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 Australians r should be amount, or les	ecomreating	mends more ese fo	that e, the	people
	More	Same	Less 1	Not sure
Vegetables				
Sugary foods				
Meat				

Starchy foods

2.How many	vings o	and
Dairy products		
Salty foods		
Fruit		
High fibre foods		
Fatty foods		

Z.1 10VV	illally	SCIVII	iyə	OI III	iii a	IIU
vegeta	ables a	day do	o you	think	expe	rts
recom	mend p	people	eat?	(Exan	nples	of
one s	erve are	a piec	e of f	ruit or	1 cup	of
salad	vegetab	les)				
	_					

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			
Unflavoured yoghurt			
Ice-cream			
Orange 35% Juice			
Tomato Ketchup			
Tinned fruit in natural juice	· 🗆		

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

	High	Low	Not sure
Pasta (without sauce)			
Mayonnaise			
Baked beans			
Lunch/sandwich meat			
Honey			
Vegetarian pastry			
Nuts			
White bread			
Cottage cheese			
Polyunsaturated margaria	ne□		

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

	Yes	No N	ot sure
Cheese			
Pasta			
Butter			
Nuts			
Rice			
Porridge			

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

	Hign	Low	Not sure	
Sausages				
Pasta				
Anchovies				
Red meat				
Frozen vegetables				
Cheese				

protein? (tick one b	or boi ic		1 1 0	juice counts as one serve of fruit. (tick
protein: (tion one b	High	Low N	lot Sure	one)
Chicken				(a) agree □
Cheese				(b) disagree □
Fruit				(c) not sure
Baked beans				(o) not suite
Butter				
Cream				11.Saturated fats are mainly found in: (tick
0.5 ""				one)
6.Do you think thes				(a) vegetable oil
fibre/roughage? (tic			<i>000)</i> Not sure	(b) dairy products □
Cornflakes	High			(c) both (a) and (b)
				(d) not sure
Bananas				
Eggs				10 Drown over in a backley alternative to
Red meat				12.Brown sugar is a healthy alternative to
Broccoli				white sugar. (tick one)
Nuts				(a) agree
Fish				(b) disagree
Baked potatoes with	skins 🗆			(c) not sure □
Chicken				
Baked beans				
7.Do you think these or low in saturate box) Tuna		tick or		whole milk than in a glass of skim milk. (tick one) (a) agree (b) disagree
or low in saturate box) Tuna Whole milk Olive oil Red meat	ed fat? ((tick or	ne per Not sure	(a) agree □ (b) disagree □
or low in saturate box) Tuna Whole milk Olive oil Red meat Sunflower margarine	ed fat? ((tick or	ne per Not sure	whole milk than in a glass of skim milk. (tick one) (a) agree (b) disagree (c) not sure 14. Polyunsaturated margarine contains
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Tuna Whole milk Olive oil Red meat Sunflower margarine Chocolate 8.Some foods contain cholesterol. (tick or second) (a) agree (b) disagree (c) not sure 9.Do you think experimal ternative to redinger food) Liver pate Lunch meats Baked beans Nuts	in a lot ree) ts call the meat? (ctick or	ne per Not sure	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

