

Food and Nutrition Literacy (FNLIT) scale for elementary school children

Please carefully read each statement and check your response. Please check only one box for each statement.

	Statements
1.	When shopping, how important is the nutritional information about food ingredients for you? <input type="checkbox"/> Not important at all <input type="checkbox"/> Not very important <input type="checkbox"/> Neutral <input type="checkbox"/> Somewhat important <input type="checkbox"/> Very important
2.	When shopping, how important is standardized labeling on food packages for you? <input type="checkbox"/> Not important at all <input type="checkbox"/> Not very important <input type="checkbox"/> Neutral <input type="checkbox"/> Somewhat important <input type="checkbox"/> Very important
3.	When shopping, how important are production and expiration dates for you? <input type="checkbox"/> Not important at all <input type="checkbox"/> Not very important <input type="checkbox"/> Neutral <input type="checkbox"/> Somewhat important <input type="checkbox"/> Very important
4.	I can easily understand the nutrition facts (e.g., amount of energy, sugar, protein, etc.) on food packages. <input type="checkbox"/> Never <input type="checkbox"/> Seldom <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually <input type="checkbox"/> Always
5.	I can easily understand nutritional issues I read about in newspapers, magazines, and brochures. <input type="checkbox"/> Never <input type="checkbox"/> Seldom <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually <input type="checkbox"/> Always
6.	I can understand nutritionists' recommendations about health and nutritional requirements that are appropriate for my age group. <input type="checkbox"/> Never <input type="checkbox"/> Seldom <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually <input type="checkbox"/> Always
7.	Boiling is one of the more healthy cooking methods. <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree
8.	I can understand information and recommendations about proper nutrition for children in the media (e.g., TV, Internet, radio, etc.) <input type="checkbox"/> Never <input type="checkbox"/> Seldom <input type="checkbox"/> Sometimes <input type="checkbox"/> Usually <input type="checkbox"/> Always
9.	Daily physical activity for 30–40 minutes prevents obesity. <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree
10.	I know how different vegetables are cultivated and grown. <input type="checkbox"/> Understand very well <input type="checkbox"/> Understand fairly well <input type="checkbox"/> Understand somewhat <input type="checkbox"/> Understand poorly <input type="checkbox"/> Don't understand at all
11.	Consumption of salty snacks (e.g., chips, corn puffs, etc.) is harmful for health. <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree
12.	Excessive consumption of sugar, sweets, and chocolate is harmful for health. <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree
13.	Consumption of salami and sausage that are high in fat may cause obesity. <input type="checkbox"/> Strongly agree <input type="checkbox"/> Agree <input type="checkbox"/> Neither agree nor disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Strongly disagree
14.	Consumption of salami and sausage may cause cancer.

	<input type="checkbox"/> Strongly agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Neither agree nor disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly disagree
15.	Reading of production and expiration dated on food packaged is important for health.				
	<input type="checkbox"/> Strongly agree	<input type="checkbox"/> Agree	<input type="checkbox"/> Neither agree nor disagree	<input type="checkbox"/> Disagree	<input type="checkbox"/> Strongly disagree
16.	I eat a variety of vegetables (e.g., lettuce, cabbage, tomatoes, carrots, etc.), every day.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
17.	I share the nutritional issues that I obtain from various sources with others (e.g., friends, family, etc.)				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
18.	I talk to my friends and family about healthy eating.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
19.	If I have any questions about food and nutrition issues, I'm able to get information and advice from parents, teachers, etc.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
20.	I prepare my own snacks for school.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
21.	I bring healthy snacks to school.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
22.	I regularly do exercise or walk for 30 to 40 minutes every day.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
23.	I wash and prepare fruits and vegetables myself.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
24.	I eat fruit every day.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
25.	I eat breakfast every day.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
26.	I have enough will power to resist unhealthy foods (e.g., fast food, pizza, carbonated drinks, etc.)				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
27.	If I go to restaurant or fast food with my friends, and all of them choose unhealthy foods (e.g., pizza, French fries, carbonated drinks, etc.), I'm able to choose healthy foods.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
28.	I can easily say "No" to any unhealthy eating suggestions from my friends.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
29.	If I encounter unhealthy behaviors at home, school, or in other settings, I'm able to challenge them.				

