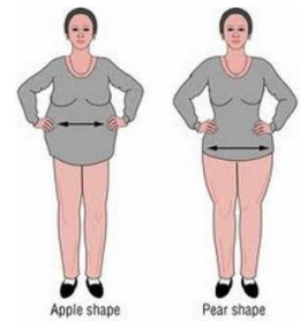


NUTRITION KNOWLEDGE QUESTIONNAIRE

1. If a person has two glasses of fruit juice in a day, how many of their daily fruit and vegetable servings would this count as?
 - A. None
 - B. One serving
 - C. Two servings
 - D. Three servings
 - E. Not sure
2. Which one of the following nutrients has the most calories for the same weight of food?
 - A. Sugar
 - B. Starchy
 - C. Fibre/roughage
 - D. Fat
 - E. Not sure
3. If a person wanted to buy a yogurt at the supermarket, which would have the least sugar/sweetener?
 - A. 0% fat cherry yogurt
 - B. Natural yogurt
 - C. Creamy fruit yogurt
 - D. Not sure
4. Which of the diseases is related to how much salt (or sodium) people eat?
 - A. Hypothyroidism
 - B. Diabetes
 - C. High blood pressure
 - D. Not sure
5. Which of these options do experts recommend to reduce the chances of getting cancer?
 - A. Drinking alcohol regularly
 - B. Eating less red meat
 - C. Avoiding additives in food
 - D. Not sure
6. Which one of these foods is classified as having a high Glycaemic Index (Glycaemic Index is a measure of the impact of a food on blood sugar levels, thus a high Glycaemic Index means a greater rise in blood sugar after eating)?
 - A. Wholegrain cereals
 - B. White bread
 - C. Fruit and vegetables
 - D. Not sure
7. If someone has a Body Mass Index (BMI) of 23kg/m², what would their weight status be?
 - A. Underweight
 - B. Normal weight
 - C. Overweight
 - D. Obese
 - E. Not sure

8. Look at the body shape below: Which of these body shapes increases the risk of cardiovascular disease (Cardiovascular disease is a general term that describes a disease of the heart or blood vessels, for example, angina, heart attack, heart failure, congenital heart disease and stroke)?



- A. Apple shape
- B. Pear shape
- C. Not sure

9. Which of these options do experts recommend to prevent heart disease?

- A. Taking nutritional supplements
- B. Eating less oily fish
- C. Eating less trans-fats
- D. Not sure

10. The amount of calcium in a glass of whole milk compared to a glass of skimmed milk is:

- A. About the same
- B. Much higher
- C. Much lower
- D. Not sure

Citations:

Questions are selected from UCL Institute of Epidemiology and Health Care Research Department of Behavioral Science and Health

<https://www.ucl.ac.uk/iehc/research/behavioural-science-health/resources/questionnaires/pdf/NKQ>

<https://www.ucl.ac.uk/iehc/research/behavioural-science-health/resources/questionnaires/eating-behaviour-questionnaires/#fcq>

Answers:

1. B: One serving
2. D: Fat
3. B: Natural yogurt
4. C: High blood pressure
5. B: Eating less red meat
6. B: White bread
7. B: Normal weight
8. A: Apple shape
9. C: Eating less trans-fats
10. A: About the same