

APPENDIX

Questionnaire for Respondents.

My name is KALEBO ALVERA D., a student of Sokoine University of Agriculture pursuing a bachelor degree in Human Nutrition year 3. I am doing this important research as a part of my bachelor studies, aimed at assess fruit and vegetable consumption among university students in Mazimbu campus, Morogoro. Your insights will contribute significantly to my understanding of this public health issue.

I want to assure you that your participation is completely voluntary, and all responses will be kept confidential. The research will adhere to the highest ethical standards, ensuring that your privacy is respected and that your data will be used solely for research purposes. No personally identifiable information will be collected, and your response will be anonymized.

I appreciate your time and honesty in answering the following questions.

SECTION 1: Demographic Information of University Students (circle the correct answer)

1. What is your age?
 - a) Below 20 years
 - b) 20–24 years
 - c) 25–29 years
 - d) 30 years and above

2. What is your gender?
 - a) Male
 - b) Female

3. What is your year of study?
 - a) First year
 - b) Second year
 - c) Third year

d) Fourth year or above

4. What is your field of study?

a) Health Sciences

b) Engineering and Technology

c) Business and Economics

d) Social Sciences and Humanities

e) Other (Please specify)

5. What is your current place of residence?

a) On-campus hostel

b) Off-campus rental

c) With family

d) Other (Please specify)

6. What is your income per month?

a) Less than TZS 500,000

b) TZS 500,000 - TZS 1,500,000

c) TZS 1,500,001 - TZS 3,000,000

d) More than TZS 3,000,000

7. What is your marital status?

a) Single

b) Married

c) Divorced

d) Widowed

SECTION 2: Factors Influencing Fruit and Vegetable Consumption

1. How often do you consume fruits and vegetables in a week?

a) Daily

b) 3–5 times a week

c) 1–2 times a week

d) Rarely or never

2. What factors make you avoid fruit and vegetable consumption?

- a) High cost of fruits and vegetables
- b) Limited availability or access
- c) Dislike of taste or texture
- d) All of the above

3. What factors influence your decision to consume fruits and vegetables?

- a) Health benefits and nutritional value
- b) Availability and affordability
- c) Personal taste and preference
- d) Influence from family, friends and social media.

4. Do you think the price of fruits and vegetables affects your purchasing decisions?

- a) Yes, they are too expensive for my budget
- b) Sometimes, depending on the price changes
- c) No, price does not affect my decision
- d) I do not buy fruits and vegetables at all

5. How does your daily schedule impact your fruit and vegetable consumption?

- a) I am too busy to prepare or buy them
- b) I prefer fast food or ready-to-eat meals
- c) My schedule does not affect my consumption
- d) I plan my meals and include fruits and vegetables

6. Are there any cultural or family influences that affect your preference for fruits and vegetables?

- a) Yes, my culture/family encourages me to eat them
- b) Yes, my culture/family does not prioritize them
- c) No, I make my own dietary choices

- d) I am not sure

SECTION 3. Awareness of Fruit and Vegetable Consumption (circle the correct answer)

1. Do you believe consuming fruits and vegetables is essential for maintaining good health?
 - a) Yes, absolutely
 - b) Somewhat, but not always necessary
 - c) No, I do not think they are important
 - d) I am not sure
2. Have you received any formal education or information about the benefits of consuming fruits and vegetables?
 - a) Yes, in school/university courses
 - b) Yes, from health professionals
 - c) Yes, from social media or online sources
 - d) No, I have not received any information
3. What are the main health benefits you associate with eating fruits and vegetables? (Select all that apply)
 - a) Provides essential vitamins and minerals
 - b) Helps with digestion and gut health
 - c) Prevents diseases like diabetes and heart conditions
 - d) Improves skin and overall appearance
4. Are you aware of the recommended daily intake of fruits and vegetables?
 - a) Yes, and I follow it
 - b) Yes, but I do not follow it
 - c) No, I am not aware
5. Where do you usually get information about healthy eating?
 - a) Social media
 - b) Family and friends
 - c) Health professionals (doctors, nutritionists)
 - d) University or academic sources

SECTION 4: Strategies to Improve Fruit and Vegetable Consumption

1. What measures do you think the university can take to encourage students to eat more fruits and vegetables? (Select all that apply)
 - a) Lowering the prices in campus cafeterias
 - b) Increasing availability of fresh produce on campus
 - c) Offering educational programs on healthy eating
 - d) Providing meal plans that include fruits and vegetables

2. Would you be more likely to eat fruits and vegetables if they were more affordable on campus?
 - a) Yes, definitely
 - b) Maybe, it depends on other factors
 - c) No, price is not an issue for me

3. Do you think having more awareness campaigns on campus about healthy eating would influence your dietary habits?
 - a) Yes, I would be more motivated to eat healthily
 - b) Maybe, if they provide useful information
 - c) No, awareness campaigns do not affect my choices

4. How do you think access to fresh fruits and vegetables on campus can be improved?
 - a) More vendors selling fresh produce
 - b) University gardens or farms providing fresh options
 - c) Better storage and availability in campus shops
 - d) Other (Please specify)

5. Would you participate in a university program that promotes fruit and vegetable consumption?
 - a) Yes, if it offers discounts or incentives
 - b) Yes, if it includes interesting activities like cooking workshops
 - c) No, I am not interested in such programs

