

**UNIVERSITY OF NIGERIA NSUKKA**  
**DEPARTMENT OF HOME SCIENCE AND MANAGEMENT**  
**QUESTIONNAIRE**

**Dear respondents,**

My name is **OKEKWE VIVIAN**, a final year student of HOME SCIENCE AND MANAGEMENT, carrying out a research on Assessment of nutritional status and dietary pattern of adolescent girls in rural and urban areas of Nsukka Local Government. This research is purely for academic purposes and all information to be supplied will be treated with absolute confidentiality and be used for the study only. Thank You.

**Please tick (✓) the option(s) applicable to you in the questions below**

**SECTION A: a socio-demographic characteristics of the respondents**

1. Area of residence: a) Urban [    ] b) Rural [    ]
2. Age: a) 10-13years[    ] b) 14-16years [    ] c) 17-19years [    ]
3. Who are you living with? a) My Parents [    ] b) Only my Mother [    ] c) Only my Father [    ] d) Grandmother [    ] e) Grandfather [    ] f) Others[    ]. Specify \_\_\_\_\_
4. How many are you in the family? \_\_\_\_\_
5. What is the highest educational level of the person you are living with? a) No Formal Education [    ] b) Primary school [    ] c) Secondary school [    ] d) Tertiary [    ]
6. Occupation of your Father: a) Farmer [    ] b) Civil servant [    ] c) Trader [    ] d) Self employed [    ]
7. Occupation of your Mother: a) Farmer [    ] b) Civil servant [    ] c) Trader [    ] d) Self employed [    ]
8. Marital status of parents: a) Together [    ] b) Separated [    ] c) Divorced [    ] d) one parent is dead [    ] e) Both parents are dead [    ]
9. Family monthly income: a) less than #30,000 [    ] b) #31,000-#100,000 [    ] c) Above #100,000 [    ]
10. Religion: a) Christianity [    ] b) Islam [    ] c) Traditional religion [    ] d) Others (specify) \_\_\_\_\_
  
11. Ethnic group: a) Igbo [    ] b) Hausa [    ] c) Yoruba [    ] d) Others (specify) \_\_\_\_\_

**SECTION B: Anthropometric measurements of the respondents:**

- Weight: \_\_\_\_\_(kg)
- Height: \_\_\_\_\_(m)
- BMI: \_\_\_\_\_(kg/m<sup>2</sup>)

**SECTION C: Dietary assessment of the respondents**

Food Groups	Frequency of consumption per week					
Dairy Products	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Milk						
Yoghurt						
Ice cream						
Others(specify)						
TUBERS	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Yam						
Cocoyam						
Water Yam						
Sweet Potatoes						

Irish Potatoes						
Others (specify)						
<b>LEGUMES</b>	<b>Daily</b>	<b>Once per week</b>	<b>2-3 times per week</b>	<b>4-6 times per week</b>	<b>Occasionally</b>	<b>Never</b>
Beans						
Pigeon pea (fio fio)						
Bambara nut (okpa)						
Soybean base products						
Bread fruit (ukwa)						
Groundnut						
African yam bean (ijiriji)						
Others (specify)						
<b>CEREALS</b>	<b>Daily</b>	<b>Once per week</b>	<b>2-3 times per week</b>	<b>4-6 times per times</b>	<b>Occasionally</b>	<b>Never</b>
Rice						
Maize						
Millet						
Guinea corn						
Wheat						
Oats						
Others (specify)						
<b>MEAT, POULTRY, FISH, AND SEA FOODS</b>	<b>Daily</b>	<b>Once per week</b>	<b>2-3 times per week</b>	<b>4-6 times per week</b>	<b>Occasionally</b>	<b>Never</b>
Beef						
Goat meat						
Chicken						
Turkey						
Egg						
Fish						
Pork meat						
Snail						
Kpomo						
<b>VEGETABLES</b>	<b>Daily</b>	<b>Once per week</b>	<b>2-3 times per week</b>	<b>4-6 times per week</b>	<b>Occasionally</b>	<b>Never</b>
Tomatoes						
Fluted pumpkin (Ugu)						
Scent leaf						
Water leaf						
African spinach/efo-tete (Green)						
Bitter leaf						
Carrot						
Cabbage						
Cucumber						
Garden egg						
Okro						

Pumpkin (anyu/ugboguru)						
Others (specify)						
FRUITS	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Apple						
Orange						
Grapes						
Banana						
Soursop						
Avocado pear						
African pear or bush pear (ube)						
Forest pear/bush candle tree (ube mmiri oku/ube mkpuru aki)						
Watermelon						
Pineapple						
African star apple (agbalumo/udara)						
Pawpaw						
Mango						
Guava						
Cashew						
Others (specify)						
SPICES AND CONDIMENTS	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Garlic						
Rosemary						
Thyme						
Tumeric						
Nutmeg						
Locust beans (okpei)						
Castor oil (ogiri)						
Others (specify)						
DRINKS	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Water						
Soft drinks						
Alcoholic beverages						
Wines						
Palm wine						
Beer						
Others (specify)						
SNACKS	Daily	Once per week	2-3 times per week	4-6 times per week	Occasionally	Never
Biscuits						
Chin chin						
Buns						
Doughnut						

Peanut						
Plantain chips						
Chocolate						
Eggrolls						
Others (specify)						

#### SECTION D: Factors affecting dietary habit of the respondents

Do you think any of these affects your dietary pattern?

FACTORS	Strongly agree	Agree	Strongly Disagree	Disagree
Food availability				
Individual preferences				
Culture/tradition				
Socio-economic status				
Nutritional knowledge				
Geographical location/Area of residence				
Peer influence				
Cost of food items				
Health status				
Educational level of parents/guidance				
Seasons of the Year				

#### SECTION E: Dietary habits of the respondents

1. How many meals do you eat in a day? a) One [ ] b) Two [ ] c) Three [ ] d) Four [ ] e) More than four [ ]
2. Do you skip meals? a) Yes [ ] b) No [ ]
3. Which of the meals do you usually skip? a) Breakfast [ ] b) Lunch [ ] c) Dinner [ ] d) None [ ]
4. Why do you skip meals? a) To maintain body figure [ ] b) Not hungry [ ] c) To lose weight [ ] d) Not enough time to eat [ ] e) Medical [ ] f) To be early to school [ ] g) No food available [ ] h) Others (specify): \_\_\_\_\_
5. Sources of food? a) Vendors [ ] b) Restaurants [ ] c) Food cooked at home [ ] d) Snacks [ ]
6. How often do you eat out? a) Daily [ ] b) Once a week [ ] c) 2-3 times a week [ ] d) 4-6 times a week [ ] e) Occasionally [ ] f) Rarely [ ]
7. Do you prefer snacks over food? a) Yes [ ] b) No [ ]  
If yes; tell us why?  
a) I love eating snacks more than food [ ] b) Eating food wastes time [ ] c) I don't even have time to cook good food [ ] d) That's what I can afford [ ] e) All my friends eats snacks and I won't want to be called a foodie [ ]