

## A. General Questions about the Kindergarten

A1. Is this kindergarten...?

- <sub>1</sub> Public
- <sub>2</sub> Private
- <sub>3</sub> Other (please specify):.....

A2. What is the total number of children attending this kindergarten?

Number of boys: .....

Number of girls: .....

## B. General Questions about the Kindergarten

B1. Is water available/ accessible for children within the classroom?

- <sub>1</sub> No
- <sub>2</sub> Yes. If yes, in which of the following forms?
  - <sub>1</sub> Fountain
  - <sub>2</sub> Tap
    - <sub>3</sub> Beakers
    - <sub>4</sub> Bottles
    - <sub>5</sub> Jars
    - <sub>6</sub> Other (please specify:.....)

B2. Is water available/ accessible for children in a nearby hallway?

- <sub>1</sub> No
- <sub>2</sub> Yes. If yes, in which of the following forms?
  - <sub>1</sub> Fountain
  - <sub>2</sub> Tap
  - <sub>3</sub> Tap in bathroom
  - <sub>4</sub> Tap in kitchen
    - <sub>5</sub> Beakers
    - <sub>6</sub> Bottles
    - <sub>7</sub> Jars
    - <sub>8</sub> Other (please specify:.....)

B3. Is there water available/ accessible for children outdoors?

- <sub>1</sub> No
- <sub>2</sub> Yes. If yes, in which of the following forms?
  - <sub>1</sub> Fountain
  - <sub>2</sub> Tap
    - <sub>3</sub> Other (please specify:.....)

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B4. How is water available/ accessible to children?

- <sub>1</sub> children can drink water whenever they want without asking their teacher
- <sub>2</sub> available by request only
- <sub>3</sub> during recess only
- <sub>4</sub> during teacher-designated water breaks → how often are these breaks conducted?.....
- <sub>5</sub> other (please specify).....

B5. In which way is water available in the kindergarten (please tick all answers that may apply)?:

- <sub>1</sub> Tap water (tap, fountain etc)
- <sub>2</sub> Bottled water
- <sub>3</sub> Child's personal flask/ beaker/ bottle
- <sub>4</sub> Vending machines selling water
- <sub>5</sub> Vending machines offering free-access to water
- <sub>6</sub> Other option (please specify).....

B6. Kindergarten policy regarding children's water drinking behaviour

	Always	Often	Sometimes	Rarely	Never
Is this kindergarten interfering with children's water drinking behaviour?					
Does this kindergarten ask teachers to encourage children to drink water regularly?					
Is promoting drinking water a part of the health education curriculum in this kindergarten?					
Is children's water drinking behaviour at home promoted to parents by the kindergarten teacher?					
Other (please specify):.....					

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### C. Questions about Snacking

C1. Are there scheduled times to eat main meals or snacks in this kindergarten?

<sub>1</sub> No

<sub>2</sub> Yes (please fill in table below)

	<b>Start time:</b> (e.g. 09:00)	<b>End time:</b> (e.g. 09:15)	<b>Where is this meal or snack consumed?</b>
Breakfast			<input type="checkbox"/> <sub>1</sub> In the classroom <input type="checkbox"/> <sub>2</sub> In the school-dining room <input type="checkbox"/> <sub>3</sub> In another place: Please specify..... .....
Morning snack			<input type="checkbox"/> <sub>1</sub> In the classroom <input type="checkbox"/> <sub>2</sub> In the school-dining room <input type="checkbox"/> <sub>3</sub> In another place: Please specify..... .....
Lunch			<input type="checkbox"/> <sub>1</sub> In the classroom <input type="checkbox"/> <sub>2</sub> In the school-dining room <input type="checkbox"/> <sub>3</sub> In another place: Please specify..... .....
Afternoon snack			<input type="checkbox"/> <sub>1</sub> In the classroom <input type="checkbox"/> <sub>2</sub> In the school-dining room <input type="checkbox"/> <sub>3</sub> In another place: Please specify..... .....
Other (please specify:..... .....)			<input type="checkbox"/> <sub>1</sub> In the classroom <input type="checkbox"/> <sub>2</sub> In the school-dining room <input type="checkbox"/> <sub>3</sub> In another place: Please specify..... .....

C2. Which of the following facilities are available in this kindergarten?

