



## **STUDENT INFORMATION SHEET: Investigating the relationship between fructose absorption and diet in school children**

### Information Sheet for Participants

**Y7: Fructose test held on Tuesday 21<sup>st</sup> May 2019**

We invite you to participate in a study aimed to find the relationship between fructose (a type of sugar) absorption and diet. This research project is a practical experiment aligned with the Science topic that you will be learning in class, conducted at your school.

Your participation is entirely voluntary (your choice). You do not have to take part in the study. To help you make your decision, please read this information sheet carefully.

### Researcher Introduction

Dr Troy Merry is a senior lecturer in The Department of Nutrition and Dietetics within The Faculty of Medical Health Sciences at The University of Auckland. Harim Kim is a Science teacher (at Elim Christian College) and Masters student in The Department of Nutrition and Dietetics within The Faculty of Medical Health Sciences and The University of Auckland.

### Why do we need your help?

Lots of children and adults around the world develop problems with obesity. A diet high in sugar can contribute to this problem but efforts to reduce the impact of sugar on the problem is not working well so we need to understand the problem. This could help us to find a better way of dealing with the problem.

We will ask your parents/primary caregivers if you can be allowed to help us. If your parents/primary caregivers say no and you don't take part in this study, it will make no difference to how you are looked after.

### What will we do?

We will ask you some questions about what you eat and drink, and the type of activities you do like walking or running. This will take up to 1 hour. We will measure your height, weight, waist and body composition. You will refrain from food consumption after dinner and skip breakfast before the test, which will take place in the morning. However, we encourage you to drink water regularly after dinner on the night before the test as well as before and during the test. Breakfast will be provided once the test is done. We will also do a breath test to measure the response of your body to the amount of fructose you have drunk. We will do this by measuring hydrogen in your breath every 15 min for up to 2 h following the fructose drink. The more hydrogen you produce may indicate that you are not absorbing all the



fructose you are drinking. We expect about 50% of people not to completely absorb the fructose they drink. In a small number (less than 5%) of people this might cause a minor tummy upset that normally lasts for less than 30 min. We will collect this information at your school, during school time.

The papers given to your parents/primary caregivers have more information about this study, so talk with them if you want to know more. If you and your parents agree for you to take part in this study, your teacher or a member of the research team will talk with you to make sure that you understand everything and they will answer any questions you may have.

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#### What will happen to my information?

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I understand that all information gathered about me will be kept confidential and only the researchers will have access to my information. If you change your mind in the future and don't want to take part, that is OK, and we will remove your information from the study.

Thanks for thinking about it.

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#### Who is organising the research

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The Principal Investigator is organising the research.

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#### Contact for further information

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If you have any questions about the study, please contact: Mr Harim Kim:  
[harim.kim@elim.school.nz](mailto:harim.kim@elim.school.nz).

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For any queries regarding ethical concerns you may contact:



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APPROVED BY THE UNIVERSITY OF AUCKLAND HUMAN PARTICIPANTS ETHICS  
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