For online only publication

Examples of attitude, intention and dietary knowledge items

Attitude items

1. For me, eating junk food everyday would be:

    | Unenjoyable | 1 | 2 | 3 | 4 | 5 | Enjoyable |
    | Harmful | 1 | 2 | 3 | 4 | 5 | Beneficial |

2. For me, eating vegetables everyday would be:

    | Unenjoyable | 1 | 2 | 3 | 4 | 5 | Enjoyable |
    | Harmful | 1 | 2 | 3 | 4 | 5 | Beneficial |

Intentions items

1. I intend to limit unhealthy eating each day from now on

    | Strongly agree | 1 | 2 | 3 | 4 | 5 | Strongly disagree |

2. I intend to eat fruit and vegetables each day from now on

    | Strongly agree | 1 | 2 | 3 | 4 | 5 | Strongly disagree |

Knowledge items

1. In the food guide pyramid, what group has the most suggested servings?
    [ ] Grain group
    [ ] Fat group
    [ ] Milk group

2. What food is rich in vitamin c?
    [ ] Orange
    [ ] Nut
    [ ] Meat

3. In the food guide pyramid, what group is good for strong teeth and bone?
    [ ] Fruit group
    [ ] Milk group
    [ ] Grain group

4. Which foods give you the most energy?
    [ ] Rice
    [ ] Fruit
    [ ] *Keropok* (fish cracker)

5. Which foods contain high fibre?
    [ ] Burger
    [ ] Fish
    [ ] Vegetable

6. *Protein can be found* in
    [ ] Fruit and vegetable
    [ ] Fish and meat
    [ ] Candy and ice cream

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7.   Which food does not contain nutrients
            [   ] Rice
            [   ] Junk food
            [   ] Fish
8.   Which food could contain too much colouring?
            [   ] Orange
            [   ] Colourful candy
            [   ] Bread
9.   Which food could contain too much preservative?
            [   ] Vegetable
            [   ] Chicken nugget
            [   ] *Jeruk* (pickle)
10.   Which beverage contain too much sugar?
            [   ] Tea
            [   ] Soda drink
            [   ] Fruit juice
11.   Which food causes tooth decay?
            [   ] Cheese
            [   ] Burger
            [   ] Candy
12.   Which drink is considered unhealthy:
            [   ] Coffee
            [   ] Chocolate drink
            [   ] *Poly* juice (drink which contains colourful food dye)
13.   Which food contains too much salt?
            [   ] Nugget
            [   ] Burger
            [   ] Salty snack
14.   What is the disease associated with the lack of fruit and vegetable
        intake?
            [   ] Cancer
            [   ] Kidney problem
            [   ] Dengue fever
15.   Foods that contain preservatives and food dyes like pickles, colourful jelly and
        candy can cause
            [   ] Dengue fever
            [   ] Flu
            [   ] Cancer
16.   Eating too much sugary food is link to what type of disease?
            [   ] Diabetes
            [   ] High blood pressure
            [   ] Flu
17.   Consuming too much salty food can cause
            [   ] Dengue fever
            [   ] High blood pressure
            [   ] Flu

18. Which of the following condition can cause heart disease?
        [   ] Eating too much fat
        [   ] Eating too much fruits
        [   ] Eating too much vitamin
19. Being overweight and obese can increase the risk of
        [   ] Heart disease
        [   ] Dengue fever
        [   ] Flu
20. Lack of nutrients may
        [   ] cause stunted
        [   ] cause good health
        [   ] protect you from *disease* and *infection*.