

Questionnaire: Food Label Awareness Among Undergraduate Medical Students

Dear Participant,

You are invited to participate in a research study titled "A cross-sectional study to assess food label awareness among undergraduate students of a medical college in Northern Maharashtra." The purpose of this study is to understand the knowledge, attitudes, and practices related to food labels among medical students. Your participation is completely voluntary, and all your responses will be kept confidential and used only for research purposes.

Please answer all questions to the best of your ability.

Part A: Demographic and Personal Information

(Please fill in the blanks or tick the appropriate box)

1. **Age:** _____
2. **Gender:** ☐ Male ☐ Female
3. **Year of study:** ☐ I Professional ☐ II Professional ☐ III Professional ☐ IV Professional
4. **Height (in cm):** _____
5. **Weight (in kg):** _____
6. **Are you trying to get in shape or lose weight?** ☐ Yes ☐ No
7. **Do you regularly go to the gym or exercise?** ☐ Yes ☐ No
8. **Do you follow a strict diet?** ☐ Yes ☐ No
9. **Do you have any history of nutrition-related diseases, NCDs, food allergies, or eating disorders?** If yes, please specify the condition:

Part B: Knowledge

(Please select the most appropriate answer for each question)

10. **Which is the supreme authority responsible for regulating and supervising food safety in India?** a) Ministry of Health b) FSSAI c) Ministry of Consumer Affairs d) Ministry of Public Distribution

11. **The material/container of the packaging must be:** a) Aseptic b) Clean c) Sealed properly d) All of the above
12. **The size of the symbol should vary according to the size of the food package.** a) True b) False
13. **The size of the Principal Display Panel (where all information is grouped together) must vary according to the size of the package.** a) True b) False
14. **Which symbol is used for non-veg food items?** a) Green b) Pink c) Red d) Blue

Part C: Attitude

(Please indicate your level of agreement with the following statements)

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
15. Food labelling can help people with health conditions (e.g., hypertension, allergies) to look out for ingredients to avoid.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Food labelling is easy to use as it provides all information of what the food product contains.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. It is important to know the maximum and minimum consumption values per serving of sugar, fat, sodium, and fibre.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. Food labelling can help people regulate their calorie intake.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. People should take time from their busy schedule to read labels carefully before buying foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

20. I trust the information provided in the food nutrition label.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. All FSSAI licensed foods are healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Part D: Practice

(For the following questions, please indicate how often you perform these actions)

How often do you...	Always	Often	Sometimes	Rarely	Never
22. ...observe nutrition labels when purchasing pre-packaged food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. ...read the brand name, price, expiry date, and manufacturing date?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. ...read the nutritional information (energy, protein, carbs, fats, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
25. ...check the name and address of the manufacturer?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. ...read the directions of use on the food label?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. ...check the veg or non-veg symbol before purchasing?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. ...check for food additives?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. ...check for the country of origin?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. ...check for Halal or non-Halal markings on the food package?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31. ...check for the net weight of the food?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32. ...check for the serving size?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

