

Student School Food Knowledge, Attitudes and Practices Survey

from the Good Food for Learning Project (Engler-Stringer et al, 2021)

Socio-demographic characteristics of survey participants.

Q.1. How old are you?

- 8 years old
- 9 years old
- 10 years old
- 11 years old
- 12 years old
- 13 years old
- 14 years old
- 15 years old

Q.2. What grade are you in?

- 4
- 5
- 6
- 7
- 8

Q.3. What school do you go to?

Q.4. Since the school year began in September, did you ever have lunch from the School Lunch Program (where kids go to eat lunch if they didn't bring one)?

- Yes
- No

- I don't know

Q.5. Looking back on the past YEAR, did you ever have breakfast from the School Breakfast Program (where kids get breakfast foods if they did not eat at home)?

- My school does not offer a School Breakfast Program
- Yes
- No
- I don't know

Q.6. Have you learned about food or healthy eating in any of these classes or subjects at school?

	I have not taken this subject	I took this subject but I did not learn about food or healthy eating	I took this subject but I did not learn about food or healthy eating	Yes - In a previous school year
Health				
Science				
Physical Education				

Q.7. Are there any other classes or subjects at school where you have learned about food or healthy eating?

- Yes
- No

Q.8. Please name/describe the class and explain whether you took this course this school year or in a previous school year.

- N/A
- Refusal
- Do not know

Q.9. How do you feel about going to school?

- I don't like school
- I like school sometimes
- I like school very much

Q.10. In general, would you say your health is:

- Poor
- Fair
- Good
- Very good
- Excellent

Q.11. How satisfied are you with your current body shape and size?

- Very dissatisfied
- Dissatisfied
- Neutral
- Satisfied
- Very satisfied

Q.12. With which ethnic or cultural group(s) do you identify? Check all that apply.

- White or Caucasian
- First Nations
- Métis
- Inuk (Inuit)
- South Asian (e.g., East Indian, Pakistani, Sri Lankan)
- Chinese
- Black or African-Canadian
- Filipino
- Latin American
- Arab

- Southeast Asian (e.g., Vietnamese, Cambodian, Malaysian, Laotian)
- West Asian (e.g., Iranian, Afghan)
- Korean
- Japanese
- Other (Please specify)
- Don't know
- Choose not to answer

Q.13. In which country were you born?

- Canada
- Other (please specify)

Q.14. What is your postal code? If you do not know your postal code, please tell us which neighborhood you live in.

- N/A
- Refusal
- Do not know

Q.15. How would you describe your gender?

- Female
- Male
- Nonbinary/third gender/other
- Prefer not to answer

Q.16. What was your sex assigned at birth?

- Female
- Male
- Prefer not to answer

2. Food frequency questionnaire

Food groups	Food items	Never	Once a week or	2 times a week	3 times a week	4 times a week	Everyday
Drinks	Fruit-flavoured drinks (like fruit punch, Five Alive, Kool-Aid, Sunny D or lemonade)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Regular (non-diet) pop or soft drinks						
	Diet pop or soft drinks						
	Iced tea (sugar sweetened)						
	Sports drinks (like Gatorade)						
	Energy drinks (like Monster, Red Bull or Rockstar)						
	Hot chocolate or specialty coffee (like a mocha, vanilla latte, or Frappuccino)						
	Regular coffee or tea						
	Bottled water						
	Water from a tap or water fountain						
	Slurpee's, slushies, or snow cones						
	Fruit smoothie, Booster Juice, or Jugo Juice						
	100% fruit juice like orange juice or apple juice						
	Milkshake or ice cream smoothie						
Vegetable and fruits	Fresh fruit, not including fruit juice						
	Dried fruit						
	Fruit (frozen or canned)						
	Fresh vegetables (raw or cooked, not including French fries)						
	Vegetables (frozen or canned)						
	Dark green vegetables (like broccoli or spinach)						
	Orange vegetables (like carrots or sweet potatoes)						
Dairy products and	Cheese (including cheese strings, cheese slices)						
	Plain yogurt, plain yogurt drink, or kefir						

dairy alternatives	Flavored yogurt, yogurt drink, or kefir								
	Plain milk								
	Flavored milk (like chocolate or vanilla milk)								
Meat and meat alternatives	Meat (like beef, chicken, pork or turkey)								
	Deli meat (like ham, salami, and smoked chicken or turkey)								
	Fish or shellfish								
	Eggs								
	Meat alternatives, like tofu								
Fast foods	Pizza or pizza snack								
	Hot dog								
	Hamburger or cheeseburger								
	Breaded/fried chicken or fish								
	French fries or other fried potatoes								
	Sub, deli sandwich, wrap or pita								
	Taco or nachos								
	Frozen packaged dinner								
Snack foods and desserts	Salty packaged snacks (like chips or pretzels)								
	Candy (like gummies and lollipops) or chocolate bars (like coffee crisp, caramilk or smarties)								
	Baked sweets (like cookies, cupcakes, or donuts)								
	Frozen desserts (like ice cream bars, popsicles, or Freezes)								

