

Healthy Snack” Intervention to Improve the Nutritional Knowledge of University Students

Supplementary File 02

Items taken from the nutrition knowledge questionnaire for the intervention study
Correct answers were shown as highlighted.

A1. Do you think health experts recommend that people should be eating more, the same amount, or less of these foods? (Tick one box per row).

Food	More	Same	Less	Not sure
Vegetables				
Sugary foods				
Meat				
Starchy foods				
Fatty foods				
High fibre foods				
Fruits				
Salty foods				

A2. How many servings of fruit and vegetables a day do you think experts are advising people to eat? (One serving could be, for example, an apple or a handful of chopped carrots).

- a) 3 b) 4 c) **5** d) Not sure

A3. Which fat do experts say is most important for people to cut down on? (Tick one)

- a) Monounsaturated fat
b) Polyunsaturated fat
c) **Saturated fat**
d) Not sure

A4. According to the experts, the amount of salt we consume in a day should not exceed (Tick one).

- a) Half of teaspoon (3 g)
b) **One teaspoon (6 g)**
c) One tablespoon (10 g)
d) Not sure

A5. Do you think these are high or low in added sugar? (Tick one box per food).

Food	High	Low	Not sure
Pomegranate sauce			
Fruit yogurt			
Ice-cream			
Fruit juice (processed, concentrated)			
Tomato ketchup			
Hazelnut-based chocolate spread			

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A6. Do you think these are high or low in fat? (Tick one box per food).

Food	High	Low	Not sure
Pasta (without sauce)			
Low fat spread			
Simit			
Salami			
Honey			
Egg fried bread (French toast)			
Nuts			
Bread			
Curd cheese			
Sunflower oil			

A7. Do you think these are high or low in salt? (Tick one box per food). Egg fried bread (French toast)

Food	High	Low	Not sure
Sausages			
Pasta			
Kippers			
Red meat			
Frozen vegetables			
Cheese in brine			

A8. Do you think these are high or low in protein? (Tick one box per food).

Food	High	Low	Not sure
Chicken			
Cheese			
Fruits			
Bean salad			
Butter			
Soybeans			
Mushrooms			

A9. Do you think these are high or low in fibre? (Tick one box per food).

Food	High	Low	Not sure
Corn flakes			
Eggs			
Red meat			
Brussel sprouts			
Fish			
Dried apricots			
Cheese			
Bean salad			

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A10. Do you think these foods contain trans-fatty acids? (Tick one box per food).

Food	Yes	No	Not sure
Margarine	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheddar cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Savoury biscuits	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower seeds	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Crisps	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A11. Do you think these fatty foods are high or low in saturated fat? (Tick one box per food).

Food	High	Low	Not sure
Mackerel	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Minced meat (20% fat)	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cheddar cheese	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower margarine	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Almonds/hazelnuts	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

A12. A glass of unsweetened freshly squeezed fruit juice counts as a helping of fruit in terms of its energy and vitamin content. (Tick one).

- a) ☒ Agree
- b) ☐ Disagree
- c) ☐ Not sure

A13. Brown sugar is a healthy alternative to white sugar. (Tick one).

- a) ☐ Agree
- b) ☒ Disagree
- c) ☐ Not sure

A14. There is more protein in a glass of whole milk than in a glass of skimmed milk. (Tick one).

- a) ☐ Agree
- b) ☒ Disagree
- c) ☐ Not sure

A15. There is more calcium in a glass of whole milk than a glass of skimmed milk. (Tick one).

- a) ☐ Agree
- b) ☒ Disagree
- c) ☐ Not sure

A16. Solid fats contain more saturated fatty acids than oils. (Tick one).

- a) ☒ Agree
- b) ☐ Disagree
- c) ☐ Not sure

A17. Which would be the best choice for a low fat, high fibre snack? (Tick one).

- a) ☐ Milk pudding

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- b) Raisins
- c) Diet chocolate
- d) Whole-meal crackers and cheddar cheese

A18. If a person felt like eating something sweet, but was trying to cut down on sugar, which would be the best choice? (Tick one).

- a) Honey on toast
- b) Cereal snack bar
- c) Plain digestive biscuits
- d) Yogurt topped with dried apricots

A19. Which of these has the lowest energy content? (Tick one).

- a) Baked apple
- b) Strawberry yoghurt (ready-made)
- c) Simit (a type of bagel covered with sesame seeds) and ayran (yogurt drink)
- d) Vanilla ice cream

A20. If a person wanted to reduce the amount of salt in their diet, which would be the best choice? (Tick one).

- a) A slice of margarita pizza (mozzarella cheese & tomato sauce)
- b) Crisps
- c) Bagel with olives
- d) Courgette patties

A21. Which of these breads contain the most vitamins and minerals? (Tick one).

- a) White
- b) Brown
- c) Wholegrain
- d) Not sure

A22. In order to reduce the energy provided by fat, which of the following should be reduced? (Tick one).

- a) Butter
- b) Sunflower oil
- c) Both are the same
- d) Not sure

A23. In order to reduce the calorie intake, which one of the following should be avoided? (Tick one).

- a) Sugar
- b) Potatoes
- c) Fats
- d) Not sure

A24. What diseases or health problems do you think are related to low intake of fruit and vegetables? (Tick one box per row).

Type	Yes	No	Not sure
Constipation			
Asthma			
Common cold			
Dental caries			
Cirrhosis			

A25. What diseases or health problems do you think are related to sugar? (Tick one box per row).

Type	Yes	No	Not sure
Diabetes			
Anaemia			
Heart disease			
Hair loss			

A26. What diseases or health problems do you think are related to salt? (Tick one box per row).

Type	Yes	No	Not sure
Hypertension			
Diarrhoea			
Night blindness			
Hepatitis			
Kidney disease			

A27. What diseases or health problems do you think are related to fat consumption? (Tick one box per row).

Type	Yes	No	Not sure
Obesity			
High cholesterol			
Migraine			
Constipation			
Heart disease			

A28. Do you think these help prevent heart disease? (Tick one box per row).

Type	Yes	No	Not sure
Eating more fibre			
Eating more fruit and vegetables			
Eating less salt			
Eating less saturated fat			