

Parents, please fill in the following details:

Child's Name: Surname:

Mother's Name: Surname:

Child's Date of Birth:
(DD/MM/YYYY)

Please Select (✓) the Group Your Child is in:

EARLY Introduction STANDARD Introduction

Food Record for Nursery days (3 YEARS)



Guidance for Completing the Food Record

This child is enrolled on to the EAT Study which looks at the development of food allergies in young children. It is very important we get an accurate record of this child's typical intake over 5 consecutive days (3 week days and 2 weekend days). We would therefore appreciate your assistance in recording this child's intake in as much detail as possible whilst he/she is in your care. Please take a note of the tips below:

1. Record all food and drinks consumed. Include snacks, drinks and anything added like sauces, butter, oil, or any type of milk.
2. Water consumption does not need to be documented.
3. Indicate food portion sizes in weight (e.g. 6 oz, 40g, 100ml), household measurements (e.g. 2 tbsp, 1½ tsp), or by fractions (e.g. 1/2 small pear or 1 biscuit).
4. Make sure you note down any brand and product names e.g. McVitie's Digestives, Shreddies, Yoplait petit filous etc.
5. Don't forget to include any prescribed nutritional foods/drinks e.g. Neocate Active, Paediasure.
6. Remember to hand the completed food record back to mum/dad at the end of each day so they can input the data online.

Thank You

You will see an example of how to record different foods eaten for a sample day overleaf. Please note this is for guidance only.

SAMPLE DAY

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Breakfast <i>Food(s)</i>	Weetabix biscuit	1 biscuit	
	Semi-skimmed cow's milk	4oz milk	
	Pear	1/2	
<i>Drink(s)</i>	Orange juice, diluted	1 cup (~ 4oz: 1/2 juice, 1/2 water)	
Mid-Morning	Raw carrot batons	4 batons	
	Plain houmous	2tbsp houmous	
	Plain Muffin	1/2	Low fat spread
Lunch <i>Food(s)</i>	Cheesy scrambled eggs	1 egg, 25g cheddar cheese,	Fried in butter
	Wholemeal toast	1 thick slice bread,	Low fat spread
	Little Stars Muller yoghurt	1/2 pot of yoghurt	
	Chopped apple	1/2 small apple	
	<i>Drink(s)</i>	Orange juice diluted	1 cup (as above)

SAMPLE DAY

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Mid-Afternoon	Cheerio cereal (Dry)	1tbsp	
Dinner <i>Food(s)</i>	Tuna Pasta with Tomato sauce	4tbsp	Tinned tuna in Oil
	Sweetcorn	1tbsp	Salt added to water
	Custard	3tbsp	Homemade at Nursery with whole milk
<i>Drink(s)</i>			
Evening/ Bedtime	Raisons	1tbsp	
	Organix Apple Rice Cakes	3	
	Semi-Skimmed cows milk	4oz	

**NOW THAT YOU HAVE COMPLETED TODAY'S RECORD, PLEASE
HAND BACK TO MUM.
REMEMBER TO COMPLETE THE DIARY FOR DAYS 2 AND 3.
THANK YOU**

FOOD RECORD- NURSERY DAY 1

DATE: (DD/MM/YY) CHILD'S INITIALS:(FIRST, LAST)

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Breakfast <i>Food(s)</i>			
<i>Drink(s)</i>			
Mid-Morning			
Lunch <i>Food(s)</i>			
<i>Drink(s)</i>			

FOOD RECORD- NURSERY DAY 1 CONTINUED....

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Mid-Afternoon			
Dinner <i>Food(s)</i>			
<i>Drink(s)</i>			
Evening/ Bedtime			

**NOW THAT YOU HAVE COMPLETED TODAY'S RECORD, PLEASE
 HAND BACK TO MUM.
 REMEMBER TO COMPLETE THE DIARY FOR DAYS 2 AND 3.
 THANK YOU**

FOOD RECORD– NURSERY DAY 2

DATE: (DD/MM/YY) CHILD'S INITIALS:(FIRST, LAST)

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Breakfast <i>Food(s)</i>			
<i>Drink(s)</i>			
Mid-Morning			
Lunch <i>Food(s)</i>			
<i>Drink(s)</i>			

FOOD RECORD– NURSERY DAY 2 CONTINUED....

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Mid-Afternoon			
Dinner <i>Food(s)</i>			
<i>Drink(s)</i>			
Evening/ Bedtime			

**NOW THAT YOU HAVE COMPLETED TODAY'S RECORD, PLEASE
 HAND BACK TO MUM.
 REMEMBER TO COMPLETE THE DIARY FOR DAY 3.
 THANK YOU**

FOOD RECORD– NURSERY DAY 3

DATE: (DD/MM/YY) CHILD'S INITIALS:(FIRST, LAST)

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Breakfast <i>Food(s)</i>			
<i>Drink(s)</i>			
Mid-Morning			
Lunch <i>Food(s)</i>			
<i>Drink(s)</i>			

FOOD RECORD– NURSERY DAY 3 CONTINUED....

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Mid-Afternoon			
Dinner <i>Food(s)</i>			
<i>Drink(s)</i>			
Evening/ Bedtime			

NOW THAT YOU HAVE COMPLETED TODAY'S RECORD, PLEASE
HAND BACK TO MUM.
THANK YOU

FOOD RECORD– NURSERY DAY (SPARE)

DATE: (DD/MM/YY) CHILD'S INITIALS:(FIRST, LAST)

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Breakfast <i>Food(s)</i>			
<i>Drink(s)</i>			
Mid-Morning			
Lunch <i>Food(s)</i>			
<i>Drink(s)</i>			

FOOD RECORD– NURSERY DAY SPARE....

Meal Time	Food/Drinks	Quantity Eaten	Cooking Methods and Additions
Mid-Afternoon			
Dinner <i>Food(s)</i>			
<i>Drink(s)</i>			
Evening/ Bedtime			

**Thank you for assisting us with
this part of the
EAT Study!**

www.eatstudy.co.uk