope you will want to help.

Pupils in your Year 5 class (or classes) will be asked to fill in a questionnaire on-line about the food and drink that you have. It takes about 20-30 minutes to fill in.

### **Why is the survey important?**

Eating well and being active help you to feel better and learn better. We want to find out the best ways to help you to learn about how to be healthy.

### **Why was my school chosen?**

Your head teacher has signed up your school to take part in the Eat Like a Champ Evaluation. There are 50 classes in London who are helping us. That's over 1,000 children taking part in our research!

### **When will the study happen?**

The survey will be carried out between February and June 2018.

### **What do I have to do?**

You will be asked to fill in a questionnaire on-line about what you eat and drink. This will be done three times – just before the Eat Like a Champ teaching sessions begin, just after they finish, and then nine weeks after that.

***You only need to take part if you want to.***

***If you do not want to take part, you do not have to give a reason.***

### **What will happen to the information?**

The forms that you fill in on-line will be kept on a password protected computer at Danone UK head office. We will not share what you tell us with anyone.

Your teacher can tell you more about the study and what you will be asked to do.

*Thank you for your help with this important survey.*