

## **Appendix 2**

Modified version of the General Nutrition Knowledge Questionnaire, answers and scoring notes

The first few items are about what advice you think experts are giving us.

1. Do you think the *Dietary Guidelines for Australians* recommends that people should be eating more, the same amount, or less of these foods? (tick one box per food)

	More	Same	Less	Not sure
Vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Starchy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
High fibre foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dairy products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How many servings of fruit and vegetables a day do you think experts recommend people eat? (Examples of one serve are a piece of fruit or 1 cup of salad vegetables)

Fruit.....  
Vegetables.....

3. 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

4. What version of dairy foods do experts say people should eat? (tick one)

- (a) full fat
- (b) low fat
- (c) both full fat and lower fat
- (d) none, dairy foods should be cut out
- (e) not sure

Experts classify foods into groups. We are interested to see whether people are aware of what foods are in these groups.

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

	High	Low	Not sure
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unflavoured yoghurt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ice-cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange 35% Juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato Ketchup	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned fruit in natural juice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

	High	Low	Not sure
Pasta (without sauce)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mayonnaise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch/sandwich meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vegetarian pastry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White bread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cottage cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Polyunsaturated margarine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you think these are starchy/high carbohydrate foods group? (tick one box per food)

	Yes	No	Not sure
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Rice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Porridge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Do you think these are high or low in salt? (tick one box per food)

	High	Low	Not sure
Sausages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Anchovies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frozen vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. Do you think these are high or low in protein? (*tick one box per food*)

	High	Low	Not Sure
Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Do you think these are high or low in fibre/roughage? (*tick one box per food*)

	High	Low	Not sure
Cornflakes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bananas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked potatoes with skins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you think these fatty foods are high or low in saturated fat? (*tick one per box*)

	High	Low	Not sure
Tuna	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Whole milk	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower margarine	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Some foods contain a lot of fat but no cholesterol. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

9. Do you think experts call these a healthy alternative to red meat? (*tick one box per food*)

	Yes	No	Not sure
Liver pate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch meats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat cheese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiche	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

10. A glass of unsweetened (100%) fruit juice counts as one serve of fruit. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

11. Saturated fats are mainly found in: (*tick one*)

- (a) vegetable oil   
 (b) dairy products   
 (c) both (a) and (b)   
 (d) not sure

12. Brown sugar is a healthy alternative to white sugar. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

13. There is more protein in a glass of whole milk than in a glass of skim milk. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

14. Polyunsaturated margarine contains less fat than butter. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

15. Which of these bread contain the most vitamins and minerals? (*tick one*)

- (a) white bread   
 (b) wholemeal bread   
 (c) wholegrain bread   
 (d) not sure

16. Which do you think is higher in kilojoules: butter or regular margarine? (*tick one*)

- (a) butter   
 (b) regular margarine   
 (c) both the same   
 (d) not sure

17. A type of oil which contains mostly monounsaturated fat is: *(tick one)*
- (a) coconut oil
  - (b) sunflower oil
  - (c) olive oil
  - (d) palm oil
  - (e) not sure
- 

18. There is more calcium in a glass of whole milk than a glass of skim milk. *(tick one)*
- (a) agree
  - (b) disagree
  - (c) not sure
- 

19. Which one of the following has the most kilojoules for the same weight? *(tick one)*
- (a) sugar
  - (b) carbohydrate
  - (c) fibre/roughage
  - (d) fat
  - (e) not sure
- 

20. Harder fats contain more: *(tick one)*
- (a) monounsaturated fat
  - (b) polyunsaturated fat
  - (c) saturated fat
  - (d) not sure
- 

21. Polyunsaturated fats are mainly found in: *(tick one)*
- (a) vegetable oils
  - (b) dairy products
  - (c) both (a) and (b)
  - (d) not sure
- 

**The next few items are about choosing foods.**

Please answer what is being asked and not whether you like or dislike the food. For example, suppose you were asked.....

'If a person wanted to cut down on fat, which cheese would be best to eat?'

