

Supplementary material

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Appendix 1. Healthy Eating Report Card Questionnaire

香港幼稚園學童的飲食行為之問卷調查

(Chinese Version Only)

第一部份：了解孩子的健康及飲食習慣

1. 孩子每天有沒有進食早、午、晚三餐？（除了在家中進食之外，孩子在幼稚園和外出用膳的情況亦需計算在內。）

有 沒有（請列明哪一餐沒有進食：_____）

2. 孩子除了吃正餐，有沒有喝幼兒配方奶粉？

有 沒有

3. 在過去一星期裡，孩子有多少天進食了以下類別的食物？

（如：沒有進食 = 0 天、每天進食 = 7天）

a. 穀物類 （如：粥、粉、麵、飯、早餐穀物、麵包）	_____ 天
b. 蔬菜 （如：各類蔬菜、瓜類、菇菌）	_____ 天
c. 水果	_____ 天
d. 奶類、乳製品 （如：牛奶、芝士、乳酪）	_____ 天
e. 肉 （如：豬、牛、羊及雞）	_____ 天

f. 魚、水產	_____ 天
g. 蛋	_____ 天
h. 豆類、乾豆類 (如：豆腐、紅豆、果仁)	_____ 天

4. 在孩子有吃蔬菜的日子中，平均每天吃蔬菜的份量是：

(包括不同顏色及種類的蔬菜，如：各類蔬菜、瓜類、菇菌等)

圖A

約160g或1碗煮熟的瓜菜的圖例

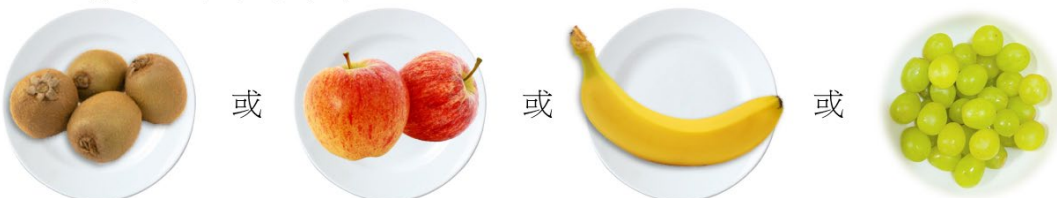


- 較圖 A 的份量少 (少過 160g 或 1 碗煮熟的瓜菜)
- 與圖 A 的份量相約 (約 160g 或 1 碗煮熟的瓜菜)
- 較圖 A 的份量多 (多過 160g 或 1 碗煮熟的瓜菜)

5. 在孩子有吃水果的日子中，平均每天吃水果的份量是：

圖B

約160g或2份水果的圖例



4個小型水果
(如:奇異果、
布祿)

2個中型水果
(如:蘋果、橙、
柑)

1個大型水果
(如:香蕉、楊
桃)

1碗粒/塊狀水
果 (如:提子、
士多啤梨、西
瓜塊)

- 較圖 B 的份量少 (少過 160g 或 2 份水果)
- 與圖 B 的份量相約 (約 160g 或 2 份水果)

較圖 B 的份量多 (多過 160g 或 2 份水果)

6. 孩子吃 (高鈉、高糖及高脂) 零食的習慣是：

【如：薯片、糖果、朱古力、雪糕】

_____ 天吃 _____ 次

(答案如： 0 天吃 0 次、 1 天吃 2 次)

7. 孩子喝加糖飲品的習慣是：

【如：汽水、乳酸菌飲品、朱古力味奶、果汁飲品、加糖包裝飲品】

_____ 天喝 _____ 次

(答案如： 0 天喝 0 次、 1 天喝 2 次)

8. 你有沒有限制孩子吃 (高鈉、高糖及高脂) 零食/加糖飲品的份量或次數？

有 沒有

9. 你有沒有以 (高鈉、高糖及高脂) 零食/加糖飲品作為獎品或用來安撫小孩子的情緒？

有 沒有

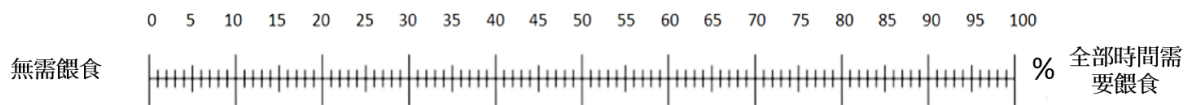
第二部份：了解孩子的進食情況

10. 孩子有沒有能力自行進食？

有 沒有

10a. 如有，在一餐飯中，孩子有多少百分比的時間需要你餵食才完成用餐？

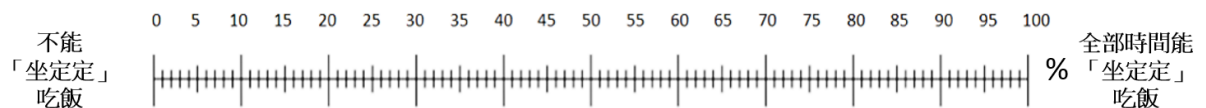
- 0 - 100%的用餐時間
- 100%代表孩子在整餐中全部時間需要你餵食，0%代表孩子在整餐中不需要你餵食
- 在方格內填寫該百分比