17.A type of oil which contains mostly	1. Which would be the best choice for a low
monounsaturated fat is: (tick one)	fat, high fibre snack? (tick one)
(a) coconut oil	(a) diet strawberry yoghurt
(b) sunflower oil	(b) sultanas
(c) olive oil	(c) muesli bar
(d) palm oil	(d) wholemeal crackers and cheese
(e) not sure	
18.There is more calcium in a glass of whole milk than a glass of skim milk.	2.Which would be the best choice for a low fat, high fibre light meal? (tick one) (a) grilled chicken
(tick one)	(b) cheese on wholemeal toast
(a) agree	(c) baked beans on wholemeal toast
(b) disagree □	(d) quiche
(c) not sure	(d) quione
(o) not care	
19. Which one of the following has the most kilojoules for the same weight? (tick one) (a) sugar (b) carbohydrate	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
(c) fibre/roughage □	4.Many people eat spaghetti bolognese
(d) fat □	(pasta with a tomato and meat sauce).
(e) not sure □	Which do you think is healthier? (tick
	one)
20.Harder fats contain more: (tick one) (a) monounsaturated fat □ (b) polyunsaturated fat □ (c) saturated fat □	(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
(d) not sure	5. If a person wanted to reduce the
21.Polyunsaturated fats are mainly found in: (tick one) (a) vegetables oils (b) dairy products (c) both (a) and (b)	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
(d) not sure □	6 If a parson wanted to reduce the amount
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?"	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
(a) cheddar cheese	7. If a person felt like something sweet, but
(b) camembert	was trying to cut down on sugar, which
(c) cream cheese	would be the best choice? (tick one)
(d) cottage cheese	(a) honey on toast $\hfill\Box$
If you didn't like cottage chasse but know if was	(b) a cereal snack bar □
If you didn't like cottage cheese but knew if was the right answer, you would still tick cottage	(c) plain sweet biscuit □
cheese.	(d) banana with plain yoghurt

8. Which of these would be the healthiest dessert? (tick one)	If yes, what diseases or health problems do you think are related to fibre?
(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	3.Are you aware of any major health problems or diseases that are related to how much sugar people eat? (a) yes
(c) cheddar	(b) no
(d) brie	(c) not sure
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?
problems or diseases.	4.Are you aware of any major health problems or diseases that are related to
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	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?
and vegetables?	
	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
2.Are you aware of any major health problems or diseases that are related to a low intake of fibre?	(c) not sure □If yes, what diseases or health problems do you think are related to fat?
(a) yes □	
(b) no □	
(c) not sure	
(continue on the next page)	

6.Do you think these h chances of getting			few questions abo	
cancer? (answer each	one) Yes No N	lot sure		
eating more fibre			1.Are you male or fer	
eating less sugar			(a) Male	
eating less fruit			(b) Female	
eating less salt			2.How old are you?	
eating more fruit and veg	jetables □ □		(a) less than 18	
eating less preservatives			(b) 18 - 24	
			(c) 25 - 34	
			(d) 35 - 44	
			(e) 45 - 54	
7.Do you think these h		heart	(f) 55 - 64	
disease? (answer eac	h one) Yes No No	ot ouro	(g) 65 - 74	
eating more fibre	Tes No No	ot sure		
eating more libre eating less saturated fat			(h) more than 75	
eating less saturated fat			3. Are you:	
eating less sait eating more fruit and veg			(a) single	
_			(b) married	
eating less preservatives	dadditives□ □		(c) living as married	
			(d) separated	
			(e) divorced	
3. Which one of these	is more like	elv to	(f) widowed	
raise people's blood (tick one)			4. There are many d	lifferent ways in which
raise people's blood (tick one) (a) antioxidants (b) polyunsaturated fats (c) saturated fats (d) cholesterol in the diet (e) not sure	cholesterol le	evel?	4. There are many of people think of them following describes the yourself as being option that applies) (a) Aboriginal/Torres State (b) Australian (c) British/English/Scott (d) Chinese (e) Dutch (f) German (g) Greek (h) Indian (i) Irish	trait Island
raise people's blood (tick one) (a) antioxidants (b) polyunsaturated fats (c) saturated fats (d) cholesterol in the diet (e) not sure D.Have you heard of ant (a) yes (b) no	ioxidant vitam	evel?	4. There are many of people think of them following describes the yourself as being option that applies) (a) Aboriginal/Torres State (b) Australian (c) British/English/Scott (d) Chinese (e) Dutch (f) German (g) Greek (h) Indian (i) Irish (j) Italian	trait Island
raise people's blood (tick one) (a) antioxidants (b) polyunsaturated fats (c) saturated fats (d) cholesterol in the diet (e) not sure .Have you heard of ant (a) yes (b) no	cholesterol le	evel? ins? these each	4. There are many of people think of them following describes the yourself as being option that applies) (a) Aboriginal/Torres State (b) Australian (c) British/English/Scott (d) Chinese (e) Dutch (f) German (g) Greek (h) Indian (i) Irish	trait Island
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raise people's blood (tick one) (a) antioxidants (b) polyunsaturated fats (c) saturated fats (d) cholesterol in the diet (e) not sure D.Have you heard of ant (a) yes (b) no United Tyes to question 9, are antioxidant vitamin one) Vitamin A B Complex vitamins Vitamin C Vitamin D	do you think t	these each	4. There are many of people think of them following describes the yourself as being option that applies) (a) Aboriginal/Torres States (b) Australian (c) British/English/Scott (d) Chinese (e) Dutch (f) German (g) Greek (h) Indian (i) Irish (j) Italian (k) Vietnamese (l) Other	hildren?
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raise people's blood (tick one) (a) antioxidants (b) polyunsaturated fats (c) saturated fats (d) cholesterol in the diet (e) not sure D.Have you heard of ant (a) yes (b) no 10.If YES to question 9, are antioxidant vitamin one) Vitamin A B Complex vitamins Vitamin C Vitamin D	do you think tons? (answer	these each	4. There are many of people think of them following describes the yourself as being option that applies) (a) Aboriginal/Torres State (b) Australian (c) British/English/Scott (d) Chinese (e) Dutch (f) German (g) Greek (h) Indian (i) Irish (j) Italian (k) Vietnamese (l) Other 5. Do you have any contained the second contained	hildren?

