

Questionnaire

Please complete all the sections of the questionnaire. You must answer each item with only one choice. It is important that you complete it by yourself and do not leave any item without an answer. If you have any doubts, ask the Survey assistants. Your answers will remain anonymous, and the data collected will be used only for research.

Section A: Socio-Demographic Information

1. Name of school:.....
2. Age (years) [As at last birthday] :.....
3. Sex: [1] Male [2] Female [3] Prefer not to say
4. Where do you stay? E.g. Kuwadzana, Westgate, Hatfield:.....
5. Who do you stay with?
 - [1] Both parents
 - [2] Single parent
 - [3] Relatives/Guardian
 - [4] Child headed
 - [5] Others specify.....
6. How many people live in the same household as you?.....
7. What is the employment status of your parents/guardians?
 - [1] Formally employed
 - [2] Unemployed
 - [3] Business owners or Self-employed
8. What is the educational level of your parents/guardians? [The household head]
 - [1] No formal Education
 - [2] Primary School
 - [3] Ordinary and Advanced level
 - [4] Tertiary level (College or university graduate)

Section B: Food habits checklist

Please circle only 1 answer. Either True or False. In some cases, there is a third option.

1. If I am having lunch away from home, I often choose a low-fat option.
 - [1] True [2] False [3] I never have lunch away from home
2. I usually avoid eating fried foods.
 - [1] True [2] False
3. I usually eat a dessert if there is one available.

- [1] True [2] False
4. I make sure I eat at least one serving of fruit a day.
[1] True [2] False
5. I try to keep my overall fat intake down.
[1] True [2] False
6. If I am buying milk, I often choose a low-fat brand.
[1] True [2] False [3] I never buy milk
7. I avoid eating lots of sausages and burgers.
[1] True [2] False [3] I never eat sausages or burgers
8. I often buy biscuits, donuts, cream puffs, or cakes.
[1] True [2] False
9. I try to keep my overall sugar intake down.
[1] True [2] False
10. I make sure I eat at least one portion of vegetables or salad a day.
[1] True [2] False
11. If I am having a dessert at home, I try to have something low in fat.
[1] True [2] False [3] I don't eat desserts
12. I rarely eat takeaway meals.
[1] True [2] False
13. I try to ensure I eat plenty of fruit and vegetables.
[1] True [2] False
14. I often eat sweet snacks between meals.
[1] True [2] False
15. I usually eat at least one serving of vegetables (excluding potatoes) or salad with my evening meal.
[1] True [2] False
16. When I am buying a soft drink, I usually choose a diet drink e.g., diet Coke.
[1] True [2] False [3] I never buy soft drinks
17. When I put butter or margarine on bread, I usually spread it thinly.
[1] True [2] False [3] I never have butter or margarine on bread
18. If I have a packed lunch, I usually include some chocolate and/or biscuits.
[1] True [2] False [3] I never have a packed lunch
19. When I have a snack between meals, I often choose fruit.
[1] True [2] False [3] I never eat snacks between meals
20. If I am having a dessert in a restaurant, I usually choose the healthiest one.
[1] True [2] False [3] I never have desserts in restaurants

21. I often have cream on desserts.

[1] True [2] False [3] I don't eat desserts

22. I eat at least three servings of fruit most days.

[1] True [2] False

23. I generally try to have a healthy diet.

[1] True [2] False

Please recall how often you eat/skip meals.

Circle only 1 box from Never [1], Seldom [2] Sometimes [3], Often [4], Always [5]

Never Seldom Sometimes Often Always

24. How often do you skip breakfast? 1 2 3 4 5

25. How often do you skip lunch? 1 2 3 4 5

26. How often do you skip supper? 1 2 3 4 5

27. How often do you eat regular meals with your immediate family at home, sitting down together? 1 2 3 4 5

Section C: Nutrition knowledge

Please circle only 1 answer

Adequate and balanced nutrition.

