

Food Literacy Measure – FLit16

Instructions:

This survey will ask questions about food, nutrition, and cooking. Your answers will help us make our services and programs better. The survey will take about 3 minutes.

Select one answer for each question.

1. Which of the following is a source of unsaturated fats?

- a) Olive oil
- b) Coconut oil
- c) Butter
- d) Don't know

2. A breakfast cereal lists "fortified" on its box. This means:

- a) The cereal package is made to last a long time
- b) The cereal is made to last a long time
- c) Some nutrients are added to the cereal when it is made
- d) Some nutrients are removed from the cereal when it is made
- e) Don't know

3. Which of the following is a healthier type of sugar?

- a) White sugar
- b) Brown sugar
- c) Honey
- d) It doesn't matter; all types of sugar are pretty much the same
- e) Don't know

4. The foods that we eat may affect our mood.

- a) Yes
- b) No
- c) Not sure

5. If you are steaming vegetables, this means that you are:

- a) Boiling vegetables in water for longer than a minute.
- b) Boiling vegetables in water and then cooling them off in ice water.
- c) Placing vegetables above boiling water until they get cooked.
- d) Don't know

6. Fresh vegetables and fruit should be washed if:

- a) They are organic
- b) They will be peeled or cut (e.g., whole watermelon, potato)
- c) They look clean
- d) All of the above
- e) None of the above
- f) Don't know

7. Is it safe to defrost frozen meat, poultry or fish in a dish on the kitchen counter?

- a) Yes
- b) No
- c) Don't know

How confident are you in your ability to do the following?				
	Not at all confident	Not very confident	Somewhat confident	Very confident
8. Choose the healthiest options from foods sold at restaurants.				
9. Choose the healthiest options from foods sold at grocery stores.				

How confident are you in your ability to do the following food preparation and cooking activities?				
	Not at all confident	Not very confident	Somewhat confident	Very confident
10. Follow a simple recipe (one that only has a few ingredients and steps).				
11. Prepare meals using plant-based proteins (e.g., beans, lentils, tofu).				

How much do you agree or disagree that the following statement is true?					
	Strongly disagree	Disagree	Neutral	Agree	Strongly agree
12. When ordering takeout food or food in a restaurant, it is important that I choose healthier options from those available, most of the time.					
13. Eating whole grains (e.g., whole grain pasta and bread, brown rice, oats) is important for my health.					
14. It is important to use leftovers, when possible					
15. Family, friends, celebrities, and social media can shape/influence what people choose to eat.					
16. It is important that people are able to access foods specific to their culture.					

Thank You!