_____ %

11. 在一餐飯中，孩子有多少百分比的時間能在餐桌旁「坐定定」吃飯？

- 0 - 100%的用餐時間
- 100%代表孩子在整餐中全部時間「坐定定」吃飯，0%代表孩子在整餐中不能「坐定定」吃飯
- 請在方格內填寫該百分比



_____ %

12. 孩子有沒有偏食的問題？（如：拒食某種食物，令所攝取的食物種類和分量不足）

有 沒有

13. 孩子會否樂於嘗試新的食物？

會 不會

14. 你認為孩子的進食速度是：

太慢 適中 太快

15. 你會讓孩子吃飯時看電視、手機或平板電腦嗎？

- 從不
- 較少
- 有時（平均一半時間）

- 經常
- 總是（每次、每天）

16. 你會讓孩子和你的家人同枱一起吃飯嗎？

- 從不
- 較少
- 有時（平均一半時間）
- 經常
- 總是（每次、每天）

17. 孩子吃的飯菜是：

- 需要額外準備 和家人一樣 兩者皆有

第三部份：了解家長為孩子的準備食物情況

18. 幫孩子揀選食品及飲料時，你有沒有閱讀食品上的營養標籤？

- 有 沒有

19. 替孩子揀選食品及飲料時，你會考慮下列哪一個因素？（可選多於一項）

- 揀選較少脂肪含量的食品
- 揀選較少鈉（鹽）含量的食品
- 揀選較少糖含量的食品
- 揀選較少含食物添加劑的食品（如：人造甜味劑、人造色素、增味劑）
- 其它，請註明：_____
- 沒有考慮

20. 孩子最常吃的食物會用下列哪種烹調方式？（可選多於一項）

- 清蒸
- 炒
- 焗/焯
- 煎
- 炸
- 焗

21. 當為孩子烹調食物時，你用調味料前會考慮下列哪一個因素？（可選多於一項）

- 使用來源可靠的調味料
- 使用天然調味料（如：香草、檸檬等）
- 減少用調味料的份量
- 減少用含糖分/含鈉質的調味料（如：老抽、蠔油、茄汁等）
- 使用較少食物添加劑的調味料（如：防腐劑、人造色素）
- 其它，請註明：_____
- 沒有考慮

完
感謝閣下的支持

Appendix 2. Questionnaire items and questionnaire answer criteria related to the benchmarks

Benchmark	Questionnaire item	Question type	Questionnaire answer criteria related to the benchmarks
Indicator 1: Children's Dietary Patterns			
% of children who eat three regular meals (ie, breakfast, lunch, and dinner) daily ¹	Q1	Yes/No question	A respondent chose 'Yes'.
% of children who do not have a formula milk-drinking habit ²	Q2	Yes/No question	A respondent chose 'No'.
% of children who eat a variety of foods from each of the five main food groups* daily ^{1,3}	Q3	Open-ended question	Each food group of 'grains', 'vegetables', 'fruits', and 'dairy' was answered 7 days per week; the sum of the number of days in the consumption of 'flesh meats', 'eggs', and 'legumes and nuts' was ≥ 7 days. ³
% of children who have adequate vegetable intake (at least two servings) daily ²	Q4	Multiple-choice question	A respondent chose either 'The portion size is the same as Picture A' or 'The portion size is more than Picture A'. <i>(Picture A shows the sample portion size of two servings of vegetables, which is equal to 1 bowl of cooked vegetables [160 g].)</i>
% of children who have adequate fruit intake (at least two servings) daily ²	Q5	Multiple-choice question	A respondent chose either 'The portion is the same as Picture B' or 'The portion is more than Picture B'. <i>(Picture B shows the sample portion size of two servings of fruit [160 g].)</i>
% of children who consume unhealthy (high in fat, sodium, and sugar) snacks <3 times per week ^{1,4}	Q6	Open-ended question	A respondent answered <3 times per week.
% of children who drink sugar-sweetened beverages	Q7	Open-ended question	A respondent answered <3 times per week.