years, living with you?	11.Are you currently:
Joans, hving with you:	(a) employed full time □
(a) Yes	(b) employed part time □
(b) No □	(c) unemployed
	(d) full time homemaker
	(e) retired
	(f) student □
7. What is the highest level of education you have completed?	(g) disabled or too ill to work
(a) no school	
(b) primary school □	12. Are you on a special diet?
(c) some high school	(a) Yes □
(d) completed high school □	Please specify:
(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 THE END Thank you very much for your time. If
	there are any comments you would like
(b) No	to make about this questionnaire,
(5) 113	please do so below, they would be very
9.What is your job? If you are not working now, what is your usual job? (please be specific).	welcome.

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)

	Моге	Same	Less	Not sure
Vegetables	VE .			
Sugary foods			Ø	
Meat			Ø	
Starchy foods				. 🗆
Fatty foods			V	
High fibre foods	Ø			
Fruit	Ø			. 🗆
Salty foods			Ø	
Dairy products				

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	d	о е	хре	rts	say	/ is	most
importa (tick on		for	peo	ple	to	cut	down	on?

(a) monounsaturated fat	
(b) polyunsaturated fat	
(c) saturated fat	W
(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 No	ot sure
Bananas			
Unflavoured yoghurt			
lce-cream	V		
Orange 35% Juice			
Tomato Ketchup	W		
Tinned fruit in natural juice			

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

	High	Low	Not sure
Pasta (without sauce)			
Mayonnaise	P		
Baked beans			
Lunch/sandwich meat	M		
Honey			
Vegetarian pastry	e ·		
Nuts			
White bread		مطما	
Cottage cheese		. 焰	
Polyunsaturated margarir	теш		

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

	Yes	No N	ot sure
Cheese		Jan 1	
Pasta	VZ		
Butter			
Nuts			
Rice			
Porridge			

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

	High	LOW	Not sure
Sausages	V		
Pasta		J	· 🗆
Anchovies			
Red meat		Jan	
Frozen vegetables		Ø	
Cheese	V		