- (a) cheddar cheese
- (b) camembert
- (c) cream cheese
- (d) cottage cheese

If you *didn't like* cottage cheese but knew it was the right answer, you would still tick cottage cheese.

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1. Which would be the best choice for a low fat, high fibre snack? *(tick one)*
- (a) diet strawberry yoghurt
  - (b) sultanas
  - (c) muesli bar
  - (d) wholemeal crackers and cheese
- 

2. Which would be the best choice for a low fat, high fibre light meal? *(tick one)*
- (a) grilled chicken
  - (b) cheese on wholemeal toast
  - (c) baked beans on wholemeal toast
  - (d) quiche
- 

3. Which kind of sandwich do you think is healthier? *(tick one)*
- (a) two thick slices of bread with a thin slice of cheddar cheese
  - (b) two thin slices of bread with a thick slice of cheddar cheese
- 

4. Many people eat spaghetti bolognese (pasta with a tomato and meat sauce). Which do you think is healthier? *(tick one)*
- (a) a large amount of pasta with a little bit of sauce on top
  - (b) a small amount of pasta with a lot of sauce on top
- 

5. If a person wanted to reduce the amount of fat in their diet, which would be the best choice? *(tick one)*
- (a) steak, grilled
  - (b) sausages, grilled
  - (c) turkey, grilled
  - (d) pork chop, grilled
- 

6. If a person wanted to reduce the amount of fat in their diet, but didn't want to give up chips, which one would be the best choice? *(tick one)*
- (a) thick cut 'chunky' chips
  - (b) thin cut 'french fries' chips
  - (c) crinkle cut chips
- 

7. If a person felt like something sweet, but was trying to cut down on sugar, which would be the best choice? *(tick one)*
- (a) honey on toast
  - (b) a cereal snack bar
  - (c) plain sweet biscuit
  - (d) banana with plain yoghurt
-

8. Which of these would be the healthiest dessert? (*tick one*)
- (a) baked apple
  - (b) strawberry yoghurt
  - (c) wholemeal crackers and cheese
  - (d) carrot cake with cream cheese topping

If yes, what diseases or health problems do you think are related to fibre?

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.....

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9. Which cheese would be the best choice as a lower fat option? (*tick one*)
- (a) plain cream cheese
  - (b) edam
  - (c) cheddar
  - (d) brie

3. Are you aware of any major health problems or diseases that are related to how much sugar people eat?

- (a) yes
- (b) no
- (c) not sure

10. If a person wanted to reduce the amount of salt in their diet, which would be the best choice? (*tick one*)
- (a) ready made frozen shepherd's pie
  - (b) ham steak with pineapple
  - (c) mushroom omelette
  - (d) stir fry vegetables with soy sauce

If yes, what diseases or health problems do you think are related to sugar?

.....

.....

.....

**This section is about health problems or diseases.**

1. Are you aware of any major health problems or diseases that are related to a low intake of fruit and vegetables?
- (a) yes
  - (b) no
  - (c) not sure

4. Are you aware of any major health problems or diseases that are related to how much salt or sodium people eat?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to a low intake of fruit and vegetables?

.....

.....

.....

If yes, what diseases or health problems do you think are related to salt?

.....

.....

.....

2. Are you aware of any major health problems or diseases that are related to a low intake of fibre?
- (a) yes
  - (b) no
  - (c) not sure

5. Are you aware of any major health problems or diseases that are related to the amount of fat people eat?

- (a) yes
- (b) no
- (c) not sure

If yes, what diseases or health problems do you think are related to fat?

.....

.....

.....

