

RESEARCH QUESTIONNAIRE

Socio-Demographic

1	Gender	<input type="checkbox"/> Male <input type="checkbox"/> Female
2	Age	()
3	Religion	<input type="checkbox"/> Christianity <input type="checkbox"/> Islam <input type="checkbox"/> Traditional <input type="checkbox"/> Others
4	Marital Status	<input type="checkbox"/> Single <input type="checkbox"/> Married
5	Current class/level	
6	Family type	<input type="checkbox"/> Polygamous <input type="checkbox"/> monogamous
7	Average monthly stipend (Naira)	<input type="checkbox"/> Less than #20000 <input type="checkbox"/> #21000 - #50000 <input type="checkbox"/> More than #50000

Anthropometric parameters

Body weight (kg)	
Body height (cm)	
Waist circumference (cm)	

Eating Habits in The Past Week (Fill in answers appropriately)

	Number of meals at home in the past week	Number of meals in school canteen/restaurants in the past week
Breakfast		
Lunch		
Dinner		

Nutritional knowledge (Choose one correct answer)

1	Which of the following nutrients provide energy after ingesting it from food?	<input type="checkbox"/> Fats <input type="checkbox"/> Calcium <input type="checkbox"/> Vitamin C
2	Meat, fish, egg are rich in?	<input type="checkbox"/> Protein <input type="checkbox"/> Carbohydrates <input type="checkbox"/> Vitamin K
3	What should be considered most while choosing food?	<input type="checkbox"/> Nutrient content of foods <input type="checkbox"/> Color of foods <input type="checkbox"/> Price of foods
4	Eating too much of oily and fatty foods can mostly lead to which of the health problems?	<input type="checkbox"/> Headache <input type="checkbox"/> Heart diseases <input type="checkbox"/> Cancer
5	Which of the following foods are rich in vitamins?	<input type="checkbox"/> Vegetables & fruits <input type="checkbox"/> Meats <input type="checkbox"/> Milk
6	Which of the following foods has high content of fiber?	<input type="checkbox"/> Spinach vegetable <input type="checkbox"/> Potatoes <input type="checkbox"/> Watermelon
7	Which of the following nutrient provides the highest amounts of energy?	<input type="checkbox"/> Carbohydrates <input type="checkbox"/> Fat <input type="checkbox"/> Alcohol
8	In your opinion, what is a “balanced diet”?	<input type="checkbox"/> A diet without carbohydrates <input type="checkbox"/> A diet containing all nutrients in proper quantities and ratio <input type="checkbox"/> A diet rich in calcium
9	What are the functions of vitamins and minerals?	<input type="checkbox"/> To put on muscular tissue <input type="checkbox"/> To catalyze biochemical reactions in the body <input type="checkbox"/> To provide energy
10	Fruits are richest in?	<input type="checkbox"/> Calcium <input type="checkbox"/> Vitamins <input type="checkbox"/> Sugar