1. Regularly eating breakfast improves school performance.

[1] True [2] False [3] Not sure

2. Especially milk and eggs should be consumed at breakfast.

[1] True [2] False [3] Not sure

3. We should drink 8–10 glasses of water every day.

[1] True [2] False [3] Not sure

4. We should drink at least 2 glasses of milk every day.

[1] True [2] False [3] Not sure

5. We should consume 5 portions of fruits and vegetables every day.

[1] True [2] False [3] Not sure

6. Consuming bread and cereals (maize) is important for adequate and balanced nutrition.

[1] True [2] False [3] Not sure

7. We should not consume meat more than 3 days a week.

[1] True [2] False [3] Not sure

8. According to the nutrition expert, the amount of salt a person consumes in a day should not exceed 6 g.

[1] True [2] False [3] Not sure

9. Fast food (burgers, fried chips, fizzy drinks, etc.) is not suitable for adequate and balanced nutrition.

[1] True [2] False [3] Not sure

Essential nutrients

10. Nutrients are divided into six groups.

[1] True [2] False [3] Not sure

11. The carbohydrate group has more energy than the fats group.

[1] True [2] False [3] Not sure

12. Fizzy drinks contain high amounts of sugar.

[1] True [2] False [3] Not sure

13. Pasta and rice are starchy foods.

[1] True [2] False [3] Not sure

14. Chicken and eggs contain a high amount of protein.

[1] True [2] False [3] Not sure

15. Sugar beans and baked beans contain a high amount of protein.

[1] True [2] False [3] Not sure

16. Nuts are an alternative to meat in terms of protein content.

[1] True [2] False [3] Not sure

17. The most reasonable act for limiting the amount of fat is consuming biscuits.

[1] True [2] False [3] Not sure

18. Bread contains a high amount of fat.

[1] True [2] False [3] Not sure

19. Meat and chicken are important sources of omega-3 fatty acids.

[1] True [2] False [3] Not sure

20. When we consume animal fat, the amount of cholesterol in the body increases.

[1] True [2] False [3] Not sure

21. Fried chips are junk food.

[1] True [2] False [3] Not sure

22. Whole-grain bread contains more vitamins and minerals than white bread.

[1] True [2] False [3] Not sure

23. Vitamins A and C can be classified as antioxidant vitamins.

[1] True [2] False [3] Not sure

24. Green pepper and oranges contain high amounts of vitamin C.

[1] True [2] False [3] Not sure

25. Cheese contains a high amount of calcium.

[1] True [2] False [3] Not sure

26. Calcium and vitamin D are important for strong bones.

[1] True [2] False [3] Not sure

27. Meat contains a high amount of salt.

[1] True [2] False [3] Not sure

28. White bread contains more fiber than whole-grain bread.

[1] True [2] False [3] Not sure

29. Peaches do not contain a high amount of fibre.

[1] True [2] False [3] Not sure

Malnutrition related diseases

30. Obese people have health problems more than normal.

[1] True [2] False [3] Not sure

31. Eating fish is a risk factor for cardiovascular diseases.

[1] True [2] False [3] Not sure

32. Obesity may be due to excessive fat consumption.

[1] True [2] False [3] Not sure

33. Consuming foods such as fruits and vegetables which have high amount of fibre reduce the risk of getting cancer.

[1] True [2] False [3] Not sure

34. Reducing salt consumption does not reduce the risk of heart disease.

[1] True [2] False [3] Not sure

35. Overusing of sugar and salt is associated with health problems such as diabetes, hypertension, and heart disease.

[1] True [2] False [3] Not sure

36. The low consumption of fruits increases the risk of infectious diseases.

[1] True [2] False [3] Not sure

37. Adequate and balanced nutrition decreases the risk of anemia.

[1] True [2] False [3] Not sure

Section D: Physical activity. (This is the concluding section)

Please circle only 1 answer for each question.

1. Do you usually practice any form of physical activity?

[1] Always during the entire year

[2] Only in some seasons

[3] Sometimes

[4] Never

2. How many hours do you practice?
 - [1] 1–2 h per week
 - [2] 3–4 h per week
 - [3] More than 4 h per week
 - [4] Never
3. In the last 7 days, during your physical education (PE) class, how often were you very active (playing hard, jumping, and throwing)?
 - [1] Always [2] Quite often [3] Sometimes [4] Hardly [5] I don't do PE
4. The physical activity you practice at school:
 - [1] Makes you feel well.
 - [2] Stimulates you to practice sports even out of school
 - [3] Is tiring
 - [4] Is boring
5. What do you prefer doing during your free time?
 - [1] Practicing a sport
 - [2] Walking
 - [3] Shopping
 - [4] Watching TV/listening to music/using the computer/reading a book
6. How many hours a day do you spend on the computer or watching TV?
 - [1] 1–2 h a day
 - [2] 3–4 h a day
 - [3] 5–6 h a day
 - [4] More than 6 h a day
7. Your lifestyle is:
 - [1] Very active
 - [2] Moderately active
 - [3] Sedentary
 - [4] Very sedentary