

My name is Abbey and I am currently a third year student at Teesside University studying Food & Nutrition. In my final year at university I am taking part in a research study.

The title of my study is 'How portion size and the amount of physical activity undertaken by primary school students has impacted upon their health and wellbeing?'. The purpose of my study is to educate parents/guardians, teachers and catering staff on how portion control and the amount of physical activity is important to children.

You do not have to take part in the study, if you do chose to participate I will ask you to sign, date and write your name on the attached consent form. Once signed you are free to withdraw from the study at any time without giving reason.

All that is needed from you is consent and to fill in the questionnaire which can be found on the link below. The questionnaire consists of two basic questions, which then leads to questions about portion control and physical activity (where appropriate).

All completed questionnaires will be private and confidential and participants will not be identified. Data received will be anonymised, and information stored will be secure and destroyed on completion of this research project.

Thank-you for agreeing to participate in my research study.

Link to Questionnaire - <https://www.surveymonkey.co.uk/r/8H9Q3CT>