

Questions documentation

Youth Dietary Questionnaire (Q-youth diet)

Child 13-15 years

The Norwegian Mother and Child Cohort Study (MoBa)

Child questionnaire

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This document describing the instruments used to construct the questionnaire has not been finally quality controlled. The document may contain some minor inaccuracy and will be subjected to revision. If you have any comments that may improve this document contact mobaadm@fhi.no

Version	Date	Performed by	Description
1.0	Dec. 2020	Kristine Vejrurp	
1.1	22.06.2022	Turid S. Solberg	Updated with information about version HBN and HNN

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Instrument

This is the food frequency questionnaire (FFQ) developed to monitor the youths' food intake at age 13-15 years. All participants answered electronically.

The development of the Q-youth questionnaire was initiated in 2010 and in collaboration with the Danish National Birth Cohort (DNBC) in order to achieve comparable questionnaires. Both cohorts aimed for web-based questionnaires and the starting point was a short questionnaire for adolescents developed in the US Growing Up Today Study (GUTS) ⁽¹⁾.

A first version of the MoBa questionnaire was tested for reproducibility and validity in 13-14-year-old students in four different schools in the southern part of Norway. For reproducibility, 58 students filled out the FFQ four weeks apart, and for validity, 93 students filled out the FFQ and completed two 24-hour recalls and donated a blood sample for analysis of fatty acids and vitamin D. The test-retest reproducibility was considered good, while the relative validity was considered OK for nutrients but poor for the biomarkers ⁽²⁾. A validation of the DNBC questionnaire included 124 adolescents who after answering the FFQ complete three telephone-based 24HRs; administered 4 weeks apart. No biomarkers were included. The relative validity was moderate ⁽³⁾. The MoBa dietary questionnaire for youth was modified and a pilot was sent to participants in 2017. From 2018 version H of the questionnaire was sent to participants and the survey is ongoing per June 2022.

For calculating nutrient intakes from reported intake of food, frequencies are converted into food amounts using standard portion sizes for girls and boys. FoodCalc⁽⁴⁾ and the Norwegian Food Composition Table (version downloaded from www.matvaretabellen.no in 2018) are used to calculate daily intakes of energy, nutrients and food. Intake of nutrient from reported use of dietary supplements, including supplements reported as text, has not been estimated. For predefined supplements, this can be done by multiplying the reported frequency of use with nutrient contents in a standard dose.

NOTE:

The dietary questionnaire for youth has four versions (P, H, HBM and HNN). This instrument documentation is based on version H. There are no changes between version H, HBM and HNN. HBM and HNN refers to a "bokmål" and a "nynorsk" version of the questionnaire. There are very few changes between the version H and version P (pilot).

Model structure of what is presented per instrument/section

1. Name of original instrument/question:

List wording of questions from the questionnaire included in the section (with number used in the dataset in front) and write response categories (with values used in the dataset).

2. Description of original questions:

Describe original scale or selection of items used. Note: In the dietary questionnaire for youth only single questions have been used.

3. Rationale for choosing the questions:

What is it meant to measure and IF RELEVANT: Why this is a good measure.

4. Modifications:

Describe modifications during the study from one version to another. Write if omitted or added from one version to another.

2-3. Birth year and gender

1. Name of original questions: 2 questions about the participant

Q		Response options	Variable name
2	What year were you born?		
		1) 1999 2) 2000 3) 2001 4) 2002 5) 2003 6) 2004 7) 2005 8) 2006 9) 2007 10) 2008 11) 2009	QDY_2
3	Are you a boy or a girl?		
		1) Boy 2) Girl	QDY_3

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions: To determine birth year and gender of participant.

