

SF-FFQ4PolishChildren® questionnaire

How often did you eat the following meals and foods in the last year?

Please, circle the **one** best-fitting **answer** for each question.

Please, take into account all meals and snacks between meals, eaten at home and eaten out.

<p>1. How often do you eat the first breakfast?</p> <p>(1) less than once a week (2) 1-3 times a week (3) 4-6 times a week (4) every day</p>	<p>7. How often do you drink fruit or mixed fruit-veggie juice, e.g. apple, carrot-banana?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>
<p>2. How often do you eat a meal at school, e.g. second breakfast or lunch?</p> <p>(1) less than once a week (2) 1-2 times a week (3) 3-4 times a week (4) every school day</p>	
<p>3. How often do you eat dairy, e.g. milk, yoghurt, cottage cheese, cheese?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>	<p>8. How often do you drink energy drinks?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>
<p>4. How often do you eat fish, e.g. baked, fried, smoked, marinated, canned?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>	<p>9. How often do you eat vegetables, e.g. fresh, boiled, baked, stewed?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>
<p>5. How often do you eat fast food, e.g. fries, pizza, hamburger, toasted sandwich?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>	<p>10. How often do you eat fruit, e.g. fresh or frozen as a part of a dish?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>
<p>6. How often do you drink sweetened beverages, e.g. like cola, water with fruit syrup, ice tea?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>	<p>11. How often do you eat sweets, e.g. cake, cookies, candies, bars, chocolate?</p> <p>(1) never or almost never (2) less than once a week (3) once a week (4) 2-4 times a week (5) 5-6 times a week (6) every day (7) several times a day</p>

Authors: Joanna Kowalkowska¹, Lidia Wądołowska¹, Jadwiga Hamułka²

¹University of Warmia and Mazury in Olsztyn, ²Warsaw University of Life Sciences (WULS-SGGW)

Do you agree with the following statements?**Please, circle one answer.**

<p>12. When I feel anxious, I find myself eating.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>19. I do not eat some foods because they make me fat.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>								
<p>13. Being with someone who is eating often makes me hungry enough to eat also.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>20. I am always hungry enough to eat at any time.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>								
<p>14. When I feel blue, I often overeat.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>21. How much you restraint the food intake? (circle the chosen number below)</p> <table border="1" data-bbox="794 739 1337 775"> <tr> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> <td>8</td> </tr> </table> <p>On a scale of 1 to 8, where 1 means no restraint in eating and 8 means total restraint, what number would you give yourself? 1 – I eat whatever I want, whenever I want it; 8 – I constantly limiting food intake.</p>	1	2	3	4	5	6	7	8
1	2	3	4	5	6	7	8		
<p>15. When I see a real delicacy, I often get so hungry that I have to eat right away.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>Please, circle one answer.</p> <p>22. The key of healthy eating is:</p> <p>(1) to eat many different kinds of foods (2) to eat more of some products than others (3) to eat moderate or small amounts of some products (4) all above answers (5) I don't know</p>								
<p>16. I get so hungry that my stomach often seems like a bottomless pit.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>23. How much of milk and milk beverages e.g. kefir, yoghurt should you eat during a day?</p> <p>(1) none (2) half a glass (3) one glass (4) two glasses (5) I don't know</p>								
<p>17. I am always hungry so it is hard for me to stop eating before I finish the food on my plate.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>24. How much fruits and vegetables should you eat?</p> <p>(1) one fruit and one vegetable a day (2) 3-4 fruits and one vegetables a day (3) 5 or more fruits and one vegetables a day (4) it is not necessary to eat fruits and vegetables (5) I don't know</p>								
<p>18. I consciously hold back at meals in order not to gain weight.</p> <p>(1) definitely yes (2) rather yes (3) rather no (4) definitely no</p>	<p>25. „Good” microorganisms are such microorganisms which:</p> <p>(1) cause food fermentation (2) cause bread rising (3) have positive influence on human health (4) all above answers (5) I don't know</p>								

Authors: Joanna Kowalkowska¹, Lidia Wądołowska¹, Jadwiga Hamułka²¹University of Warmia and Mazury in Olsztyn, ²Warsaw University of Life Sciences (WULS-SGGW)

Please, circle one answer.

