

## HEALTHY EATING KNOWLEDGE TEST

### INSTRUCTIONS:

Read each of the questions carefully and mark with a cross (X) what you think is correct.

#### DATA

Name and surname: .....

Age:..... GENDER: (M) (F)

#### I. CONTENTS

##### 1. How many times should you eat a day?

- a. Twice
- b. Three
- c. Five
- d. When you're hungry

##### 2. How many glasses of water should a person drink a day?

- a. 3 glasses
- b. 6 glasses
- c. 8 glasses

##### 3. What food do you consider the most important in your diet?

- a. Breakfast
- b. Lunch
- c. Dinner
- d. A and b

##### 4. Is it a healthy dish that it contains?

- a. Proteins, carbohydrates and vegetables
- b. Fruits and vegetables more than 50%
- c. 50% vegetables, 25% protein and 25% carbohydrates.
- d. Water, vegetables, and fruits

##### 5. What is the function of the milk, yogurt, and cheese group?

- a. Bone structure, nerve impulse transmission, and muscle building.
- b. Provide vitamins, amino acids, and minerals.
- c. Build Muscles
- d. Promote intestinal function

##### 6. What is the function of meats?

- a. They provide vitamins, amino acids, and minerals.
- b. Plastic and structural because they are part of the organs and tissues of organisms.
- c. Promote intestinal function
- d. I don't know her

##### 7. What is the function of fruits?

- a. Building Muscle
- b. Promote intestinal function
- c. Antioxidant function, scavenge free radicals.
- d. I don't know them

##### 8. What is the function of vegetables?

- a. It acts as a coenzyme.
- b. Supporting Growth
- c. They provide vitamins, amino acids and minerals.
- d. I don't know them

##### 9. Does the nutritional pyramid contain?

- a. Proteins, fats, fruits, vegetables, and carbohydrates
- b. Minerals, fruits, and vegetables
- c. Proteins, amino acids, and fruits
- d. All of the above.

##### 10. Does vitamin C (orange, lemon) promote iron absorption?

- a. YES ( ) b NO ( )

##### 11. What fat should you not consume in excess?

- a. Unsaturated Grains
- b. Saturated fats
- c. Total Fats

- d. Doesn't know.

##### 12. Why is fiber intake important?

- a. Prevents diseases
- b. It's low-cost
- c. Facilitates intestinal transit
- d. Avoid weight gain

##### 13. How many servings of fruits and vegetables should you consume daily?

- a. One a day.
- b. More than one
- c. Five
- d. I don't know

##### 14. Where is the ideal place to eat your food?

- a. House
- b. Ambulant
- c. Kiosk
- d. Restaurant

##### 15. Should information on food issues be obtained from:

- a. Friends
- b. Nutritionists
- c. University
- d. Media (magazines, advertising, TV)

##### 16. Are they foods you should eat often?

Food	Yes	No
Milk, yogurt and/or cheese		
Fresh fruit		
Vegetable salads		
Fish		
Soda/Wrinkles/Nectar		
Burger/Hot Dog/Sandwich		
Pizzas		
Sweets (chizitos, candies)		

## Healthy Eating Index – One year ago

### II. DATA

Name and surname:

.....

Age:..... GENDER: (M) (F)

### INSTRUCTIONS:

Read each of the questions carefully and mark with a cross (X) what you think is correct.

### Daily intake:

#### 1. Cereals and derivatives

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 2. Vegetables

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 3. Fruits

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 4. Milk and dairy products

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

### Weekly Consumption

#### 5. Meats

- a) Daily Consumption
- b) 3 or more times a week, but not daily

- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

### 6. Legumes

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

### Occasional use

#### 7. Sausages and cold cuts

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 8. Sweets

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 9. Sugary sodas

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 10. Variety

(2 points if you meet each of the daily recommendations, 1 point if you meet each of the weekly recommendations.)

## Healthy Eating Index – Current

### Daily intake:

#### 2. Cereals and derivatives

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 2. Vegetables

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 3. Fruits

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 4. Milk and dairy products

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

### Weekly Consumption

#### 5. Meats

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

#### 6. Legumes

- a) Daily Consumption
- b) 3 or more times a week, but not daily
- c) 1 or 2 times a week
- d) Less than once a week
- e) Never or almost never

### Occasional use

#### 7. Sausages and cold cuts

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 8. Sweets

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 9. Sugary sodas

- a) Never or almost never
- b) Less than once a week
- c) 1 or 2 times a week
- d) 3 or more times a week, but not daily
- e) Daily Consumption

#### 10. Variety

(2 points if you meet each of the daily recommendations, 1 point if you meet each of the weekly recommendations.)