3. Participation in food and nutrition related activity

Have you participated in any of the following this school year (anytime since September)? Choose all that apply	No	Yes-at school	Yes, at home	Yes, somewhere else (like with family or friends)
Learning how to cook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Choosing healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Making healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tasting healthy foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning about Canada’s Food Guide	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning about what foods are grown in Saskatchewan	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
			Yes	No
Learning how to grow food in a garden	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning how to make compost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Composting on my own (e.g., putting my leftovers from lunch in a compost bin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Learning how to recycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recycling on my own (e.g., putting my recyclables in a recycle bin)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

4. : Parental normative belief questionnaire

How much do you agree with the following statements?						
My parent(s) or adults I live with think I should...						
	Disagree a lot	Disagree a little	They don’t have an opinion	Agree a little	Agree a lot	I’m not sure what they think
Eat vegetables at least once a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat whole grains (like whole wheat bread) at least once a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Avoid soft drinks and other sugar sweetened beverages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink tap water (filtered, unfiltered or boiled)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink bottled water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eat local food (food that is grown or made from a community garden, farm, or farmers' market)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat food that is grown or made in an environmentally friendly way	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stay fit and exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Compost	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recycle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grow food plants grown at school, at home or in your community (for example in a garden, in balcony planters, or in an orchard or greenhouse)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

5. Questionnaire for assessing the knowledge on waste

When you are at school, what is the most environmentally friendly place to throw away each item on this list?	Garbage	Compost	Recycling	I don't know
Single-use plates (like plastic or Styrofoam)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Napkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Meat scraps	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Leftover salad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plastic pop bottle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Juice container (Tetrapak)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk container	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Orange peel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Styrofoam container	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

6. Questions to assess the knowledge of locally grown foods.

Please tell us if you think farmers grow the following foods in Saskatchewan.	Yes, grown in Saskatchewan	No, not grown in Saskatchewan	I don't know where the food is grown	I'm not familiar with this food
Bananas	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Beans	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Corn	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tomatoes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kale	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Peppers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pineapples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pumpkins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Carrots	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Apples	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raspberries	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

7. How strongly do you agree with the following statements?

The types of food I eat affects:	Strongly disagree	Disagree	Neither agree or nor disagree	Agree	Strongly agree
My health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My weight	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How well I do in school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relationships with my friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

8. Healthy and environmentally sustainable food/dietary practices questionnaire

Looking back on the past YEAR, on average, how often did you eat the following during school hours?	Never	Once a month or less	2-3 times a month	1 time a week	2 or more times a week	1 time a day	2 or more times a day	I don't know
Food that you helped grow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food or drinks in recyclable packaging	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food or drinks in packaging that can be composted	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food or drinks in reusable containers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

9. Healthy and environmentally sustainable food/dietary practices questionnaire cont...

In a typical WEEK, how often do you do each of the following during school hours?	Never	Once a week or less	2 times a week	3 times a week	4 times a week	Every school day
Eat nothing for lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bring a lunch that you helped to prepare or pack from home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bring a lunch that someone (other than you) prepared or packed from home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Put leftover food that you didn't finish eating into a compost bin at school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat a lunch provided by your school	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eat food grown at school, at home or in your community (for example in a garden, in balcony planters, or in an orchard or greenhouse)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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10. Healthy and environmentally sustainable dietary attitudes questions

In a typical month, during school hours, how often do you.	Never	Once a month or less	2-3 times a month	Once a week	2-4 times a week	Every school day
Eat lunch with your friends	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go home to eat lunch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat lunch alone	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat lunch with your teachers or other school staff	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

11. Healthy and environmentally sustainable dietary attitudes questionnaire cont.

If you wanted to, how sure are you that you could (or are able to) do the following?	Very sure I could not	Somewhat sure I could not	Not sure whether I could or could not	Somewhat sure I could	Very sure I could
Use a recipe (including measuring and combining ingredients) to cook a simple dish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prepare and chop vegetables	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Eat local food (food that is grown or made locally e.g. from a garden, farm, or farmers' market)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink taps water or water from a fountain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

12. Healthy and environmentally sustainable dietary attitudes questionnaire cont.

How much do you care about?	Not at all	A little bit	Somewhat	Very much
Volunteering in my community	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How animals are treated before they are eaten	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How food choices impact the environment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Making sure other families in my community have enough food to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Where the food I eat comes from	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

13. The food insecurity questions were as follows

In the past 12 months	Never	Sometimes	A lot
'Did the food that your family bought run out, and you didn't have money to get more?'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
'Were you not able to eat a balanced meal because your family didn't have enough money?'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
'Have you skipped a meal or has the size of your meals been cut because your family didn't have enough money for food?'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
'Did you have to eat less because your family didn't have enough money to buy food?'	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

For more information on the Good Food for Learning school food intervention project tools and protocols see:

Engler-Stringer, R., Black, J., Muhajarine, N., Martin, W., Gilliland, J., McVittie, J., Kirk, S., Wittman, H., Mousavi, A., Elliott, S., Tu, S., Hills, B., Androsoff, G., Field, D., Macdonald, B., Belt, C., & Vatanparast, H. (2021). The Good Food for Learning Universal Curriculum-Integrated Healthy School Lunch Intervention: Protocol for a Two-Year Matched Control Pre-Post and Case Study. *JMIR research protocols*, 10(9), e30899. <https://doi.org/10.2196/30899>