(continue on the next page)

6. Do you think these help to reduce the chances of getting certain kinds of cancer? (answer each one)

	Yes	No	Not sure
eating more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you think these help prevent heart disease? (answer each one)

	Yes	No	Not sure
eating more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less saturated fat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Which one of these is more likely to raise people's blood cholesterol level? (tick one)

(a) antioxidants	<input type="checkbox"/>
(b) polyunsaturated fats	<input type="checkbox"/>
(c) saturated fats	<input type="checkbox"/>
(d) cholesterol in the diet	<input type="checkbox"/>
(e) not sure	<input type="checkbox"/>

9. Have you heard of antioxidant vitamins?

(a) yes	<input type="checkbox"/>
(b) no	<input type="checkbox"/>

10. If YES to question 9, do you think these are antioxidant vitamins? (answer each one)

	Yes	No	Not sure
Vitamin A	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B Complex vitamins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin E	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Finally, we would like to ask you a few questions about yourself.**

1. Are you male or female?

(a) Male	<input type="checkbox"/>
(b) Female	<input type="checkbox"/>

2. How old are you?

(a) less than 18	<input type="checkbox"/>
(b) 18 - 24	<input type="checkbox"/>
(c) 25 - 34	<input type="checkbox"/>
(d) 35 - 44	<input type="checkbox"/>
(e) 45 - 54	<input type="checkbox"/>
(f) 55 - 64	<input type="checkbox"/>
(g) 65 - 74	<input type="checkbox"/>
(h) more than 75	<input type="checkbox"/>

3. Are you:

(a) single	<input type="checkbox"/>
(b) married	<input type="checkbox"/>
(c) living as married	<input type="checkbox"/>
(d) separated	<input type="checkbox"/>
(e) divorced	<input type="checkbox"/>
(f) widowed	<input type="checkbox"/>

4. There are many different ways in which people think of themselves. Which of the following describes the culture(s) you view yourself as being part of? (tick every option that applies)

(a) Aboriginal/Torres Strait Island	<input type="checkbox"/>
(b) Australian	<input type="checkbox"/>
(c) British/English/Scottish/Welsh	<input type="checkbox"/>
(d) Chinese	<input type="checkbox"/>
(e) Dutch	<input type="checkbox"/>
(f) German	<input type="checkbox"/>
(g) Greek	<input type="checkbox"/>
(h) Indian	<input type="checkbox"/>
(i) Irish	<input type="checkbox"/>
(j) Italian	<input type="checkbox"/>
(k) Vietnamese	<input type="checkbox"/>
(l) Other	<input type="checkbox"/>

5. Do you have any children?

(a) No	<input type="checkbox"/>
(b) 1	<input type="checkbox"/>
(c) 2	<input type="checkbox"/>
(d) 3	<input type="checkbox"/>
(e) 4	<input type="checkbox"/>
(f) more than 4	<input type="checkbox"/>

6. Do you have any children, under 18 years, living with you?

- (a) Yes
- (b) No

7. What is the highest level of education you have completed?

- (a) no school
- (b) primary school
- (c) some high school
- (d) completed high school
- (e) tech or trade qualification
- (f) tertiary degree (not TAFE)

8. Do you have any health or nutrition related qualifications?

- (a) Yes
- Please specify:
- .....
- .....

- (b) No

9. What is your job? If you are not working now, what is your usual job? (please be specific).

.....

.....

10. If you have a partner, what is his/her job? If he/she is not working now, what is his/her usual job? (please be specific):

.....

.....

11. Are you currently:

- (a) employed full time
- (b) employed part time
- (c) unemployed
- (d) full time homemaker
- (e) retired
- (f) student
- (g) disabled or too ill to work

12. Are you on a special diet?

- (a) Yes
- Please specify:
- .....
- .....

- (b) No

**THE END**

**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.**

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The first few items are about what advice you think experts are giving us.

1. Do you think the *Dietary Guidelines for Australians* recommends that people should be eating more, the same amount, or less of these foods? (tick one box per food)

	More	Same	Less	Not sure
Vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sugary foods	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Meat	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Starchy foods	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
High fibre foods	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Salty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Dairy products	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. How many servings of fruit and vegetables a day do you think experts recommend people eat? (Examples of one serve are a piece of fruit or 1 cup of salad vegetables)

Fruit..... 2 serves  
Vegetables..... 5 serves

3. 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

4. What version of dairy foods do experts say people should eat? (tick one)

- (a) full fat   
 (b) low fat   
 (c) both full fat and lower fat   
 (d) none, dairy foods should be cut out   
 (e) not sure

Experts classify foods into groups. We are interested to see whether people are aware of what foods are in these groups.

