a) TV watching

- **Mean Difference**
  - Mean Difference: 0.97 [-1.17, 3.11]
  - Mean Difference: 3.16 [1.53, 4.79]
  - Mean Difference: 1.44 [0.36, 2.52]
  - Mean Difference: 0.48 [-0.07, 1.03]

- **Heterogeneity**
  - Tau² = 0.64; Chi² = 19.95; df = 7 (P = 0.006); I² = 65%

b) Soft drink consumption

- **Mean Difference**
  - Mean Difference: 0.32 [-2.97, 3.61]
  - Mean Difference: 6.23 [1.43, 11.03]
  - Mean Difference: 5.70 [0.15, 11.25]
  - Mean Difference: 3.16 [2.28, 4.04]

- **Heterogeneity**
  - Tau² = 2.90; Chi² = 33.80; df = 7 (P < 0.0001); I² = 79%

- **Test for overall effect**
  - Z = 2.13 (P = 0.03)

---

b) Breakfast consumption

- **Mean Difference**
  - Mean Difference: -3.60 [-5.91, -1.29]
  - Mean Difference: -4.77 [-7.57, -1.97]
  - Mean Difference: -2.98 [-5.84, -0.12]
  - Mean Difference: -1.30 [-2.16, -0.44]

- **Heterogeneity**
  - Tau² = 0.71; Chi² = 14.03; df = 7 (P = 0.005); I² = 66%

- **Test for overall effect**
  - Z = 3.18 (P = 0.001)

---

d) After-school physical activity

- **Mean Difference**
  - Mean Difference: -4.42 [-5.54, -3.30]
  - Mean Difference: -0.97 [-3.54, 1.60]
  - Mean Difference: -1.28 [-2.77, 0.21]
  - Mean Difference: -1.62 [-2.66, -0.58]
  - Mean Difference: -0.76 [-1.27, -0.25]

- **Heterogeneity**
  - Tau² = 1.22; Chi² = 42.40; df = 7 (P < 0.00001); I² = 83%

- **Test for overall effect**
  - Z = 3.46 (P = 0.005)