	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
30.	If my parents or family prepare unhealthy snacks (e.g., chips, fruit roll-ups, corn snacks, etc.) for me to take to school, I accept them.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
31.	If my family were overweight and eating a high fat diet, I would tell them to change their eating habits.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
32.	When I go shopping with my mother or father, I buy healthy snacks such as nuts, raisins, and dried chickpeas instead of chips, snacks, chocolate, and sweets.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
33.	When I go shopping with my mother or father, I buy foods that are certified as healthy.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
34.	When I go shopping with my mother or father, I buy foods with standardized labeling.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
35.	When I go shopping with my mother or father, I buy foods that are not expired.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
36.	When I go shopping with my mother or father, I buy foods with sustainable packaging.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
37.	When I go shopping with my mother or father, I buy foods that are stored appropriately or kept refrigerated.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
38.	I eat food from all the food groups every day.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
39.	I usually try new foods that I've never eaten.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
40.	I usually try new vegetables that I've never eaten.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
41.	I can buy healthy food from the school cafeteria, depending on my pocket money.				
	<input type="checkbox"/> Never	<input type="checkbox"/> Seldom	<input type="checkbox"/> Sometimes	<input type="checkbox"/> Usually	<input type="checkbox"/> Always
42.	If the school cafeteria doesn't offer any healthy foods, it will be difficult for me to choose healthy snack.				
	<input type="checkbox"/> Definitely won't	<input type="checkbox"/> Probably won't	<input type="checkbox"/> Maybe	<input type="checkbox"/> Probably will	<input type="checkbox"/> Definitely will

43. Have you ever seen a fact sheet on a food package?

Yes

No

44. For the following pair of food fact sheets, choose the one you think is more nutritious (“better for you”) by filling in the circle next to your choice. Then explain the reasons for your choice.

Nutrition Facts		
Servings Per Container: 4		
Serving size: 230gr		
Amount Per Serving		
Calories: 87.4 Kcal		
Nutrition Facts		%Nutrition Reference Values
Total Fat	2.78 gr	**
Total Carbohydrate	8.51 gr	**
Sugar	0.27 gr	**
Protein	7.13 gr	14.26%
Limit these nutrients		
Saturated Fatty Acid	1.84 gr	9.2%
Trans Fatty Acid	0 gr	**
Sodium	242.65 mg	12.13%
*Nutrition Reference Values not established		

Figure A)

Nutrition Facts		
Calories in 100 gr = 52.92kcal		
Calories from Fat in 100 gr = 28.8kcal		
	Nutrition Facts	% Daily Value In 100 gr
Total Fat	3.2 gr	4.88
Saturated Fatty Acid	2 gr	10
Trans Fatty Acid	0 gr	0
Protein	3.15 gr	4.5
Total Carbohydrate	2.88 gr	1
Sugar	0.36 gr	0.1
Sodium	42 mg	1.75
*Daily Values are based on a 2000 calorie diet		
Total Fat lower than 65gr		
Saturated Fatty Acid lower than 20gr		
Sodium lower than 2400mg		
Carbohydrate lower than 300gr		

Figure B)

A)

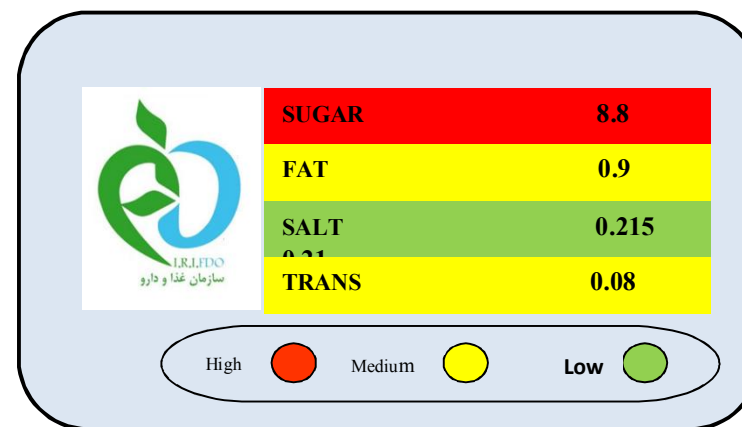
B)

Don't know

- Why? (Explanation).....

45. According to the colored information about Tafi (a kind of chocolate), answer the following questions.

- 1) How would you describe the amount of sugar in this product?
 a) low b) moderate c) high d) don't know
- 2) How would you describe the total amount of fat and trans-fatty acid in this product?
 a) low b) moderate c) high d) don't know
- 3) How would you describe the amount of salt in this product?
 a) low b) moderate c) high d) don't know



46. According to the colored information about pasteurized milk, answer the following questions.

- 1) How would you describe the amount of fat in this product?
 a) low b) moderate c) high d) don't know
- 2) How would you describe the amount of salt in this product?
 a) low b) moderate c) high d) don't know