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

	High	Low	Not sure
Bananas	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Unflavoured yoghurt	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Ice-cream	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Orange 35% Juice	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tomato Ketchup	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tinned fruit in natural juice	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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

	High	Low	Not sure
Pasta (without sauce)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mayonnaise	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lunch/sandwich meat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honey	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Vegetarian pastry	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
White bread	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cottage cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Polyunsaturated margarine	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

3. Do you think these are starchy/high carbohydrate foods group? (tick one box per food)

	Yes	No	Not sure
Cheese	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Pasta	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Nuts	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Rice	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Porridge	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

4. Do you think these are high or low in salt? (tick one box per food)

	High	Low	Not sure
Sausages	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pasta	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Anchovies	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Frozen vegetables	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cheese	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



5. Do you think these are high or low in protein? (*tick one box per food*)

	High	Low	Not Sure
Chicken	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cheese	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Butter	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Cream	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

6. Do you think these are high or low in fibre/roughage? (*tick one box per food*)

	High	Low	Not sure
Cornflakes	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bananas	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eggs	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Red meat	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Broccoli	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fish	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baked potatoes with skins	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Chicken	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you think these fatty foods are high or low in saturated fat? (*tick one per box*)

	High	Low	Not sure
Tuna	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Whole milk	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Olive oil	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Red meat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower margarine	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Chocolate	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Some foods contain a lot of fat but no cholesterol. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

9. Do you think experts call these a healthy alternative to red meat? (*tick one box per food*)

	Yes	No	Not sure
Liver pate	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Lunch meats	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Baked beans	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nuts	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low fat cheese	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quiche	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Mushrooms	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

10. A glass of unsweetened (100%) fruit juice counts as one serve of fruit. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

11. Saturated fats are mainly found in: (*tick one*)

- (a) vegetable oil   
 (b) dairy products   
 (c) both (a) and (b)   
 (d) not sure

12. Brown sugar is a healthy alternative to white sugar. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

13. There is more protein in a glass of whole milk than in a glass of skim milk. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

14. Polyunsaturated margarine contains less fat than butter. (*tick one*)

- (a) agree   
 (b) disagree   
 (c) not sure

15. Which of these bread contain the most vitamins and minerals? (*tick one*)

- (a) white bread   
 (b) wholemeal bread   
 (c) wholegrain bread   
 (d) not sure

16. Which do you think is higher in kilojoules: butter or regular margarine? (*tick one*)

- (a) butter   
 (b) regular margarine   
 (c) both the same   
 (d) not sure

17. A type of oil which contains mostly monounsaturated fat is: *(tick one)*

- (a) coconut oil   
 (b) sunflower oil   
 (c) olive oil   
 (d) palm oil   
 (e) not sure

18. There is more calcium in a glass of whole milk than a glass of skim milk. *(tick one)*

- (a) agree   
 (b) disagree   
 (c) not sure

19. Which one of the following has the most kilojoules for the same weight? *(tick one)*

- (a) sugar   
 (b) carbohydrate   
 (c) fibre/roughage   
 (d) fat   
 (e) not sure

20. Harder fats contain more: *(tick one)*

- (a) monounsaturated fat   
 (b) polyunsaturated fat   
 (c) saturated fat   
 (d) not sure

21. Polyunsaturated fats are mainly found in: *(tick one)*

- (a) vegetable oils   
 (b) dairy products   
 (c) both (a) and (b)   
 (d) not sure

### The next few items are about choosing foods.

Please answer what is being asked and not whether you like or dislike the food. For example, suppose you were asked.....

'If a person wanted to cut down on fat, which cheese would be best to eat?'

- (a) cheddar cheese  
 (b) camembert  
 (c) cream cheese  
 (d) cottage cheese

If you *didn't like* cottage cheese but knew it was the right answer, you would still tick cottage cheese.