4. Revision during the data collection period: No revisions have been made.

4-39. Beverage

1. Name of original questions: questions about beverage consumption

Q		Response Options	Variable name
4-31	What have you been drinking the last month? Think about what you usually drink to all meals and between meals both in the weekdays and in the weekend. 1 glass/cup = 2-2,5 dl		
	Dairy		
	4. Full-fat milk		QDY_4
	5. Low-fat milk		QDY_5
	6. Extra low-fat milk	1) 0 glass per month	QDY_6
	7. Skimmed milk	2) 1-3 glass per month	QDY_7
	8. Kefir/buttermilk	3) 1 glass per week	QDY_8
	9. Chocolate milk, strawberry milk etc.	4) 2-6 glass per week	QDY_9
	10. Cultura/Biola natural	5) 1 glass per day	QDY_10
	11. Cultura/Biola with taste	6) 2-3 glass per day	QDY_11
	Juice/soft drink/water		
	12. Soya milk, rice or oat milk etc.	7) More than 3 glass per day	QDY_12
	13. Tap water or bottled water		QDY_13
	14. Orange juice		QDY_14
	15. Apple juice	1) 0 glass per month	QDY_15
	16. Other fruit juice and nectar	2) 1-3 glass per month	QDY_16
	17. Juicesoda (Noisy etc.)	3) 1 glass per week	QDY_17
	18. Smoothie	4) 2-6 glass per week	QDY_18
	19. Fruit syrup, ice tea, slush with sugar	5) 1 glass per day	QDY_19
	20. Fruit syrup, ice tea, slush with artificial sweetener	6) 2-3 glass per day	QDY_20
	21. Soft drinks with sugar	7) More than 3 glass per day	QDY_21

	22. Soft drinks with artificial sweetener		QDY_22
	23. Sports drinks (YT, Power Aid etc.)		QDY_23
	24. Energy drinks (Red bull, Battery etc.)		QDY_24
Coffee/tea			
	25. Coffee without milk		QDY_25
	26. Coffee with milk, ice coffee	1) 0 glass per month	QDY_26
	27. Black tea	2) 1-3 glass per month	QDY_27
	28. Tea with milk	3) 1 glass per week	QDY_28
	29. Fruit tea	4) 2-6 glass per week	QDY_29
	30. Herbal tea	5) 1 glass per day	QDY_30
	31. Green tea	6) 2-3 glass per day	QDY_31
		7) More than 3 glass per day	
Sugar and artificial sweetener			
32	Did you use sugar in tea/coffee the last month?		
		1) yes 2) no	QDY_32
33	How many teaspoons per cup		
		1) 1/2 2) 1 3) 2 4) 3 5) 4 6) 5 7) 6 8) More than 6	QDY_33
34	Did you use artificial sweetener in coffee/tea the last month		
		1) yes 2) no	QDY_34
Alcoholic drinks			
35	Have you ever been drinking alcohol (more than just tasting a sip)?		
Version H, HBM, HNN		1) yes 2) no	QDY_35
36	What kind of alcoholic drink have you had the last month?		
Version H, HBM, HNN	1) Beer		QDY_36_1
	2) Cider, alcopops		QDY_36_2
	3) Wine		QDY_36_3
37	How many units (glass/box/bottle) of beer have you had the last month?		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_37
38	How many units (glass/box/bottle) of cider/alcopops have you had the last month?		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_38
39	How many glasses of wine have you had the last month?		
Version H, HBM, HNN		1) 1-3 2) 4-7 3) more than 8	QDY_39
P35-P37	Have you had any of the following alcoholic drinks the last month?		
P (pilot)	P35) Beer	1) 0 glass/boxes/bottles per month	QDY_P_35
	P36) Cider, alcopops	2) 1-3 glass/boxes/bottles per month	QDY_P_36
	P37) Wine	3) 1 glass/box/bottle per week	QDY_P_37
		4) 2-6 glass/boxes/bottles per week	
		5) More than 7 glass/boxes/bottles per week	

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

These questions were developed to get information about youth's beverage consumption.

4. Revision during the data collection period:

Revisions have been made to items related to alcoholic drinks. Items 35-36 are specific to version H, HBM, HNN. Revision have been made to the response categories for items 37-39: 5 categories in P (pilot) and 3 categories in version H, HBM, HNN.

