Food Literacy Measure - FLit50

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 10 minutes.

Select <u>one</u> answer unless otherwise indicated.

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1. **Which fruit is traditionally grown in Canada?**

   a) Apples
   b) Bananas
   c) Avocado
   d) Pineapple
   e) Don't know

2. **Which of the following are protein foods?** *Select <u>all</u> that apply.*

   a) Legumes (e.g., beans, lentils, chickpeas)
   b) Eggs
   c) Tofu
   d) Don't know

3. **Why are food additives (e.g., preservatives, flavours, colours) added to food?** *Select <u>all</u> that apply.*

   a) To make food taste better
   b) To make food look better
   c) To prevent food from going bad
   d) To make food last longer
   e) Don't know

4. **Which of the following is a source of unsaturated fats?**

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

5. **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

6. Eating plenty of fruits and vegetables is important to help prevent health problems or diseases.

a) Yes
b) No
c) Not sure

7. 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

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

a) Yes
b) No
c) Not sure

9. Processed food (e.g., boxed mac n’ cheese, fast food) usually have more salt than foods cooked at home from basic ingredients (e.g. pasta, vegetables, meat).

a) Yes
b) No
c) Not sure

10. You’re deciding between ordering a poutine (fries, cheese and gravy) and a whole grain chicken wrap with vegetables. The menu says the poutine has fewer calories. Does this mean poutine is a healthier choice?

a) Yes
b) No
c) Not sure

11. 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

12. If a food package lists “no added sugar”, this means that this product must have zero sugar.

a) Yes
b) No
c) Don’t know

13. If a food package lists "low in sodium", this means that this product:

a) Only has a little bit of salt
b) Has very few calories
c) Has no calories
d) Has no salt
e) Don't know

14. 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

15. When cutting raw meat and vegetables for the same meal, you should:

a) Use the same cutting board for raw meat and vegetables
b) Use the same cutting board for raw meat and vegetables, rinsing in between uses
c) Use a separate cutting board for raw meat and vegetables
d) Don't know

16. Which of the following is a sugary drink?

a) Chocolate milk
b) Fruit juice
c) Energy drinks
d) All of the above
e) None of the above
f) Don't know

17. Who is more likely to give you accurate nutrition information?

a) Celebrities or athletes
b) Fitness instructors
c) Health professionals (e.g., dietitian, doctor, nurse)
d) Health store employees.
e) Social media influencers
f) Don't know

18. The ingredients on a granola bar are listed as follows: rolled oats, sugars, peanuts, chia seeds, whole wheat flour and salt. The ingredient that's present in the largest amount is:

a) Salt
b) Whole wheat flour
c) Chia seeds
d) Sugars
e) Rolled Oats
f) All ingredients are equal
g) Don't know

19. 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**
20. Find nutrition information you can trust.				
21. Choose the healthiest options from foods sold at restaurants.				
22. Prepare a healthy meal for family or friends.				
23. 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**
24. Use a kitchen knife safely (e.g., to cut up raw ingredients)				
25. Measure ingredients for a recipe.				
26. Follow a simple recipe (one that only has a few ingredients and steps).				
27. Sauté (i.e., cook food quickly in a little bit of oil or fat on the stovetop).				
28. Use herbs and spices (e.g., basil, thyme, cayenne pepper) to flavour dishes.				
29. Make baked goods such as cookies, cupcakes, and cakes etc., using basic ingredients (not from a box).				
30. Make soup using basic ingredients (not from a can or box).				
31. Cook meat (e.g., stir fry, bake)				
32. Prepare meals using plant-based proteins (e.g., beans, lentils, tofu).				
33. Change a recipe to make it healthier (e.g., to have less salt, sugar or fat).				
34. Prepare meals or snacks using basic ingredients (e.g., pasta, vegetables, meat), with or without a recipe.				

How much do you agree or disagree that the following statement is true?					
	Strongly disagree	**Disagree**	**Neutral**	**Agree**	**Strongly agree**
35. It is important to eat most meals without distractions (e.g. cell phones, tablets, TV, toys).					
36. It is important to prepare healthy meals and snacks most of the time.					
37. It is important to eat meals with others, when possible.					
38. It is important for my health to make most meals or snacks using basic ingredients (e.g. pasta, vegetables, meat).					
39. When ordering takeout food or food in a restaurant, it is important that I choose healthier options from those available, most of the time.					
40. It is important for my health to not skip meals or snacks, when possible.					
41. Eating whole grains (e.g., whole grain pasta and bread, brown rice, oats) is important for my health.					
42. Eating more beans, lentils, tofu, and other plant-based proteins helps me stay healthy.					

How much do you agree or disagree that the following statement is true?					
	Strongly disagree	**Disagree**	**Neutral**	**Agree**	**Strongly agree**
43. Food advertising can influence what we buy.					
44. It is important to use leftovers, when possible					
45. Reducing the amount of food we throw away is good for the environment.					

How much do you agree or disagree that the following statement is true?					
	Strongly disagree	**Disagree**	**Neutral**	**Agree**	**Strongly agree**
46. Family, friends, celebrities, and social media can shape/influence what people choose to eat.					
47. It is important that people are able to access foods specific to their culture.					
48. What people eat can be influenced by cultural or family food traditions.					
49. A person's living situation (such as income, education and housing) can affect their ability to prepare meals.					
50. A person's ability to access food can be affected by their living situation (such as income, transportation, where they live).					

Thank You!