1. Which would be the best choice for a low fat, high fibre snack? *(tick one)*

- (a) diet strawberry yoghurt   
 (b) sultanas   
 (c) muesli bar   
 (d) wholemeal crackers and cheese

2. Which would be the best choice for a low fat, high fibre light meal? *(tick one)*

- (a) grilled chicken   
 (b) cheese on wholemeal toast   
 (c) baked beans on wholemeal toast   
 (d) quiche

3. Which kind of sandwich do you think is healthier? *(tick one)*

- (a) two thick slices of bread with a thin slice of cheddar cheese   
 (b) two thin slices of bread with a thick slice of cheddar cheese

4. Many people eat spaghetti bolognese (pasta with a tomato and meat sauce). Which do you think is healthier? *(tick one)*

- (a) a large amount of pasta with a little bit of sauce on top   
 (b) a small amount of pasta with a lot of sauce on top

5. If a person wanted to reduce the amount of fat in their diet, which would be the best choice? *(tick one)*

- (a) steak, grilled   
 (b) sausages, grilled   
 (c) turkey, grilled   
 (d) pork chop, grilled

6. If a person wanted to reduce the amount of fat in their diet, but didn't want to give up chips, which one would be the best choice? *(tick one)*

- (a) thick cut 'chunky' chips   
 (b) thin cut 'french fries' chips   
 (c) crinkle cut chips

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

- (a) honey on toast   
 (b) a cereal snack bar   
 (c) plain sweet biscuit   
 (d) banana with plain yoghurt

8. Which of these would be the healthiest dessert? (*tick one*)

- (a) baked apple    
 (b) strawberry yoghurt    
 (c) wholemeal crackers and cheese    
 (d) carrot cake with cream cheese topping

9. Which cheese would be the best choice as a lower fat option? (*tick one*)

- (a) plain cream cheese    
 (b) edam    
 (c) cheddar    
 (d) brie

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

- (a) ready made frozen shepherd's pie    
 (b) ham steak with pineapple    
 (c) mushroom omelette    
 (d) stir fry vegetables with soy sauce

**This section is about health problems or diseases.**

1. Are you aware of any major health problems or diseases that are related to a low intake of fruit and vegetables?

- (a) yes    
 (b) no    
 (c) not sure

If yes, what diseases or health problems do you think are related to a low intake of fruit and vegetables?

cancer

heart disease

bowel disorders

2. Are you aware of any major health problems or diseases that are related to a low intake of fibre?

- (a) yes    
 (b) no    
 (c) not sure

(continue on the next page)

If yes, what diseases or health problems do you think are related to fibre?

bowel diseases

3. Are you aware of any major health problems or diseases that are related to how much sugar people eat?

- (a) yes    
 (b) no    
 (c) not sure

If yes, what diseases or health problems do you think are related to sugar?

teeth decay

4. Are you aware of any major health problems or diseases that are related to how much salt or sodium people eat?

- (a) yes    
 (b) no    
 (c) not sure

If yes, what diseases or health problems do you think are related to salt?

high blood pressure

5. Are you aware of any major health problems or diseases that are related to the amount of fat people eat?

- (a) yes    
 (b) no    
 (c) not sure

If yes, what diseases or health problems do you think are related to fat?

obesity

heart disease

6. Do you think these help to reduce the chances of getting certain kinds of cancer? (answer each one)

	Yes	No	Not sure
eating more fibre	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less sugar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

7. Do you think these help prevent heart disease? (answer each one)

	Yes	No	Not sure
eating more fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less saturated fat	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less salt	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating more fruit and vegetables	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
eating less preservatives/additives	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

8. Which one of these is more likely to raise people's blood cholesterol level? (tick one)

- (a) antioxidants
- (b) polyunsaturated fats
- (c) saturated fats
- (d) cholesterol in the diet
- (e) not sure

9. Have you heard of antioxidant vitamins?

- (a) yes
- (b) no

10. If YES to question 9, do you think these are antioxidant vitamins? (answer each one)

	Yes	No	Not sure
Vitamin A	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B Complex vitamins	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Vitamin C	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin D	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Vitamin E	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin K	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Finally, we would like to ask you a few questions about yourself.