5.Do you think thes protein? (tick one b			low in	10.A glass of unsweetened (100%) fruit juice counts as one serve of fruit. (tick
proteins (now one b	High		ot Sure	one)
Chicken	V			(a) agree √2∕
Cheese	✓			(b) disagree
Fruit				(c) not sure
Baked beans				(o) not sale
Butter	_			
Cream			_	11.Saturated fats are mainly found in: (tick
				- one)
6.Do you think these	e are hig	h or	low in	(a) vegetable oil □
fibre/roughage? (tic				(b) dairy products
			lot sure	(c) both (a) and (b) □
Cornflakes		Ø		(d) not sure
Bananas				
Eggs		Ø		
Red meat		4		12.Brown sugar is a healthy alternative to
Broccoli	₽ ^			white sugar. (tick one)
Nuts				(a) agree \Box
Fish				(b) disagree
Baked potatoes with s	skins 🗹			(c) not sure \Box
Chicken				
Baked beans				
				13.There is more protein in a glass of
 7.Do you think these or low in saturate box) 	d fat? (ti	ick on	e high ne per lot sure	whole milk than in a glass of skim milk. (tick one) (a) agree □ (b) disagree □
Tuna				(c) not sure
Whole milk				(-) =
Olive oil		<u>-</u>		
Red meat				Polyunsaturated margarine contains
Sunflower margarine				less fat than butter. (tick one)
Chocolate	<u></u>	0	_	(a) agree \Box
Chochate		_	<u> </u>	(b) disagree
				(c) not sure □
8.Some foods contain cholesterol. (tick one		f fat b	out no	
(a) agree				15. Which of these bread contain the most
(b) disagree				vitamins and minerals? (tick one)
(c) not sure	_			(a) white bread □
(c) not sale				(b) wholemeal bread
				(c) wholegrain bread
9.Do you think experts	s call thes	se a h	ealthv	(d) not sure
alternative to red r				
	Yes N	lo N	ot sure	ACMALL de un Obtob le Chile l'
Liver pate				16. Which do you think is higher in
Lunch meats		VZ/		kilojoules: butter or regular margarine?
Baked beans				(tick one)
Nuts				(a) butter
Low fat cheese			_	(b) regular margarine □
Quiche		VZ*		(c) both the same
Mushrooms	_	V		(d) not sure □

17.A type of oil which contains mostly monounsaturated fat is: (tick one) (a) coconut oil	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
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	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
19. Which one of the following has the most kilojoules for the same weight? (tick one) (a) sugar (b) carbohydrate	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
(c) fibre/roughage (d) fat (e) not sure	4.Many people eat spaghetti bolognese (pasta with a tomato and meat sauce). Which do you think is healthier? (tick one)
20.Harder fats contain more: (tick one) (a) monounsaturated fat □ (b) polyunsaturated fat □ (c) saturated fat ✓	(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
(d) not sure 21.Polyunsaturated fats are mainly found in: (tick one) (a) vegetables oils (b) dairy products (c) both (a) and (b)	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
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 if was the right answer, you would still tick cottage cheese.	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
	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

8. Which of these would be the healthiest dessert? (tick one)	If yes, what diseases or health problems do you think are related to fibre?
(a) baked apple ✓ (b) strawberry yoghurt □	######################################
(c) wholemeal crackers and cheese	bowel diseases
(d) carrot cake with cream cheese topping	power wracus-
9. Which cheese would be the best choice	3.Are you aware of any major health
as a lower fat option? (tick one)	problems or diseases that are related to
(a) plain cream cheese	how much sugar people eat?
(b) edam	(a) yes
(c) cheddar	(b) no 🗆
(d) brie	(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	If yes, what diseases or health problems do you think are related to sugar?
(b) ham steak with pineapple	toothe docon
(c) mushroom omelette	teeth decay
(d) stir fry vegetables with soy sauce	J
This section is about health	
problems or diseases.	4.Are you aware of any major health
problems of diseases.	problems or diseases that are related to
1.Are you aware of any major health	how much salt or sodium people eat?
problems or diseases that are related to	(a) yes □
a low intake of fruit and vegetables?	(b) no \Box
(a) yes	(c) not sure
(b) no 🗆	W
(c) not sure	If yes, what diseases or health problems do you think are related to salt?
If yes, what diseases or health problems do you think are related to a low intake of fruit and vegetables?	high blood pressure
cancer	
heart disease	
bowel disorders	5.Are you aware of any major health problems or diseases that are related to
bowel disorders	the amount of fat people eat?
	(a) yes
	(b) no
2.Are you aware of any major health	(c) not sure □
problems or diseases that are related to a low intake of fibre?	If yes, what diseases or health problems do you think are related to fat?
(a) yes □	
(b) no 🗆	obesitu
(c) not sure □	0 0 0 1 1 9
(continue on the next page)	obesity heart disease
(optimine on the next bage)	