40-44. Yoghurt – dairy products

1. Name of original questions: questions about intake of yoghurt and dairy products

Q		Response Options	Variable name
40-44	Did you eat the following food items the last month? Think about all meals and snacks both in the weekdays and in the weekend.		
	40. Yoghurt natural, greek yoghurt etc.	1) Not eaten	QDY_40
	41. Fruit yoghurt	2) 1-3 box per month	QDY_41
	42 Biola, Activia yogurt (with probiotics)	3) 1 box per week	QDY_42
	43. Go-morgen yogurt	4) 2-6 box per week	
	44. Skyr, Cottage cheese	5) 1 box per day	QDY_43
		6) More than 1 box per day	QDY_44

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

These questions are developed to get information about youth's intake of yoghurt and dairy products.

4. Revision during the data collection period: No revisions have been made.

45-49. Breakfast cereals

1. Name of original questions: questions about intake of breakfast cereals

Q		Response Options	Variable name
45-49	Did you eat the following food items the last month?		
	45. Corn Flakes, Havrefras, Special-K, Havreloops, Cheerios, etc.	1) Not eaten	QDY_45
	46. Coco pops, Honnikorn, etc.	2) 1-3 portions per month	
	47. Oatmeal, oat porridge	3) 1 portion per week	QDY_46
	48. Muesli, mixed cereal	4) 2-6 portions per week	QDY_47
	49. Other type of porridge	5) 1 portion per day	QDY_48
		6) more than 1 portion per day	QDY_49

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

These questions are developed to get information about youths' intake of cereals.

4. Revision during the data collection period: No revisions have been made.

50-57. Bread and crisp bread

1. Name of original questions: questions about intake of bread and butter/margarine/mayonnaise

Q		Response Options	Variable name
50-55	How often did you eat the following type of bread the last month?		
	50. Wholemeal bread (Kneipp bread, medium coarse)	1) Not eaten 2) 1-4 slices per month 3) 2-6 slices per week 4) 1 slice per day 5) 2-3 slices per day 6) 4-5 slices per day 7) more than 6 slices per day	QDY_50
	51. Coarse bread		QDY_51
	52. White bread		QDY_52
	53. Crispbread		QDY_53
	54. Polar bread (fine/coarse)		QDY_54
	55. Rolls, baguettes		QDY_55
56	How often did you use butter/margarine on sandwiches the last month?		
		1) seldom/never 2) sometimes 3) often 4) always	QDY_56
57	How often did you use mayonnaise on sandwiches the last month?		
		1) seldom/never 2) sometimes 3) often 4) always	QDY_57

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

This is a measure of daily intake of bread and butter/margarine and mayonnaise used on bread.

4. Revision during the data collection period: No revisions have been made.

58-75. Cheese/meat cold cuts/fish/spreads

1. Name of original questions: questions about intake of cheese, meat cold cuts, fish and other spreads

Q		Response Options	Variable name
58-75	How many sandwiches/rolls/crisp breads etc. have you eaten with the following food items the last month? Think about all meals and snacks both in the weekdays and in the weekend.		
	58. Cold cuts of ham, roast beef, saddle of pork etc.	1) Not eaten 2) 1-4 slices per month 3) 2-6 slices per week 4) 1 slice per day 5) 2-3 slices per day 6) 4-5 slices per day 7) more than 6 slices per day	QDY_58
	59. Liver paste		QDY_59
	60. Salami, Swedish sausage etc.		QDY_60
	61. Cold cuts of turkey, chicken		QDY_61
	62. Yellow cheese (Norvegia, Jarlsberg etc.)		QDY_62
	63. Brown cheese, Prim		QDY_63
	64. Cheese spread (cheese with ham spread, cheese on tube etc.)		QDY_64
	65. Spread with mayonnaise (Italian etc.)		QDY_65
	66. Egg on slice of bread		QDY_66
	67. Caviar spread		QDY_67
	68. Fish spread (mackerel/sardine in tomato sauce etc.)		QDY_68
	69. Fruit (banana, apple etc.)		QDY_69
	70. Vegetable (tomato, cucumber etc.)		QDY_70
	71. Peanut butter		QDY_71
	72. Chocolate or nut spread		QDY_72
	73. Sweet spread (Hapå, Banos)		QDY_73
	74. Jam		QDY_74
	75. Honey		QDY_75

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:**

This is a measurement of intake of cheese, meat cold cuts, fish and other spreads.