1. Are you male or female?

- (a) Male
- (b) Female

2. How old are you?

- (a) less than 18
- (b) 18 - 24
- (c) 25 - 34
- (d) 35 - 44
- (e) 45 - 54
- (f) 55 - 64
- (g) 65 - 74
- (h) more than 75

3. Are you:

- (a) single
- (b) married
- (c) living as married
- (d) separated
- (e) divorced
- (f) widowed

4. There are many different ways in which people think of themselves. Which of the following describes the culture(s) you view yourself as being part of? (tick every option that applies)

- (a) Aboriginal/Torres Strait Island
- (b) Australian
- (c) British/English/Scottish/Welsh
- (d) Chinese
- (e) Dutch
- (f) German
- (g) Greek
- (h) Indian
- (i) Irish
- (j) Italian
- (k) Vietnamese
- (l) Other

5. Do you have any children?

- (a) No
- (b) 1
- (c) 2
- (d) 3
- (e) 4
- (f) more than 4

6. Do you have any children, under 18 years, living with you?

- (a) Yes
- (b) No

7. What is the highest level of education you have completed?

- (a) no school
- (b) primary school
- (c) some high school
- (d) completed high school
- (e) tech or trade qualification
- (f) tertiary degree (not TAFE)

8. Do you have any health or nutrition related qualifications?

- (a) Yes

Please specify:

.....

.....

- (b) No

9. What is your job? If you are not working now, what is your usual job? (please be specific).

.....

.....

.....

10. If you have a partner, what is his/her job? If he/she is not working now, what is his/her usual job? (please be specific):

.....

.....

.....

11. Are you currently:

- (a) employed full time
- (b) employed part time
- (c) unemployed
- (d) full time homemaker
- (e) retired
- (f) student
- (g) disabled or too ill to work

12. Are you on a special diet?

- (a) Yes

Please specify:

.....

.....

.....

.....

- (b) No

**THE END**

**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.**

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## **Australian Version of the General Nutrition Knowledge Questionnaire Scoring Method**

### **Section 1: Knowledge of Dietary Recommendations**

Each item carries one point for a correct answer. Maximum score = 13.

Question 1: with the list of foods, each food is treated as a separate item.

Question 2: One point for each answer ie 2 serves of fruit and 5 serves of vegetables. Total score = 2.

### **Section 2: Knowledge of Food Sources of Nutrients**

Each item carries one point for a correct answer. Maximum score = 70.

In questions with lists of foods, each food is treated as a separate item.

### **Section 3: Choosing everyday Foods**

Each item carries one point for a correct answer. Maximum score = 10.

### **Section 4: Knowledge of Diet-disease Relationships**

Each item carries one point for a correct answer. Maximum score = 20.

The initial statement in each question "*Are you aware of any major health problems.....*" is not scored. The following open ended questions "*if yes, what diseases or health problems.....*" are scored.

For the validation study, the following terms were also scored as correct answers:

<b>Correct answer (<i>italics</i>)</b>	<b>Also scored as correct</b>
Fruit/vegetables and <i>cancer</i>	-
Fruit/vegetables and <i>bowel disorders</i>	Bowel cancer, bowel problems, colon cancer, irritable bowel syndrome, constipation, diverticulitis, colon
Fruit/vegetables and <i>heart disease</i>	Cardiovascular disease, coronary heart disease, cholesterol
Fibre and <i>bowel disorders</i>	Bowel cancer, colon cancer, irritable bowel syndrome, constipation, diverticulitis, colon
Sugar and <i>tooth decay</i>	Teeth, dental caries, rotten teeth,
Salt and <i>high blood pressure</i>	Hypertension
Fat and <i>heart disease</i>	Cardiovascular disease, coronary heart disease, high cholesterol, clogged arteries, heart attack, angina, hardened arteries, stroke
Fat and <i>obesity</i>	Overweight, weight problems

Question 6: Only two of the six items are scored – “eating more fibre” and “eating more fruit and vegetables”. Total score = 2.

Question 7: Only three of the five items are scored – “eating less saturated fat”, “eating less fat” and “eating more fruits and vegetables”. Total score =3.

Question 9: Not scored.

Question 10: Each item carries one point for a correct answer. Total score = 6.