<p>26. Fast foods contain much of:</p> <p>(1) fat and fiber (2) fat and salt (3) fat and minerals (4) protein and vitamins (5) I don't know</p>	<p>33. Vegan diet means that one is eliminating from diet:</p> <p>(1) meat, dairy and eggs (2) meat and dairy (3) meat (4) vegetables and fruits (5) I don't know</p>
<p>27. Which set of products contains much fiber?</p> <p>(1) whole-meal bread, apple, bean (2) milk, yoghurt, cheese (3) beef, poultry, pork (4) butter, margarine (5) I don't know</p>	<p>34. Amount of human energy requirement depends on:</p> <p>(1) age and sex (2) age, sex and physical activity (3) only physical activity (4) only age (5) I don't know</p>
<p>28. Main sources of calcium in diet are:</p> <p>(1) dairy products (2) vegetables and fruits (3) dairy products, meat and meat products (4) cereal products (5) I don't know</p>	<p>35. BMI index is a ratio of:</p> <p>(1) body weight and height (2) height and age (3) body weight and age (4) waist and height (5) I don't know</p>
<p>29. Which breakfast set contains less fat?</p> <p>(1) sandwich with butter and half fat cottage cheese (2) sandwich with margarine and cheese (3) corn flakes with full fat milk (4) shortbread chocolate cookies with low fat yoghurt (5) I don't know</p>	<p>36. To be active means:</p> <p>(1) go to the gym (2) walk often (3) play sports e.g. football, volleyball, bike riding (4) all above answers (5) I don't know</p>
<p>30. Main function of protein in the body is:</p> <p>(1) structure (2) energy (3) regulation and structure (4) energy and regulation (5) I don't know</p>	<p>37. Which way of cooking is the best for vitamin C retention in potatoes?</p> <p>(1) cooking in a pot, starting from cold water (2) cooking in a pot, starting from the boiling water (3) pressure cooking in water (4) steam cooking (5) I don't know</p>
<p>31. Alkalizing products are:</p> <p>(1) cereal products (2) fruits and potatoes (3) meat and meat products (4) sugar and sweets (5) I don't know</p>	<p>38. Where one should keep an open container of juice:</p> <p>(1) in a cupboard (2) on a table (3) in special cupboard for fruits (4) in refrigerator (5) I don't know</p>
<p>32. Which information on the food label is most important for every consumer's food safety?</p> <p>(1) ingredients (2) nutrition value (3) shelf life (4) preservatives presence (5) I don't know</p>	<p>39. Energy drinks are safe for adolescences:</p> <p>(1) in limited amounts (2) in unlimited amounts (3) should not be consumed before age of 7 (4) should not be consumed before age of 18 (5) I don't know</p>

Authors: Joanna Kowalkowska¹, Lidia Wądołowska¹, Jadwiga Hamułka²

¹University of Warmia and Mazury in Olsztyn, ²Warsaw University of Life Sciences (WULS-SGGW)

Please, fill out or circle one answer.

<p>40. Sex: (1) boy (2) girl</p>	<p>47. Do you have your own bedroom for yourself? (1) no (2) yes</p>
<p>41. Gender you identify with: (1) the same (2) other</p>	<p>48. How many computers, laptops or tablets does your family own? (1) none (2) one (3) two (4) more than two</p>
<p>42. Date of birth _ _ _ _ _ _ _ _ day month year</p> <p>43. Date of interview _ _ _ _ _ _ _ _ day month year</p>	<p>49. How much time do you spend watching TV or in front of computer on an average day of the week? (1) less than 2 hours a day (2) from 2 up to 4 hours a day (3) from 4 up to 6 hours a day (4) from 6 up to 8 hours a day (5) from 8 up to 10 hours a day (6) 10 hours a day and more</p>
<p>44. What is your place of residence? (1) village (2) town below 100 thousands of inhabitants (3) city over 100.000 inhabitants</p> <p>Enter the name of the village/town/city </p>	<p>50. How would you describe your physical activity in school? (1) low (mostly sedentary, in a classroom and during a break) (2) moderate (half of time is sedentary, half active) (3) high (most of time active)</p>
<p>45. Does your family own a car, van or truck? (1) no (2) yes, one (3) yes, two or more</p> <p>46. During the past year, how many times did you travel away on holiday with your family? (1) not at all (2) once (3) twice (4) more than twice</p>	<p>51. How would you describe your physical activity during your time off (after classes, during weekends)? (1) low (mostly sedentary, watching TV, computer, reading books, light house works, walking for up to 2 hours a week) (2) moderate (walking, cycling, exercise, light house works or other light physical activity for 2-3 hours a week) (3) high (cycling, running, house works and other sport/recreational activities that require physical activity for longer than 3 hours a week)</p>
	<p style="text-align: center;"><i>Thank you for your time</i></p>