4. **Revision during the data collection period:** No revisions have been made.

76-103. Main dish for dinner

1. **Name of original questions:** questions about dinner

Q	Response Options	Variable name
76-101	How often have you eaten the following main dish as dinner the last month?	
Hot meals with meat		
76. Minced meat patties, meat balls	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_76
77. Hamburger		QDY_77
78. Sausage		QDY_78
79. Taco		QDY_79
80. Pita bread with filling		QDY_80
81. Pizza		QDY_81
82. Casserole dish (risotto, beef stew etc.)		QDY_82
83. Pasta with meat (spaghetti bolognaise, lasagna etc.)		QDY_83
84. Pork, beef or lamb meat (steak, roast, chop etc.)		QDY_84
85. Venison meat (roast of elk, deer, reindeer etc.)		QDY_85
Hot meals with poultry		
86. Chicken or turkey (fillet, barbeque, chicken legs etc.)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_86
87. Chicken burger, nuggets		QDY_87
Pie		
88. Pie with meat or vegetables	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_88
Seafood		
89. Salmon, trout, mackerel or other fatty fish	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_89
90. Cod, saithe or other lean fish		QDY_90
91. Fish soup		QDY_91
92. Shrimp, shellfish		QDY_92
93. Fish cakes, fish sticks or other fish products		QDY_93
Other hot meals		
94. Dishes with beans/lentils/peas	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_94
95. Soup (tomato soup, vegetable soup)		QDY_95
96. Eggs; fried, scrambled, omelet		QDY_96
97. Pancakes		QDY_97
98. Rice porridge		QDY_98
99. Other porridge		QDY_99

100-101	If you had porridge/pancakes the last month how many teaspoons of sugar or jam did you use on the porridge?		
	100. Porridge	1) None	QDY_100
	101. Pancakes	2) 1-3 3) 4-5 4) More than 6	QDY_101
102	Did you eat anything else for dinner this month?		
		1) Yes 2) No	QDY_102
103	What other dish did you eat for dinner?		
		Text variable	QDY_103

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** These questions are developed to get information about youth's hot meal for dinner.

4. **Revision during the data collection period:** No revisions have been made.

104 – 118 Side dish for dinner

1. **Name of original questions:** questions about side dishes

Q		Response Options	Variable name
104-116	How often have you eaten the following side dishes for dinner the last month?		
	Side dish		
	104. Potatoes (boiled, baked, mashed)	1) Not eaten	QDY_104
	105. French fries	2) 1 time per month	QDY_105
	106. Potatoes au gratin, potato salad	3) 2-3 times per month	QDY_106
	107. Fried potatoes	4) 1 time per week	QDY_107
	108. Rice	5) 2-3 times per week	QDY_108
	109. Noodles, pasta, spaghetti	6) 4-6 times per week	QDY_109
	110. Bread, focaccia etc.	7) 1 time per day or more	QDY_110
	Gravy/dressing		
	111. Warm gravy	1) Not eaten	QDY_111
	112. Sour cream, crème fraiche	2) 1 time per month	QDY_112
	113. Dressing	3) 2-3 times per month	QDY_113
	114. Ketchup	4) 1 time per week	QDY_114
	115. Mustard	5) 2-3 times per week	QDY_115
	116. Mayonnaise, rémoulade	6) 4-6 times per week 7) 1 time per day or more	QDY_116
117	Did you eat any other side dish for dinner the last month?		
		1) Yes 2) No	QDY_117
118	What other side dish did you eat for dinner the last month?		
		Text variable	QDY_118

2. **Description of original questions:** MoBa specific single questions

3. **Rationale for choosing the questions:** These questions are developed to get information about youth's sides dishes for dinner.

4. **Revision during the data collection period:** No revisions have been made.