<3 times per week^{1,4}

Indicator 2: Children's Mealtime Behaviours			
% of children who do not require parental feeding assistance to finish most meals ($\geq 90\%$) ^{1,5}	Q10	Open-ended question	A respondent answered $\leq 10\%$. (<i>Reversed item.</i>)
% of children who remain seated at the table for most of the meal ($\geq 90\%$) ⁵	Q11	Open-ended question	A respondent answered $\geq 90\%$.
% of children who are not picky eaters ⁵	Q12	Yes/No question	A respondent chose 'No'.
% of children who are willing to try new food ⁵	Q13	Yes/No question	A respondent chose 'Yes'.
% of children who are not slow eaters ⁵	Q14	Multiple-choice (single answer) question	A respondent chose either 'Moderate' or 'Too fast'.
Indicator 3: Parental Food Choices and Preparation			
% of parents who use food labels to choose pre-packaged food for their children ²	Q18	Yes/No question	A respondent chose 'Yes'.
% of parents who consider low-fat/-sodium/-sugar options when choosing food for their children ⁶	Q19	Multiple-choice (multiple answers) question	A respondent chose 'Choose low-fat foods', 'Choose low-sodium food', and/or 'Choose low-sugar foods'.
% of parents who prepare food using low-fat cooking methods (ie, pan-frying and	Q20	Multiple-choice (multiple answers)	A respondent chose 'Steaming', 'Stir-frying', 'Blanching/Poaching', and/or 'Roasting'. (<i>Excluding 'Pan-frying' and 'Deep-frying'.</i>)

deep-frying cooking methods are excluded) ⁶		question	
% of parents who reduce the use of sugar or sodium-containing seasonings (eg, dark soy sauce, oyster sauce, and ketchup) during cooking ⁶	Q21	Multiple-choice (multiple answers) question	A respondent chose 'Reduce the use of sugar or sodium-containing seasonings (eg, dark soy sauce, oyster sauce, and ketchup)'.
Indicator 4: Avoidance of Unhealthy Foods			
% of parents who limit the frequency and quantity of unhealthy (high in fat, sodium, and sugar) snacks their children eat ¹	Q8	Yes/No question	A respondent chose 'Yes'.
% of parents who do not give unhealthy snacks to reward or comfort their children ¹	Q9	Yes/No question	A respondent chose 'No'.
Indicator 5: Family Mealtime Environments			
% of parents who do not allow their children to use screen devices during mealtimes ⁷	Q15	5-point Likert Scale	A respondent chose 'Never' or 'Rarely'.
% of children who dine with their parents or family members ¹	Q16	5-point Likert Scale	A respondent chose 'Sometimes', 'Often', or 'Always'.
% of children who eat the same food as other family members at meals ⁵	Q17	Multiple-choice (single answer) question	A respondent chose either 'Eat the same food as other family members' or 'Both'.

Abbreviation: Q = question

* Include grains; fruits; vegetables; meat, fish, eggs, and alternatives; and milk and alternatives²

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Appendix 3. Descriptive statistics for indicator items

	No. of valid responses	Percentage of missing data	No. of respondents meeting the benchmark (%)	95% CI
Indicator 1: Children's Dietary Patterns				
Three regular meals per day	538	0%	525 (97.58%)	95.90%-98.71%
Not having a formula milk-drinking habit	538	0%	300 (55.76%)	51.45%-60.01%
Variety of foods from each of the five main food groups	530	1.49%	129 (24.34%)	20.74%-28.22%
Adequate vegetable intake daily	535	0.56%	272 (50.84%)	46.52%-55.16%
Adequate fruit intake daily	536	0.37%	313 (58.40%)	54.09%-62.61%
Low consumption of unhealthy snacks	534	0.74%	279 (52.25%)	47.91%-56.55%
Low consumption of sugar-sweetened beverages	530	1.49%	312 (58.87%)	54.54%-63.09%
Indicator 2: Children's Mealtime Behaviours				
Self-feeding independence during mealtime	523	2.79%	225 (43.02%)	38.73%-47.39%
Remaining seated at the table during mealtime	535	0.56%	205 (38.32%)	34.18%-42.59%
Not picky eaters	529	1.67%	260 (49.15%)	44.81%-53.50%
Willingness to try new food	534	0.74%	363 (67.98%)	63.84%-71.92%
Reasonable eating speed	537	0.19%	265 (49.35%)	45.04%-53.66%
Indicator 3: Parental Food Choices and Preparation				
Parental use of food labels to choose pre-packaged food	537	0.19%	342 (63.69%)	59.46%-67.76%
Parental consideration of low-fat/-sodium/-sugar options when choosing food	538	0%	378 (70.26%)	66.20%-74.10%
Parental preparation of food using low-fat cooking methods	538	0%	288 (53.53%)	49.21%-57.81%

Parental reduction of the use of sugar or sodium-containing seasonings	537	0.19%	234 (43.58%)	39.33%-47.89%
Indicator 4: Avoidance of Unhealthy Foods				
Parental restriction of unhealthy snacking among children	538	0%	485 (90.15%)	87.31%-92.53%
Parental avoidance of unhealthy snacks as a reward	538	0%	280 (52.04%)	47.73%-56.34%
Indicator 5: Family Mealtime Environments				
Parents prevention of screen device use during mealtimes	537	0.19%	328 (61.08%)	56.81%-65.23%
Dining with parents or family members	536	0.37%	501 (93.47%)	91.04%-95.41%
Eating the same food as other family members at meals	533	0.93%	509 (95.50%)	93.37%-97.09%

Abbreviation: 95% CI = 95% confidence interval