Explanatory notes to food assortments in SF-FFQ4PolishChildren® questionnaire

No.	Question	Detailed explanatory notes for food assortments in question
1.	How often do you eat the first breakfast?	eating the first meal (breakfast) at home
2.	How often do you eat a meal at school, e.g. second breakfast or lunch?	eating any meal while at school, e.g. second breakfast or lunch
3.	How often do you eat dairy, e.g. milk, yoghurt, cottage cheese, cheese?	milk, milk soup, natural and sweetened milk beverages (kefir, buttermilk, cocoa with milk), natural cottage cheese, mozzarella, feta, flavored cottage cheese (including homogenized cheeses), fromage frais, milk desserts; natural yoghurts, flavored yoghurts, yoghurts with added sweets (e.g. chocolate balls), cheese, processed cheese, blue cheese IMPORTANT: without plant-based beverages (e.g. soy "milk")
4.	How often do you eat fish e.g. baked, fried, smoked, marinated, canned?	all kinds of fish prepared in varied style, including cooked, salted, marinated; canned fish in oil, tomato souse etc.
5.	How often do you eat fast food, e.g. fries, pizza, hamburger, toasted sandwich?	fries, pizza, hamburger, toasted sandwich, kebab, tortilla (wrap, twister), qurrito, hot dogs, breaded chicken from fast-food restaurants (i.e. chicken wings, legs, breasts, nuggets, strips, chicken sandwich)
6.	How often do you drink sweetened beverages, e.g. like cola, water with fruit syrup, ice tea?	sweetened beverages, carbonated and non-carbonated, e.g. like cola, tonic, water with fruit syrup, flavored water, ice tea
7.	How often do you drink fruit or mixed fruit- veggie juice e.g. apple, carrot-banana?	fresh squeezed juice, 100% juice, fruit nectar, mixed fruit-veggie juice, e.g. carrot-apple IMPORTANT: without plain vegetable juice (e.g. mix vegetable, tomato)
8.	How often do you drink energy drinks?	energy drinks – all types
9.	How often do you eat vegetables, e.g. fresh, boiled, baked, stewed?	raw vegetables, raw vegetable salads, cooked vegetable salads, cooked vegetables, fresh/frozen legumes (e.g. green beans), canned vegetables (e.g. peas, corn), pickled vegetables (e.g. cabbage, cucumber) IMPORTANT: without potato and dry legumes (e.g. bean, pea, soy, lentil)
10.	How often do you eat fruit, e.g. fresh or frozen as a part of a dish?	fruits eaten separately or as a fruit salad, fresh or frozen fruit as an addition to dishes, e.g. yoghurt, pasta, pancakes IMPORTANT: without dried fruit, canned fruit and fruit compote
11.	How often do you eat sweets, e.g. cake, cookies, candies, bars, chocolate?	cakes, cookies, candies, chocolate, sweet buns, croissants, biscuits

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SF-FFQ4PolishChildren® questionnaire
Nutrition knowledge test - answer key:

Number of the question	Number of the answer	Correct answer
22	4	all above answers
23	4	two glasses
24	3	5 or more fruits and one vegetables a day
25	4	all above answers
26	2	fat and salt
27	1	whole-meal bread, apple, bean
28	1	dairy products
29	3	corn flakes with full fat milk
30	3	regulation and structure
31	2	fruits and potatoes
32	3	shelf life
33	1	meat, dairy and eggs
34	2	age, sex and physical activity
35	1	body weight and height
36	4	all above answers
37	4	steam cooking
38	4	in refrigerator
39	4	should not be consumed before age of 18

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