


Team Food and Fitness Questionnaire

Name	<i>Jenny</i>		
Age	<i>44</i>		
Job	<i>Gardener</i>		
Lifestyle	<p><i>I love being outside and working with nature, so I think my job is perfect for me. I work in about 8 different gardens, mowing lawns, pruning shrubs, weeding, planting and picking. Each of my clients has different jobs they need doing. I have 3 teenage children so they keep me busy as well.</i></p>		
			
Exercise	<p><i>I think my work keeps me quite fit as I'm always on the go. I don't really do any other exercise apart from hockey.</i></p>		
Health	<p><i>I think I am quite a healthy person really as I work outside in the fresh air. I do get a bit short of breath though sometimes at training sessions and in matches. I also find I often run out of energy in the second half of a match or training session. I sometimes get backache too after a long session in the garden. My weight has increased a bit over the past few years and I think I would like to lose a few pounds but as I am active and already eat a healthy diet, I don't really know what I can do.</i></p>		
Please list each exercise activity and how long you spend doing it	<i>Hockey Training 90 minutes a week</i>		<p><i>I prefer fizzy drinks and hot chocolate to tea and coffee</i></p>
	<i>Hockey matches 60 minutes a week</i>		
	<i>Gardening 5 days a week (if that counts)</i>		<p>If yes, how many teaspoons in each?</p>

Jenny	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Corn flakes Toast and Jam</i>	<i>Vegetable soup Apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar</i>	<i>Orange juice 2 glasses of cake Hot chocolate</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Chicken soup Cereal bar</i>	<i>Beef lasagne Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>Orange juice 2 glasses of lemonade Hot chocolate</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>Tomato soup banana</i>	<i>Macaroni Cheese salad</i>	<i>3 biscuits</i>	<i>Apple juice 2 glasses of cake Hot chocolate</i>
Thursday	<i>Corn flakes Toast and Jam</i>	<i>Lentil soup An orange</i>	<i>Seafood Stir fry Herb bread Salad</i>	<i>Apple Cereal bar</i>	<i>Orange juice 2 glasses of cake Hot chocolate</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Leek and potato soup Chocolate bar</i>	<i>Fish Chips Peas</i>	<i>2 biscuits Banana</i>	<i>Orange juice 2 glasses of lemonade Hot chocolate</i>
Saturday	<i>Sausage, bacon, egg, beans, toast</i>	<i>Steak pie Chips peas</i>	<i>Pizza Salad</i>	<i>Chocolate bar</i>	<i>Orange juice 2 glasses of cake Hot chocolate</i>
Sunday	<i>Corn flakes Toast and Jam</i>	<i>Roast Chicken Potatoes Carrots Broccoli</i>	<i>Chicken sandwiches Cake</i>	<i>Choc chip muffin</i>	<i>Orange juice 3 glasses of cake Hot chocolate</i>

How many teaspoons of sugar are hidden in the foods we enjoy?

<p><u>Drinks</u></p> <p>Small orange juice 3</p> <p>Small Apple Juice 4</p> <p>Small Glass of coke 4</p> <p>Small glass of lemonade 4</p> <p>Can of coke 9</p> <p>Can of lemonade 9</p> <p>Med glass of fruit smoothie 9</p> <p>Tea and coffee (check the survey for number added)</p> <p>Hot chocolate 6</p> <p>Milkshake 8</p> <p>Squash 4</p> <p><u>Puddings</u></p> <p>Ice cream 5</p> <p>Yogurt 4</p> <p>Fruit salad 5</p> <p>Fruit tart 4</p> <p>Fruit crumble 5</p> <p>Banoffee Pie 4</p> <p>Chocolate pudding 5</p> <p>Custard 3</p>	<p><u>Cereals</u> (per serving)</p> <p>Corn flakes 1</p> <p>Muesli 2</p> <p>Sweet cereal e.g. Sugar Puffs 3</p> <p><u>Cakes and Snacks</u></p> <p>Typical chocolate bar 8</p> <p>Cereal bar 3</p> <p>Flapjack 4</p> <p>Muffin 4</p> <p>Cupcake 4</p> <p>Medium slice of cake 5</p> <p>Doughnut 3</p> <p>Biscuit e.g. Oreo 1</p> <p><u>Spreads</u> per portion</p> <p>Jam 2</p> <p>Marmalade 2</p> <p>Honey 3</p> <p><u>Sweets</u></p> <p>Small bag of sweets e.g. skittles 12</p> <p>Tube of sweets e.g. Starburst 8</p>
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If you cannot find a food or drink on the list, estimate by finding something that is similar to it.