

Name: _____



Dietary Knowledge Questionnaire

- **ID:**
 - **School's name:**
 - **Age:**
 - **Birth month:**
 - ☐ January
 - ☐ February
 - ☐ March
 - ☐ April
 - ☐ May
 - ☐ June
 - ☐ July
 - ☐ August
 - ☐ September
 - ☐ October
 - ☐ November
 - ☐ December
 - **Birth year:**
 - ☐ 1999
 - ☐ 2000
 - ☐ 2001
 - ☐ Other: _____
 - **Grade:**
 - ☐ Grade 10
 - ☐ Grade 11
 - ☐ Grade 12
 - **Boy/girl:**
 - ☐ Boy
 - ☐ Girl
 - **Address city (city/village):**
- You are invited to participate in a scientific research conducted by Maastricht University in the Netherlands for the academic year 2016-2017.
 - The purpose of this study is to assess the dietary behavior of Lebanese adolescents
 - You will be asked to answer 23 questions. Completing the questionnaire will take approximately 15 minutes.
 - You are free to withdraw at any time. Participation is voluntary.
 - All the collected data will be anonymous, and answers will not be revealed.
 - Feel free to ask any additional question.
 - By filling this questionnaire, you agree to participate in this project.



1. How many servings of fruits and vegetables is it recommended to eat per day?

- ☐ 0-1 ☐ 2-4 ☐ 5 or more ☐ Not sure

2. Which type of fat is most important for people to cut down on?

- ☐ Unsaturated fatty acids ☐ Saturated fatty acids ☐ Not sure

3. What version of dairy foods should be eaten more than the others?

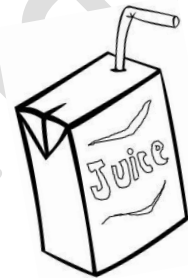
- ☐ Full fat ☐ Lower fat ☐ Mixture of both full and lower fat ☐ Neither, dairy products should be cut off ☐ Not sure

4. How many cups of water is it recommended to drink per day?

- ☐ 1-3 ☐ 4-7 ☐ 8 ☐ Not sure

5. How much time should you spend on daily work-out?

- ☐ 10-15 minutes ☐ 15-20 minutes ☐ 30 minutes or more ☐ Not sure



6. How many cups of energy drinks are you allowed to drink per day?

- ☐ 0 ☐ 1-2 ☐ 3-4 ☐ Not sure

7. Do you think these are high or low in added sugar?

- | | | | |
|------------------------|----------------------------|---------------------------|--------------------------------|
| Apples | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Ice cream | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Commercial fruit juice | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Soft drinks | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Grapes | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |



8. Do you think these foods are high or low in fat?

- | | | | |
|------------------------|----------------------------|---------------------------|--------------------------------|
| Pasta (without sauces) | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Beans | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Honey | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Nuts | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Bread | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Cheddar cheese | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Chips | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Kashkawan | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Mortadella | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |





9. Do you think these are high or low in saturated fatty acids?

- | | | | |
|-----------------|----------------------------|---------------------------|--------------------------------|
| Whole milk | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Olive oil | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Margarine | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Chocolate paste | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |



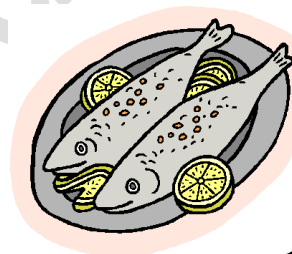
10. Do you think these are high or low in salt?

- | | | | |
|---------------------------|----------------------------|---------------------------|--------------------------------|
| Sausages | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Meat | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Fresh vegetables | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Chips | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| French fries (commercial) | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |



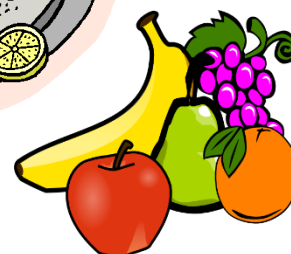
11. Do you think these are high or low in protein?

- | | | | |
|---------|----------------------------|---------------------------|--------------------------------|
| Chicken | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Cheese | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Fruits | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Beans | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Butter | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Eggs | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |



12. Do you think these are high or low in fiber?

- | | | | |
|----------|----------------------------|---------------------------|--------------------------------|
| Eggs | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Red meat | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Broccoli | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Nuts | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Fish | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Beans | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Rice | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |
| Bulgur | <input type="radio"/> High | <input type="radio"/> Low | <input type="radio"/> Not sure |



13. Some foods contain a lot of fat, but no cholesterol:

- ☐ True ☐ False ☐ Not sure



14. Brown sugar is a healthy alternative to white sugar:

- ☐ True ☐ False ☐ Not sure

15. There is more protein in a glass of whole milk than in a glass of skimmed milk:

- ☐ True ☐ False ☐ Not sure



16. A type of oil which contains mostly unsaturated fatty acids is (tick one answer):

- ☐ Olive oil ☐ Butter ☐ Palm oil ☐ Not sure

17. Which of these breads contain the most vitamins and minerals (tick one answer)?

- ☐ White bread ☐ Whole grain bread ☐ Not sure

18. There is more Calcium in a glass of whole milk than a glass of skimmed milk:

- ☐ True ☐ False ☐ Not sure

19. If a person wanted to reduce the amount of fat in their diet, which would be the best choice?

- ☐ Grilled steak ☐ Grilled chicken breast ☐ Sausages
☐ Grilled lamb meat ☐ Not sure

20. Which cheese would be the best choice as a lower fat option?

- ☐ Kashkawan ☐ Akkawi ☐ Halloum ☐ Cream cheese
☐ Not sure

21. What do you think will help prevent heart diseases?

- | | | | |
|-----------------------------------|---------------------------|--------------------------|--------------------------------|
| Eating more fibers | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> Not sure |
| Eating less salt | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> Not sure |
| Eating more saturated fatty acids | <input type="radio"/> Yes | <input type="radio"/> No | <input type="radio"/> Not sure |

22. Increased risks of chronic diseases (such as diabetes, heart diseases and certain types of cancer) are related to a low intake of fruits and vegetables:

- ☐ True ☐ False ☐ Not sure

23. Smoking causes many chronic diseases (such as lung cancer and heart diseases):

- ☐ True ☐ False ☐ Not sure

Thank you very much for your time.

If there are any comments you would like to make about this questionnaire, please do so below, they would be very welcome.

Adopted from: Parmenter and Wardle, European Journal of Clinical Nutrition, 53, 298-308, 1999.