119 - 145. Fruit and vegetables

1. Name of original questions: questions about intake of fruit and vegetables

Q	Response Options	Variable name
119-144	How often did you eat the following fruit and vegetables the last month?	
	Fresh fruit	
119. Apple (1 piece)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_119
120. Pear (1 piece)		QDY_120
121. Banana (1 piece)		QDY_121
122. Orange or 2 clementines		QDY_122
123. Peach, nectarine (1 piece)		QDY_123
124. Plum (1 piece)		QDY_124
125. Melon (1 slice)		QDY_125
126. Kiwi (1 piece)		QDY_126
127. Pineapple (1 slice), mango (1 bit)		QDY_127
128. Berries, fresh or frozen (1 portion)		QDY_128
129. Grapes (1 handful)		QDY_129
130. Raisins (1/2 handful)		QDY_130
131. Other dried fruits (1/2 handful)		QDY_131
		Vegetables
132. Broccoli	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day or more	QDY_132
133. Cauliflower		QDY_133
134. Onion, garlic, leek		QDY_134
135. Avocado (1/2 piece)		QDY_135
136. Corn (1/2 cob = 2 tbsp)		QDY_136
137. Peas, snow peas		QDY_137
138. Mixed salad (1 portion)		QDY_138
139. Cooked spinach		QDY_139
140. Pepper (1/4)		QDY_140
141. Carrots (1 piece)		QDY_141
142. Cucumber (about 4-5 cm)		QDY_142
143. Tomato (1 piece)		QDY_143
144. Other vegetables		QDY_144
145		If you crossed out other vegetables, what other vegetables did you eat?
	Text variable	QDY_145

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

These questions are developed to get information about youth's intake of vegetables.

4. Revision during the data collection period: No revisions have been made.

146-151. Organic food and drinks

1. Name of original questions: questions about intake of organic food and drinks.

Q		Response options	Variable name
146-151	How often do you eat/drink the following organic food and drinks?		
Version H, HBM, HNN	146. Milk, milk products and cheese	1- Seldom/never 2- Sometimes 3- Often 4- Mostly	QDY_146
	147. Bread and cereal products (flour, muesli etc.)		QDY_147
	148. Egg		QDY_148
	149. Vegetables		QDY_149
	150. Fruit		QDY_150
	151. Meat		QDY_151

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions: This is a measure of youth's intake of ecological food.

4. Revision during the data collection period: Questions are specific to version H, HBM, HNN.

152-164. Cake, desserts and sweets

1. Name of original questions: questions about intake of cake, desserts and sweets

Q		Response Options	Variable name
152-164	How often have you eaten the following the last month?		
	152. Cake (cream layer cake, brownie chocolate cake) (1 piece)	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day 8) 2 times per day or more	QDY_152
	153. Cookies, sweet biscuits (1 piece)		QDY_153
	154. Danish pastry (1 piece)		QDY_154
	155. Buns (cinnamon buns, Norwegian custard buns ("skolebrød"), currant buns etc.) (1 piece)		QDY_155
	156. Müsli bar		QDY_156
	157. Ice cream, yogurt ice cream (1 piece)		QDY_157
	158. Water ice stick, sorbet (1 piece)		QDY_158
	159. Pudding and mousse		QDY_159
	160. Creamed rice or "rislunsj" (Norwegian rice pudding)		QDY_160
	161. Gelo		QDY_161
	162. Canned fruit		QDY_162
	163. Cream, whipped cream		QDY_163
	164. Vanilla sauce		QDY_164

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions: These questions are developed to get information about youth's intake of desserts, ice cream, cakes and sweets.

4. Revision during the data collection period: No revisions have been made.

165-173. Snacks

1. Name of original questions: questions about intake of snacks

Q	Response Options	Variable name
165-173	How often have you eaten the following the last month?	
	Snacks	
165. Crisps, potato chips, cheese doodles	1) Not eaten 2) 1 time per month 3) 2-3 times per month 4) 1 time per week 5) 2-3 times per week 6) 4-6 times per week 7) 1 time per day 8) 2 times per day or more	QDY_165
166. Tortilla chips (not with taco dinner)		QDY_166
167. Popcorn		QDY_167
168. Nuts		QDY_168
169. Mixed candy (Norwegian "smågodt")		QDY_169
170. Snowballs		QDY_170
171. Chocolate bar, plain (Norwegian "Melkesjokolade", Norwegian "Firkløver", Norwegian "Stratos" etc.) (small bar)		QDY_171
172. Chocolate bar, filled (Mars, Japp, Snickers etc.) (1 piece)		QDY_172
173. Dark chocolate (1/4 bar)		QDY_173

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

These questions are developed to get information about youth's intake of snacks.

