

## See the 2005 questions here!

Questions about you

1. Are you:

- male
- female

2. How old are you?

years

3. How long have you lived in New Zealand?

years

4. Which ethnic group do you belong to?

- New Zealand European
- Māori
- Pacific Island
- Asian
- Indian
- Other

5. What is your height in centimetres?

cm

6. What is the length of your right foot?

cm

7. What is the length of your arm span?

cm

8. What is the circumference of your:

wrist  cm

thumb  cm

neck  cm

9. Including yourself, how many people live in your household?

10. Think about **one** adult who you look up to. Which one of the following **best** describes that adult?

- family member
- celebrity, such as actor, singer or musician
- sportsperson
- coach or club leader

- business person
- someone in my church or religious group
- politician
- teacher
- doctor
- other

Questions about school

11. What was the **main** way you travelled to school today?

- walk
- motor vehicle
- bus
- train
- bike
- other

12. How many minutes did it take you to travel to school today?

- 10 minutes or less
- 10 – 20 minutes
- 20 – 30 minutes
- half an hour or longer

13. At school last week, what did you do **most** of the time at lunchtime?

- sat down
- stood around
- walked around
- ran around or played

14. Where did you get your lunch from today?

- from home
- from a shop on the way to school
- from the school shop
- from a friend at school
- provided by my school
- don't have any

Questions about activities you do

15. How fast is your reaction time? Click on the green button. When it turns red, click it as fast as you can.

16. What did you do yesterday? Write the number of hours you spent doing each activity. Remember the total should be 24.

sleeping	<input type="text"/>	hours
eating and personal care	<input type="text"/>	hours
school	<input type="text"/>	hours
homework	<input type="text"/>	hours
sport or physical activities	<input type="text"/>	hours
watching TV	<input type="text"/>	hours
computer or game console	<input type="text"/>	hours
reading and writing	<input type="text"/>	hours
playing musical instrument	<input type="text"/>	hours
hobby	<input type="text"/>	hours
chores	<input type="text"/>	hours
part-time job	<input type="text"/>	hours
other	<input type="text"/>	hours

17. Have you been in a school/club sports team this year?

Yes, for these sports:

No

18. When was the last time you read a book for enjoyment (not for school work)?

- I'm reading one now
- Quite recently (less than a month ago)
- A while ago (but some time this year)
- A long time ago (last year or earlier)
- I can't remember

19. Which of the following writing activities have you done for enjoyment (not for school work) over the last month or so? You can choose more than one.

- letter/email/txt/msn messenger to a friend
- diary/journal/blog
- made up story
- song lyrics/poem/play
- essay/article
- none of the above

20. Which of the following do you have? (You may tick more than one)

- your own cell phone

- your own TV
- your own MP3 player e.g. iPod
- access to the internet at home
- access to a game console e.g. PlayStation, Xbox, Nintendo
- none of these

20 a. How many txt messages did you send yesterday?

20 b. About how much do you spend on your cell phone each month?

\$

20 c. Where does the money come from for your cell phone bill?

- my parents or caregivers
- my pocket money
- my part-time job
- other

21. What did you have for breakfast today? You may tick more than one.

- water
- milk
- hot drink
- fruit juice
- cordial
- fizzy drink
- toast or bread
- cereal or porridge
- fruit
- cooked food e.g. eggs
- dairy food or yoghurt
- rice or noodles
- other
- nothing

22. What did you drink yesterday? Write the number of glasses/cups beside each type of drink

- water
- fruit juice
- cordial
- fizzy drink (not diet)

diet fizzy drink

sports drink

milk

smoothie or shake

tea or coffee

milo or hot chocolate

other

23. What time did you go to bed last night?

24. If Christmas was tomorrow what one present would you **most** like to get?