6.Do you think these help to reduce the chances of getting certain kinds of cancer? (answer each one)	Finally, we would like to ask you a few questions about yourself.
Yes No Not sure	1.Are you male or female?
eating more fibre eating less sugar	(a) Male □
eating less sugar	(b) Female □
eating less salt	0.1.1
eating more fruit and vegetables 🗹 🗆	2.How old are you?
eating less preservatives/additives	(a) less than 18
•	(b) 18 - 24 □ (c) 25 - 34 □
	(c) 25 - 34 □ (d) 35 - 44 □
	(e) 45 - 54
7.Do you think these help prevent heart	(f) 55 - 64
disease? (answer each one) Yes No Not sure	(g) 65 - 74
eating more fibre	(h) more than 75
eating less saturated fat 🔟 🗆 🗆	
eating less salt	3. Are you:
eating more fruit and vegetables 🔽 🗆 🗆	(a) single
eating less preservatives/additives	(b) married \square
	(c) living as married □
	(d) separated □
O Mariah and of these is more likely to	(e) divorced
Which one of these is more likely to raise people's blood cholesterol level?	(f) widowed
(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?	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
(a) yes	(f) German
(b) no 🗆	(g) Greek
	(h) Indian
	(i) Irish
	(j) Italian
10.If YES to question 9, do you think these	(k) Vietnamese
are antioxidant vitamins? (answer each	(I) Other
one) Yes No Not sure	
Yes No Not sure Vitamin A	
B Complex vitamins	5.Do you have any children?
Vitamin C	(a) No 🗆
Vitamin D 🗆 🗷 🙃	(b) 1
Vitamin E	(c) 2
Vitamin K	(d) 3
¥ -	(e) 4
	(f) more than 4

6. Do you have any children, under 18 years, living with you?(a) Yes □(b) No □	11.Are you currently: (a) employed full time (b) employed part time (c) unemployed (d) full time homemaker
7. What is the highest level of education you have completed?	(e) retired (f) student (g) disabled or too ill to work
(a) no school (b) primary school (c) some high school (d) completed high school (e) tech or trade qualification (f) tertiary degree (not TAFE)	12. Are you on a special diet? (a) Yes □ Please specify:
8.Do you have any health or nutrition related qualifications? (a) Yes Please specify:	(b) No THE END
	Thank you very much for your time. If there are any comments you would like
(b) No 🗆	to make about this questionnaire, please do so below, they would be very
9.What is your job? If you are not working now, what is your usual job?	welcome.
(please be specific).	

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:

Correct answer (italics)	Also scored as correct
Fruit/vegetables and cancer	-
Fruit/vegetables and bowel disorders	Bowel cancer, bowel problems, colon
	cancer, irritable bowel syndrome,
	constipation, diverticulitis, colon
Fruit/vegetables and heart disease	Cardiovascular disease, coronary heart
	disease, cholesterol
Fibre and bowel disorders	Bowel cancer, colon cancer, irritable
	bowel syndrome, constipation,
	diverticulitis, colon
Sugar and tooth decay	Teeth, dental caries, rotten teeth,
Salt and high blood pressure	Hypertension
Fat and heart disease	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.