4. Revision during the data collection period: No revisions have been made.

174 – 180. Meal pattern

1. Name of original questions: questions about meal habits.

Q	Response options	Variable name
174-177	How many times a week do you eat breakfast, lunch, dinner and evening meal (weekdays and weekend)?	
174. Breakfast	1) Never or almost never 2) 1-2 times per week 3) 3-4 times per week 4) 5-6 times per week 5) Every day	QDY_174
175. Lunch		QDY_175
176. Dinner		QDY_176
177. Evening meal		QDY_177
178	How often do you eat breakfast or dinner with your family?	
	1) Never or almost never 2) 1-2 times per week 3) 3-4 times per week 4) 5-6 times per week 5) Every day	QDY_178
179	Where do you get your school lunch?	
1) Bring packed lunch from home		QDY_179_1
2) Buy at school		QDY_179_2
3) Buy outside of school		QDY_179_3
4) Don't eat lunch at school		QDY_179_4
180	How often do you eat food from McDonald's, Narvesen, 7-Eleven etc.?	
	1) Never/seldom 2) 1-3 times per month 3) 1 time per week 4) 2-3 times per week 5) 4-6 times per week 6) 1 time per day or more	QDY_180

2. **Description of original questions:** MoBa specific single questions
3. **Rationale for choosing the questions:**
These questions were developed to get information about youth's meal habits.
4. **Revision during the data collection period:** No revisions have been made.

181 - 189. Supplements

1. **Name of original questions:** questions about intake of supplements.

Q		Response options	Variable name
181-187	How often have you taken the following supplements during the last month?		
	181. Cod liver oil	1) Not used 2) 1-3 times per month 3) 1-2 times per week 4) 3-4 times per week 5) 5 times per week or more	QDY_181
	182. Cod liver/fish oil capsules		QDY_182
	183. Multivitamins without minerals		QDY_183
	184. Multivitamins with minerals		QDY_184
	185. Iron supplement		QDY_185
	186. Vitamin C		QDY_186
	187. Vitamin D		QDY_187
188	Have you used other supplements than those mentioned above during the last month?		
		1) No 2) Yes	QDY_188
189	What other supplements have you used?		
		Text variable.	QDY_189

2. **Description of original questions:** MoBa specific single questions
3. **Rationale for choosing the questions:**
This is a measure of youth's intake of supplements.
4. **Revision during the data collection period:** No revisions have been made.

190. Participate in cooking at home

1. **Name of original questions:** question about food preparation

Q		Response option	Variable name
190	Do you participate in cooking at home?		
		1) Never 2) Seldom 3) Often	QDY_190

2. **Description of original questions:** MoBa specific single questions
3. **Rationale for choosing the questions:**
This is a measure of youth's involvement in food preparation at home.
4. **Revision during the data collection period:** No revisions have been made.

191 - 196. Food allergies

1. Name of original questions: questions about food allergies and intolerance.

Q	Response option	Variable name
191	Do you have any kind of food allergy or intolerance?	
	1) Yes 2) No	QDY_191
192	What kind of food allergy/intolerance do you have?	
	1) Egg	QDY_192_1
	2) Milk	QDY_192_2
	3) Nuts	QDY_192_3
	4) Shellfish	QDY_192_4
	5) Wheat, gluten	QDY_192_5
193	If there is other food items you cannot tolerate, write them here:	
	Text variable	QDY_193
194	Are there food items that you avoid for other reasons than allergy/intolerance?	
	1)Yes 2) No	QDY_194
195	What do you avoid eating?	
	Text variable	QDY_195
196	Why do you avoid eating this food?	
	Text variable	QDY_196

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions: This is a measure of youth's food allergy or intolerance.

