

Supplementary Table 1: NUTRITION KNOWLEDGE TEST

(Please tick the correct answer)

1. The key to healthy eating is to:

a)	Eat many different kinds of food	1
b).	Eat some food more than other food	2
c).	Eat certain kinds of food in moderation or in small amounts	3
d).	All the answers are correct	4

2. The following food items should not be eaten at all when one is trying to lose weight

a).	Bread and rice	1
b).	Meat and fish	2
c).	Margarine	3
d).	None of the answers are correct	4
e).	I do not know	5

3. From the list of groups of food below, which food items contain a lot of fibre?

a).	Oats, apples, beans	1
b).	Milk, yoghurt, cheese	2
c).	Beef, chicken, mutton	3
d).	Butter, margarine	4

4.	Eating different kinds of foods is healthier than eating only a few kinds of foods.	1. True	2. False	3. Don't know
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5.	It is impossible to get all the vitamins and minerals you need from food, hence you need to take vitamins and mineral supplements.	1. True	2. False	3. Don't know
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6.	To protect yourself from diseases, you should avoid eating many different kinds of food.	1. True	2. False	3. Don't know
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7.	People who are overweight should not be physically active.	1. True	2. False	3. Don't know
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8.	If you are eating a healthy diet, there is no need for you to be physically active.	1.True	2. False	3. Don't know
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9.	If you want to lose weight, there is no need to be physically active, it is better to simply diet.	1. True	2. False	3. Don't know
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10. You should not have starches at most meals because

a).	They are not important for your health	1
b).	Even eating small amounts can cause weight gain	2
c).	They cause diseases	3
d).	None of the above answers are correct	4
e).	I do not know	5

11. From which group of food items should you eat the most every day?

a).	Bread, sump, rice, porridge	1
b).	Apples, bananas, spinach, carrots	2
c).	Milk, yoghurt, cheese	3
d).	Chicken, fish, beans, eggs	4
e).	Do not know	5

12. An example of a well balance diet consists of:

a).	Mostly meat with smaller amounts of starch, fruits, vegetables and dairy products	1
b).	Mostly vegetables and smaller amounts of meat and dairy products	2
c).	Mostly starches, vegetables and fruits with smaller amounts of meat and dairy products	3
d).	None of the above are correct	4

13. Which food has the most fibre?

a).	White rolls	1
b).	Brown bread	2
c).	White bread	3
d).	Whole wheat bread	4

14.	Starch foods should not be eaten when one is trying to lose weight.	True	False
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15.	Eating bread is associated with weight gain.	True	False
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16.	It is usually not necessary to wash vegetables before you cook them.	True	False
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17. Which one of the foods listed would you eat the most if you were trying to increase fibre in your diet?

a).	Cakes and biscuits	1
b).	Apples and carrots	2
c).	Chips and pies	3
d).	Chicken and fresh fish	4

18. How many servings of fruits and vegetables should be eaten per day?

a).	One fruit and vegetable daily	1
b).	3-4 fruits and vegetables daily	2
c).	5 or more fruits and vegetables daily	3
d).	There is no need to eat fruits and vegetables daily	4

19. Which nutrients are found in large amounts in fruits and vegetables?

a).	Fibre and vitamin A	1
b).	Starches, fats and vitamin D	2
c).	Fats Iron and calcium	3
d).	None of the above	4

20. Which one of the foods listed would you eat the most if you were trying to increase fibre in your diet?

a).	Cakes and biscuits	1
b).	Apples and carrots	2
c).	Chips and pies	3
d).	Chicken and fresh fish	4

21.	Dry beans, peas and lentils should be eaten often	1. True	2. False	3. I don't Know
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22.	Soya mince is as healthy as meat	1. True	2. False	3. I don't Know
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23.	Dry beans, peas, lentils are a healthy choice to eat in place of meat	1. True	2. False	3. I don't Know
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24. Cooked meat/fish/chicken sold on the street may not be safe to eat because

1).	It may have been undercooked	1
2).	The cook may not have used fresh meat	2
3).	It may have been kept for a long time before being cooked	3
4).	All of the above are correct	4

25. Which one of the food groups listed contains a lot of calcium?

1).	Chicken and eggs	1
2).	milk, yoghurt	2
3).	Pilchards	3
4).	2 and 3 are correct	4

26. How much milk or 'maas' should you have a day?

1).	None	1		
2).	Half a cup	2		
3).	One cup	3		
4).	Two cups	4		
27.	It is healthy to use only a little salt when cooking the	1. True	2.	3. Don't know

28. Which of the following food items has iodine been added?

1).	Bread	1
2).	Maize meal	2
3).	Table salt	3
4).	Powdered milk	4

28. Which of the following snacks is low in fat?

1).	Simba chips	1
2).	Popcorn	2
3).	Fried chips	3
4).	Nicknacks	4

30. Which breakfast menu contains little fat

1).	Whole wheat toast with thinly spread margarine	1
2).	Weet-bix with 2% fat milk	2
3).	Bacon and eggs	3
4).	One and two are correct	4

31.	It is healthy to use a lot of oil when cooking?	1. True	2. False	3. Don't know
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32. How much water should you drink a day?

1).	You do not have to drink water every day	1
2).	One to three glasses a day	2
3).	4 to 6 glasses a day	3
4).	7 to 9 glasses a day	4
5).	I do not know	5

33.	You should add extra salt to your cooked food before you even eat it.	1. True	2. False	3. Don't know
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34.	Any type of water is safe to drink.	1. True	2. False	3. Don't know
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35.	Drinking a lot of wine, beer, cider can cause weight gain.	1. True	2. False	3. Don't know
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36.	You should eat a lot of sugar to have enough energy.	1. True	2. False	3. Don't know
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37.	What a pregnant woman eats during pregnancy has no effect on her health and the health of her unborn baby.	1. True	2. False
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38.	Sugar and foods containing sugar should be eaten in small amounts.	1. True	2. False	3. Don't know
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39.	Sugar contains a lot of vitamins and minerals.	1. True	2. False	3. Don't know
40.	It is unhealthy to snack on food that contains a lot of sugar.	1. True	2. False	3. Don't know

Condensed from: Whati, L.H.; Senekal, M.; Steyn, N.P.; Nel, J.H.; Lombard, C.; Norris, S. Development of a reliable and valid nutrition questionnaire for urban South African adolescents. *Nutrition* **2005**, 21, 76-85.

Supplementary Table 2. The South African Food-Based Dietary Guidelines (FBDGs)

- Enjoy a variety of foods
- Be active
- Make starchy foods part of most meals
- Eat plenty of vegetables and fruits every day
- Eat dry beans, peas, lentils and soya regularly
- Have milk, *maas* (sour milk) or yoghurt every day
- Chicken, fish, lean meat, or eggs can be eaten daily
- Drink lots of safe, clean water
- Use fats sparingly; choose vegetable oils rather than hard fats
- Use sugar and food and drinks high in sugar sparingly
- Use salt and foods high in salt sparingly

Vorster, H.H.; Badham, J.B.; Venter, C.S. An introduction to the revised food-based dietary guidelines for South Africa. *S. Afr. J. Clin Nutr*, **2013**, 3, S5-S12.

4).	7 to 9 glasses a day	4
5).	I do not know	5

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c). Pies, cakes puddings	3
d). None of the above	4

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