Web-based questionnaire Healthier kids.

1. **Consent**

Q1 Do you agree that your answers can be used for anonymous research?

1. **Information about your kindergarten**

Q2 Postcode

Q3 Private or public kindergarten

Q4 Kindergarten staff with an educational background

Q5 Number of other kindergarten staff

Q6 How many go to a group for small kids aged 1-3 years old?

Q7 How many go to a group with kids aged 3-6 years old?

Q8 Budget per child a month

1. **Meal routines**

Q9 How many days a week do the children eat breakfast?

None 1 2 3 4 5

Q10 Is the breakfast usually served in kindergarten or brought from home?

(usually, in this setting is over three times a week)

Brought Served

Q11 How many days during the week do the children eat lunch?

None 1 2 3 4 5

Q12 Is the lunch usually served in kindergarten or brought from home?

(usually, in this setting means that they are served or brought over three times a week)

Brought served

Q13 How many days do the children eat a snack/small meal during the week?

None 1 2 3 4 5

Q 14 Is the snack usually served in kindergarten or brought from home?

Brought served

Q15 How many days do the kindergarten staff eat lunch with the children during the week?

None 1 2 3 4 5

Q16 How many days during the week do children use more than 30 minutes on lunch?

None 1 2 3 4 5

1. **Food practice and focus areas**

**Q17** How many days a week does the kindergarten serve fruit?

None 1 2 3 4 5

Q19 How many days a week does the kindergarten serve vegetables?

None 1 2 3 4 5

Q 21 When you serve bread, how often is it whole grain (more than 51 % whole grain and three pieces on the “bread-scale” coloured).

In a very small degree------Very High degree

Q 22 When you serve pasta or rice, how often is it whole grain?

In a very small degree------Very High degree

Q 23 How often do you serve a fish meal in kindergarten, for example, a hot fish dish (not fish as spread)

In a very small degree------Very High degree

Q 24 When you serve food topping- how often is it fish?

In a very small degree------Very High degree

Q 25 When you serve food topping-how often is it marked with key whole (Nøkkelhull)

In a very small degree------Very High degree

Q 26 When you serve milk, how often do you serve extra low-fat milk or non- fat milk?

In a very small degree------Very High degree

Q 27 When you serve butter, how often is it plant-based margarine with key-whole as soft flora light, vita light, vita, or brelett?

In a very small degree-----Very High degree

Q 28 How many days a week does the kindergarten serve sweet drinks like soda, juice, nectar, toddy, or hot chocolate?

None 1 2 3 4 5

Q 29 How many days a week does the kindergarten serve sweet cakes, cookies, waffles, or other sweet bakeries?

None 1 2 3 4 5 days a week