



National Diet and Nutrition Survey (NDNS)

Information for young children



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What is the survey about?

We want to find out what different people are eating and drinking in England, Scotland, Wales and Northern Ireland.



Why do you want me to take part?

We ask lots of adults and children to take part - around 4,000 people each year!

Everyone is different and we want as many people as possible to take part so we can learn about everybody.



Do I have to take part?

No. It is your choice to take part.

If you do decide to take part, you don't have to do everything if you don't want to, and you can change your mind if you want to



What if I have any questions?

If you have any questions, just ask your parent or the person who looks after you.



Do I get anything if I take part?

We will also give your parent/guardian a **shopping voucher**.

If you and your parent/guardian would like, you can receive feedback about what you told us you ate and drank.