

QUESTIONNAIRE

Sociodemographic data:

Age: _____ years

Sex: ☐ Male ☐ Female

Anthropometrics:

- Weight (kg) _____
- Height (cm) _____
- Have you ever had weight problems?

☐ NO ☐ YES

Academic data:

- University course frequented: _____
☐ Bachelor ☐ Master ☐ Residency ☐ PhD ☐ Other
- Course year: _____
- How do you consider your academic performance?
☐ Excellent ☐ Very good ☐ Good ☐ Reasonable ☐ Bad
- Average course classification up to the present moment (grades):
☐ <6 ☐ 6-7 ☐ 8-9 ☐ 10

Eating Habits:

- Have you ever had an eating disorder?
☐ NO ☐ YES (which one?) _____
- In terms of meal planning, are you able to serve the three main meals daily?
☐ NO ☐ YES
- Most of the time, the food you consume is:
☐ Home cooked meal ☐ Ordered food ☐ Fast-food ☐ Other

If you had medical problems that required nutritional advice, which specialist would you turn to?

- ☐ General practitioners
- ☐ Specialist doctor (gastroenterologist, surgeon, pediatrician, internist)
- ☐ Diabetes, nutrition and metabolic diseases doctor
- ☐ Dietitian
- ☐ Pharmacist
- ☐ To someone in the family, acquaintances, friends
- ☐ To resources on the Internet or specialized magazines.

What is your daily physical activity level?

- ☐ Very active ☐ Active ☐ Sedentary ☐ Don't know/Not interested

Smoking habits:

- **Regarding the consumption of cigarettes, cigars, pipes and/or electronic cigarettes, which of the following conditions applies to you?**
- ☐ I currently smoke ☐ I used to smoke, but I have stopped ☐ I never smoked
- **How often do you smoke?**
- ☐ Occasionally ☐ Every day ☐ ____cigarettes per day

Drinking habits:

- **During the last 12 months, have you consumed alcoholic beverages (beer, wine, spirits, cider or others)?**
- ☐ Yes ☐ No ☐ Never did
- **How many times in the last 12 months have you consumed three or more alcoholic drinks in a day?**
- ☐ Several times a week ☐ Once a week ☐ Once a month ☐ Less than once a month ☐ Never
- **During the last 30 days, did you drink any of these alcoholic beverages (beer, wine, spirits, cider or other)?**
- ☐ Yes ☐ No

Items used to measure food literacy

- Classify each of the following statements about food using a 4-point scale (1 = very difficult, 2 = difficult, 3 = easy, 4 = very easy).
- a. **Literacy about food nutritional value and composition**
 - Understand the information contained in the Romanian Food Pyramid.
 - Find information on the nutritional quality of beverages.
 - Use the information to match your daily fluid intake needs.
 - Understand the usefulness of taking food supplements (multivitamins, vitamins, calcium, Omega 3, etc.).
 - Find information on the differences between saturated and unsaturated fats.
 - Understand the effects resulting from the consumption of saturated and unsaturated fats.
 - Understand the type of carbohydrates you eat in your diet.
 - Understand the benefits or drawbacks of excessive consumption of dietary fiber.
 - Understand the recommended amounts for protein intake.
- b. **Literacy about labelling and food choice**
 - Find information on how to interpret food labels.
 - Find information about the nutritional semaphore on food labels.
 - Understand the nutritional semaphore on food labels.
 - Use food labels to help make healthier food choices.
 - Understand the recommendations on the amounts of food that should be consumed, when presented in mass (grams).
 - Find information about the Mediterranean Diet.
 - Practice eating habits that conform to the standards of the Mediterranean Diet.
- c. **Literacy about healthy eating practices**
 - Find information on healthy eating (website of the Ministry of Health - official Romanian website).
 - Find information on healthy eating (internet, television, books/magazines).
 - Understand information on healthy eating (Ministry of Health website).
 - Find information on daily meal frequency.
 - Understand the importance of eating several times a day.
 - Find information on diets and regimens (calorie restriction; vegetarian/vegan; organic; diets suitable for certain diseases/intolerances (e.g., gluten-free)).
 - Understand the information about diets and regimens found on the internet.
 - Find information on recommended portion sizes for each type of food.
 - Understand recommended consumption dosages by food groups when expressed in portions.