	Yes	No
Oven	<input type="checkbox"/>	<input type="checkbox"/>
Microwave	<input type="checkbox"/>	<input type="checkbox"/>
Refrigerator	<input type="checkbox"/>	<input type="checkbox"/>
Facilities for washing fruits and vegetables	<input type="checkbox"/>	<input type="checkbox"/>
Facilities for preparing snacks and foods (e.g. tables, cupboards, cutlery/utensils etc)	<input type="checkbox"/>	<input type="checkbox"/>
Suitable storage for fresh foods?	<input type="checkbox"/>	<input type="checkbox"/>

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C3. How are foods in this kindergarten available (*please tick all answers that may apply*)?

	Breakfast	Morning snack	Lunch	Afternoon snack
Brought from home				
School canteen selling prepacked foods & drinks				
Vending machines selling prepacked foods & drinks				
School restaurant* (foods & meals are prepared and provided by the kindergarten). Please specify who decides what is served:.....				
School catering* (foods & meals prepared and provided by external providers). Please specify who decides what is served: .....				
Other. Please specify:..... ..... .....				

\* If you choose these replies, please explain in the following question what is served in the kindergarten

C4. If food is provided by catering or school restaurant in this kindergarten, please fill in the weekly menu of foods and drinks in the table below:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Morning snack					
Lunch					
Afternoon snack					
Other. Please specify:..... .....					

C5. In the case that food is served in this kindergarten, who covers this cost?

	Breakfast	Morning snack	Lunch	Afternoon snack
Free of charge				
Free of charge only for children from low income families				
At a cost				
Other. Please specify:..... .....				

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C6. Kindergarten policy regarding children’s snacking behaviour

	Always	Often	Sometimes	Rarely	Never
Is this kindergarten interfering with children’s snacking behaviour?					
This kindergarten asks parents or catering-service to provide children only with healthy snacks for the school					
Does this kindergarten ask teachers to encourage children to eat healthy snacks?					
Is promoting healthy snacking a part of the health education curriculum in this kindergarten?					
Is children’s snacking behaviour at home promoted to parents by the kindergarten teacher?					
Other (please specify):..... ..... .....					

**D. Questions about Physical Activity**

D1. Please complete the number and scheduled time of the weekly physical education sessions scheduled for 4-5 year old children and 5-6 year old children during school-hours in this kindergarten.

	4-5 years olds	5-6 years olds
Number of physical education sessions/week		
What is the total time of each physical education session?		

D2. Who delivers these physical education sessions?

- <sub>1</sub> P.E. teacher
- <sub>2</sub> Class teacher
- <sub>3</sub> Other, please specify.....

D3. Does this kindergarten offer organized sport activities (sport-clubs)?

- <sub>1</sub> Yes → During school time
- After school time
- <sub>2</sub> No

D4. Who delivers these organized sport activities (sport-clubs)?

- <sub>1</sub> P.E. teacher
- <sub>2</sub> Class teacher
- <sub>3</sub> Other, please specify.....

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D5. Please complete the number and duration of daily recess times/breaks scheduled for 4-5 year old children and 5-6 year old children during school-hours in this kindergarten.

	4-5 years olds	5-6 years olds
Number of recess time per day		
What is the total recess time provided per day?		

D6. Are children encouraged to be physically active during recess time?

- Always
- Often
- Sometimes
- Rarely
- Never

D7. Provide the following details on the availability of equipment and facilities for PE sessions or unstructured physical activity:

	Availability		Approximate space in (m <sup>2</sup> )
	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	
Schoolyard without any lines for physical activities	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	
Indoor gym/court area	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	
Outdoor gym/court area with lines indicating courts or physical activity/recreational activity/games	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	
Fixed play equipment (e.g. merry-go-round, tunnels, sandbox, climbing structures etc)	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	
Equipment (e.g. balls, cones, ropes, balloons etc)	<input type="checkbox"/> <sub>1</sub> Yes	<input type="checkbox"/> <sub>2</sub> No	

D8. Provide the following details about the outdoor school environment (e.g. schoolyard, outdoor court) where PE sessions and/or recess/breaks take place:

What kind of surfaces are present? <i>(tick all options that may apply)</i>	<input type="checkbox"/> <sub>1</sub> Asphalt/paved <input type="checkbox"/> <sub>2</sub> Grass <input type="checkbox"/> <sub>3</sub> Gravel <input type="checkbox"/> <sub>4</sub> Sand <input type="checkbox"/> <sub>5</sub> Rocks <input type="checkbox"/> <sub>6</sub> Nature/woods <input type="checkbox"/> <sub>7</sub> Other.....
How is the topography? <i>(tick all that may apply)</i>	<input type="checkbox"/> <sub>1</sub> Flat (mostly) <input type="checkbox"/> <sub>2</sub> Hilly (mostly) <input type="checkbox"/> <sub>3</sub> Combination of both <input type="checkbox"/> <sub>4</sub> Other.....
How is the school's outdoor area separated from the neighbourhood? <i>(tick all that may apply)</i>	<input type="checkbox"/> <sub>1</sub> Fence/Hedge <input type="checkbox"/> <sub>2</sub> No clear boundaries <input type="checkbox"/> <sub>3</sub> Other.....

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Are there other things present? <i>(tick all that may apply)</i>	<input type="checkbox"/> <sub>1</sub> Drinking fountains <input type="checkbox"/> <sub>2</sub> Plants/trees <input type="checkbox"/> <sub>3</sub> Benches (and tables) <input type="checkbox"/> <sub>4</sub> Other.....
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D9. Kindergarten policy regarding children’s physical activity behaviour

	Always	Often	Sometimes	Rarely	Never
Is this kindergarten interfering with children’s physical activity behaviour?					
Is promoting physical activity a part of the health education curriculum in this kindergarten?					
Is children’s physical activity behaviour at home promoted to parents in the kindergarten?					
Other (please specify):..... ..... .....					

**E. Questions about Sedentary Behaviour**

E1. Which of the following equipment is available for children use?

	In the classroom		In the kindergarten	
	Yes	No	Yes	No
TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DVD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Video	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Computer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Video games	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

E2. Please fill the time devoted to each of the activities below during the school hours in this kindergarten:

	Average hours per week
TV/DVD/Video-viewing	
Computer use	
Video/PC games	

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E3. Kindergarten policy regarding children’s sedentary behaviour

	Always	Often	Sometimes	Rarely	Never
Is this kindergarten interfering with children’s sedentary behaviour?					
Is the limitation of sedentary activities a part of the health education curriculum in this kindergarten?					
Is the limitation of sedentary behaviour (TV/DVD/PC) at home promoted to parents in the kindergarten?					
Other (please specify):..... .....					

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## F. Questions about Rules in the Kindergarten

Are there any rules regarding the following issues?

	Written rules*	Verbal rules**	No rules
Rules for water breaks			
Rules against availability of soft drinks at the kindergarten			
Rules against availability of pre-packed juices at the kindergarten			
Rules regarding the foods prepared and provided by the kindergarten restaurant or the catering service			
Rules against children bringing sweet and salty snacks from home at the kindergarten			
Rules towards prices of products in the canteen/school shop			
Rules for performing scheduled PE sessions weekly			
Rules for encouraging unstructured physical activity daily			
Rules for teachers asking parents to dress their children with appropriate clothes for physical activity when having PE sessions			
Rules for teachers to provide access to equipment and facilities during breaks/ recess time			
Rules for performing regular movement breaks			
Rules regarding maximum time spent in TV/DVD/Video-viewing			
Rules regarding maximum time spent in use of PC/Video-games use			

\* if such rules exist, please provide a copy

\*\* if such rules exist, please specify what kind of rules

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## G. Questions about the Teacher

**(to be completed provisionally)**

Please ask the kindergarten teacher to self-report the following data

What is your gender?	Female <input type="checkbox"/>	Male <input type="checkbox"/>
What is your age (years)?		
What is your body weight (Kg)?		
What is your body height (cm)?		
Do you smoke?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
How many cigarettes per day do you smoke?		
Do you participate in any recreational activities such as cycling, walking, participation in sports, swimming, aerobic classes, gym, etc?	Yes <input type="checkbox"/>	No <input type="checkbox"/>
If yes: how many times per week do you participate?  - how much time do you usually devote each time you do this recreational activity?		

I am careful about my diet and pay attention to the foods/ drinks that I consume

- Always
- Often
- Sometimes
- Rarely
- Never

	Totally agree	Agree	Neither agree nor disagree	Disagree	Totally disagree
I have a personal interest for issues related to nutrition, physical activity and health					
I think it is important to have in mind to increase children's water and healthy snacks consumption in the kindergarten					
I think it is important to have in mind to increase children's physical activity levels and decrease sedentary time in the kindergarten					

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