

FACULTY/INSTITUTE: IHS FASS



QUESTIONNAIRE ON FRUITS AND VEGETABLES CONSUMPTION

Level: Year 1 Year 2 Year 3 Year 4 Master PhD
 Gender: Male Female
 Age: 16-20 21-25 26-30 31-35 36-40 41-45 46-50
 Ethnic: Malay Chinese Indian Others; _____

PART 1: Knowledge

- (1) Do you know the recommended number of fruits portions you should eat daily?
 Yes; please state: _____ portion(s)
 No

- (2) Do you know the recommended number of vegetables portions you should eat daily?
 Yes; please state: _____ portion(s)
 No

PART 2: Attitude and practice

- (3) How much fruits did you eat yesterday?

List them: (eg. 1 medium piece of apple, 2 cups of juice)

- (4) When are you more likely to eat fruits?
 (Please tick all that is applicable)
 Breakfast
 Lunch
 Dinner
 As snacks/desserts
 I don't eat fruits

- (5) What makes it hard for you to eat more fruits?
 (Please tick all that is applicable)
 Cost
 Time it takes to prepare fruits
 I don't know how to cook/prepare fruits
 My household choice (parents & family members' choice)
 The fruits market/supermarket location is too far
 The fruits quality is not satisfying
 Lack of fruits variety
 Dislike
 Others; _____

(6) What kinds of things might prevent you from buying more fruits?

(Please tick all that is applicable)

- Cost
- Distance (to the place to buy fruits)
- Quality
- Variety
- Dislike

Others; _____

(7) How much vegetable did you eat yesterday?

List them: (eg. 1 scoop of cooked spinach, 1 cup of salad)

(1) When are you more likely to eat vegetables?

(Please tick all that is applicable)

- Breakfast
- Lunch
- Dinner
- As snacks/desserts
- I don't eat vegetables

(2) What makes it hard for you to eat more vegetables?

(Please tick all that is applicable)

- Cost
- Time it takes to prepare vegetables
- I don't know how to cook/prepare vegetables
- My household choice (parents & family members' choice)
- The vegetables market/supermarket location is too far
- The vegetables quality is not satisfying
- Lack of vegetables variety
- Dislike

Others; _____

(3) What kinds of things might prevent you from buying more vegetables?

(Please tick all that is applicable)

- Cost
- Distance (to the place to buy vegetables)
- Quality
- Variety
- Dislike

Others; _____

END.
THANK YOU FOR YOUR TIME!