4. Revision during the data collection period: No revisions have been made.

197 - 198. Sleep

1. Name of original questions: questions about sleeping habits

Q	Response option	Variable name
197	How many hours do you sleep every night on weekdays?	
	1) Less than 5 hours 2) 5 hours 3) 6 hours 4) 7 hours 5) 8 hours 6) 9 hours 7) 10 hours 8) 11 hours or more	QDY_197
198	How many hours do you sleep every night on weekends?	
	1) Less than 5 hours 2) 5 hours 3) 6 hours 4) 7 hours 5) 8 hours 6) 9 hours 7) 10 hours 8) 11 hours or more	QDY_198

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions: This is a measure of youth's sleeping habits.

4. Revision during the data collection period: No revisions have been made.

199 - 208. Physical activity and after school activities

1. Name of original questions: questions about physical activity and after school activities.

Q		Response options	Variable name
	<i>How active are you? Pick the answer that best describes how active you have been the last month. Think about both weekdays and weekends.</i>		
199	Do you participate in physical education at school?		
		1) Yes 2) No	QDY_199
200	How many school hours do you participate in physical education at school?		
		1) Less than 1 school hour 2) 1-2 school hours 3) 3-4 school hours 4) 5-7 school hours 5) more than 7 school hours	QDY_200
201	Have you participated in organized sports on your leisure time the last month?		
		1) Yes 2) No	QDY_201
202	What kind of sports?		
	1) Football		QDY_202_1
	2) Handball		QDY_202_2
	3) Other ball games		QDY_202_3
	4) Gymnastics		QDY_202_4
	5) Athletics		QDY_202_5
	6) Cycling		QDY_202_6
	7) Dancing		QDY_202_7
	8) Horse riding		QDY_202_8
	9) Karate, other martial arts		QDY_202_9
	10) Skiing		QDY_202_10
	11) Others		QDY_202_11
203	How many hours in total do you spend doing organized sports per week?		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_203
204	Have you participated in other organized activities the last month?		
		1) Yes 2) No	QDY_204
205	What other organized activities?		
	1) Scouts		QDY_205_1
	2) Band (e.g. school band, brass band)		QDY_205_2
	3) Music school		QDY_205_3
	4) Choir		QDY_205_4
	5) Other		QDY_205_5
206	How many hours in total do you spend on other organized activities per week?		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_206

207	Do you ride your bike or walk to school and/or after school activities?		
		1) Yes 2) No	QDY_207
208	How many hours a week have you cycled or walked to school and/or after school activities?		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5 hours or more	QDY_208

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

This is a measure of youth's physical activity and after school activities.

4. Revision during the data collection period: No revisions have been made.

209 - 212. Time in front of screen

1. Name of original questions: questions about screen time.

Q		Response options	Variable name
209-211	How much screen time do you usually have during a weekday?		
	209. Screen time (PC, tablet etc.) for homework?	1) Less than 1 hour 2) 1-2 hours	QDY_209
	210. Screen time (TV, tablet, smartphone, PC, etc.) for other things than homework?	3) 3-4 hours 4) 5-7 hours 5) 8-10 hours	QDY_210
	211. Screen time (PC, TV etc.) at school?	6) 11 hours or more	QDY_211
212	How much screen time (TV, tablet, smartphone etc.) do you use to other things than homework on days off?		
		1) Less than 1 hour 2) 1-2 hours 3) 3-4 hours 4) 5-7 hours 5) 8-10 hours 6) 11 hours or more	QDY_212

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

This is a measure of youth's time in front of screen.

4. Revision during the data collection period: No revisions have been made.

213 - 214. Height and weight

1. Name of original questions: questions about height and weight.

Q		Response options	Variable name
213	How high are you?	1) lower than 125 cm 2) 125 cm 3) 126 cm - - 76) 199 cm 77) 200 78) higher than 200	QDY_213
214	How much do you weigh?	1) less than 25 kg 2) 25 kg 3) 26 kg - - 76) 99 kg 77) 100 kg 78) more than 100 kg	QDY_214

2. Description of original questions: MoBa specific single questions

3. Rationale for choosing the questions:

This is a measure of youth's height and weight.

4. Revision during the data collection period: No revisions have been made.

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