



Modified Food and Nutrition Literacy (M-FNLIT) questionnaire for upper primary school children

Name

ID

Study grade

Date/...../.....

Please answer the following questions:

Q1. When you are buying food, how important is the nutritional information about food ingredients for you?

Not important at all Not very important Neutral Somewhat important Very important

Q2. When you are buying food, how important is it for you that food have a standardized labeling on its package?

Not important at all Not very important Neutral Somewhat important Very important

Q3. When you are buying food, how important is the date of production and expiration on the food packaging to you?

Not important at all Not very important Neutral Somewhat important Very important

Q4. I know the difference between high-energy and low-energy foods.

I do not know I know a little Neutral Somewhat good Very well

Q5. I know different food groups (i.e. milk and dairy, meats, fruits, vegetables and grains, or starches).

I do not know I know a little Neutral Somewhat good Very well

Q6. I can easily understand nutritional information (such as energy, sugar, fat, etc.) on food packaging.

Never Seldom Sometimes Usually Always

Q7. I can easily understand the nutrition content of age-appropriate radio and television programs, books, and magazines.

Never Seldom Sometimes Usually Always

Q8. I understand the school health instructor's talk and advice about health and nutrition.

Never Seldom Sometimes Usually Always

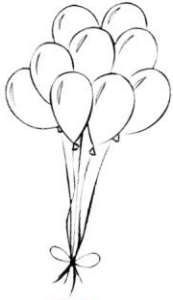
Q9. Boiling is a healthy way of cooking.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q10. At least half an hour of regular exercise per day can help me to prevent obesity.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree





Q11. I know that daily consumption of various vegetables reduces the risk of some diseases such as diabetes and heart disease.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q12. Eating foods such as chips and puffs are bad for health.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q13. Excessive (too much) consumption of sugar, chocolate, sweets, syrups, and market juices is harmful to health.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q14. Excessive (too much) consumption of sausages increases the risk of some diseases.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q15. Excessive (too much) consumption of sausages can cause obesity.

Strongly agree Agree Neither agree nor disagree Disagree Strongly disagree

Q16. When buying food, I pay attention to the date of production and expiration on the food packaging.

Never Seldom Sometimes Usually Always

Q17. I use all food groups throughout the day (i.e. milk and dairy products, meats, vegetables, fruits and grains, or starches).

Never Seldom Sometimes Usually Always

Q18. I talk about my nutritional information with friends and family.

Never Seldom Sometimes Usually Always

Q19. If I have any questions about food and nutrition, I will ask my father, mother, teacher, or others.

Never Seldom Sometimes Usually Always

Q20. I bring snacks such as fruits, nuts, milk, bread, and cheese, etc. with myself when I go to school.

Never Seldom Sometimes Usually Always

Q21. I exercise or walk regularly.

Never Seldom Sometimes Usually Always

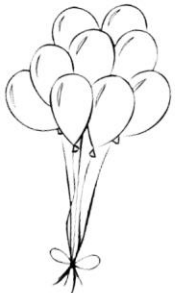
Q22. I help in washing fruits and vegetables, prepare food, and set the table at home.

Never Seldom Sometimes Usually Always

Q23. I eat breakfast every day.

Never Seldom Sometimes Usually Always





Q24. I eat fruit every day.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q25 I eat vegetables like cucumbers, tomatoes, carrots, lettuce, or vegetables every day.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q26 I eat dairy products like milk, yogurt, cheese, curd, or buttermilk every day.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q27 I usually eat foods such as chocolate, chips, chips, puff pastry, etc.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q28. I can resist my interest in foods such as fast food, pizza, coca drinks, etc. and not eat them.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q29. I warn others about unhealthy eating behaviors (such as overeating or eating junk foods).

- Never
- Seldom
- Sometimes
- Usually
- Always

Q30. If one or more of my family members are obese and eat high-fat foods, I tell them not to eat them.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q31. When buying food, I buy foods such as milk, cakes, popcorn, nuts, raisins, etc. instead of chips, puffs, sweets, chocolate, etc.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q32. When shopping at the store or school buffet, I buy packaged foods instead of unpacked foods.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q33. When buying packaged snacks from the store or school buffet, I buy those that have the standard label.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q34. When buying from the store or school buffet, I buy snacks that are stored in the right place, such as the refrigerator or shelves.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q35. I usually buy healthy food with my pocket money.

- Never
- Seldom
- Sometimes
- Usually
- Always

Q36. I usually try new foods I have not eaten before.

- Never
- Seldom
- Sometimes
- Usually
- Always





Q37. Have you ever seen the table of nutritional information on food packaging?

- Yes
- No

Q38. The following two tables show the nutritional information on two 1-liter milk bags. According to the information provided, which of these two products do you choose? If you choose any of these products, write your reason.

Nutrition Facts		
Serving size: 240 cc		
Amount Per Serving		
Calories: 141 Kcal		
Nutrition Facts		%Nutrition Reference Values
Total Fat	7.2 gr	**
Total Carbohydrate	11.5 gr	**
Sugar	11.5 gr	**
Protein	7.7 gr	%15/4
Limit these nutrients		
Saturated Fatty Acid	4.8 gr	%24
Trans Fatty Acid	0.12 gr	**
Sodium	290 mg	%5/8

Figure A

Nutrition Facts		
Serving size: 240 cc		
Amount Per Serving		
Calories: 109 Kcal		
Fortified by Vitamin D (0.5 mg/ serving)		
Nutrition Facts		%Nutrition Reference Values
Total Fat	3.6 gr	**
Total Carbohydrate	11 gr	**
Sugar	11 gr	**
Protein	8.2 gr	%16/4
Limit these nutrients		
Saturated Fatty Acid	2.4 gr	%12
Trans Fatty Acid	0 gr	**
Sodium	290 mg	%5/8

Figure B

- A
- B
- I have no idea

Why? Please discuss:

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Q39. Answer the following questions based on the color information of the following nutritional label, which is related to toffee (a type of chocolate).

1. What do you think about the amount of sugar in this product?

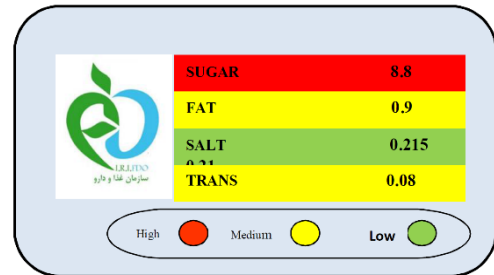
- Low medium high I have no idea

2. What do you think about the amount of total fat and trans-fatty acid in this product?

- Low medium high I have no idea

3. What do you think about the amount of salt in this product?

- Low medium high I have no idea



Q40. Answer the following questions based on the color information of the following nutritional label, which is related to pasteurized milk.

1. What do you think about the amount of total fat in this product?

- Low medium high I have no idea

2. What do you think about the amount of salt in this product?

- Low medium high I have no idea

