

UNIVERSITY OF GHANA
DEPARTMENT OF NUTRITION AND FOOD SCIENCE

Questionnaire

Project Topic: Dietary practices of adolescents in Accra and the COVID 19 pandemic

This questionnaire is to solicit information on your eating habits, physical activity behaviours, and nutrition knowledge during the peak of the COVID 19 pandemic in Ghana and presently.

FILL IN THE BLANK SPACES BY PROVIDING SUITABLE ANSWERS AND CHECK THE BOXES BY THE ANSWERS THAT BEST DESCRIBE YOUR SITUATION.

Note that this questionnaire is strictly for academic purposes so all findings will be kept confidential

A. DEMOGRAPHICS

1. Age (completed years):
2. Sex: Female ☐ Male ☐
3. Area of Residence: District:
4. Parents Marital Status:
Single ☐ Married ☐ Separated/Divorced ☐
Widowed ☐
5. How many people make up your household?
Number of Children (less than 18 years) Number of adults
6. What work do your parents/guardians do?
Father:
Mother:
7. What is your highest level of education?
None ☐ Primary ☐ JHS ☐ SHS ☐
Vocational ☐ University ☐
8. Are you currently in school? Yes ☐ No ☐

Section B- Dietary Assessment

9. 7-DAY FOOD FREQUENCY QUESTIONNAIRE

I am going to ask you questions about how often you have consumed some foods in the past 7 days.

How often in the past 7 days did you eat the following foods	Never	Once (1) a week	2-3 times per a week	4-5 times per week	6 times per week	At least Once daily
Bread (brown, sugar, tea, butter)						
Porridges (corn dough, millet/sorghum – hausa)						
Oblayo, Ekuegbemi, rice/wheat water, oats						
Spaghetti/indomie						
Rice (white/brown, fried, jollof, waakye, etc)						
Banku, kenkey, akple, etc						
Plantain						
Yam						
Cocoyam						
Orange flesh sweet potatoes, potatoes						
Cassava, Fufu, Kokonte						
Tuo-zafi						
STEW AND SOUPS						
Local vegetable stew (Garden eggs, okro, Kontomire stew						
Tomato gravy						
Vegetable (carrot, cabbage, spring onion) stew						
Palmnut soup						
Groundnut soup						
Light soup						

Okro soup						
ANIMAL FLESH AND PRODUCTS						
Beef, pork, goat, sheep						
Chicken, guinea fowl, etc						
Fried turkey						
Fish						
Snails, oysters, clams, periwinkles						
Crabs, octopus, shrimps						
Offal (liver, kidney, intestines, heart)						
Gizzard, sausage, bacon						
Egg						
MILK AND PRODUCTS						
Cheese						
Yoghurt, ice cream						
Wagashie						
Milk (powdered, evaporated)						
Milk drinks (countre milk, cocoa drink, brukina)						
LEGUMES, NUTS, OIL SEEDS						
Beans (black-eyed, red, brown, white, soya, Bambara, waakye)						
Koose						
Baked beans						
Groundnuts						
Almonds, Cashew nuts						
Egushie, neri						
Tiger nuts						
Dawadawa						
FRUITS						
Apple						
Banana						
Mango, pawpaw						

Orange						
Watermelon						
Pineapple						
Coconut						
Sugarcane						
Yooyi, Alansa						
Grapes						
100% Fruit juice						
VEGETABLES						
Onions						
Mushrooms						
Carrot, pumpkin						
Cabbage						
Lettuce						
Broccoli, Cauliflower						
Okra						
Cucumber						
Garden eggs/aubergine						
Tomatoes						
Leafy vegetable (kontomire, ayoyo, gboma, alefu, moringa etc.)						
FATS AND OILS						
Palm oil						
Vegetable oil (corn, cottonseed, flaxseed, safflower, soybean, groundnut, sunflower)						
Olive oil						
Shea butter						
Coconut, palm kernel						
Butter						
Margarine						
Salad Cream						
Avocado pear						

SUGAR SWEETENED BEVERAGE						
'Sobolo'						
'Aliha'						
'Lamogin'						
Coke, Fanta, Sprite, Mirinda, 7Up						
Energy drinks (Rush, Blue Jeans etc)						
Other caffeinated drink (diet coke, soda)						
Chocolate						
PASTRIES, ETC						
Biscuits						
Pie						
Cake						
Doughnuts						
Chips						
Pizza						
Burger						
Sharwarma						

10. How many meals do you eat a day (breakfast, lunch, dinner) **on a weekday**? Consider every fruit, yoghurt, or SSBs, etc. as snack.

1-2 meals a day 3-4 meals a day more than 4 meals a day

11. How many meals do you eat a day (breakfast, lunch, dinner) **on a weekend day**? Consider every fruit, yoghurt, or SSBs, etc. as snack.

1-2 meals a day 3-4 meals a day more than 4 meals a day

12. Do you skip meals often? Yes No

13. If yes, which of the meals do you skip most?

Morning Afternoon Evening

14. How often do you buy ready to eat foods per week?

Never 1 – 2 times/week 3 - 4 times/week
5-7 times/week Above 7 times/week

15. Which mealtime are you most likely to buy already prepared food?

Morning ☐

Afternoon ☐

Evening ☐

At the peak of the Pandemic (early and mid-2021)

16. I am going to ask you questions about how often you consumed some foods during the peak of the COVID 19 pandemic about a year ago. Please try and recount as accurately as possible.

How often in the past 7 days did you eat the following foods	Never	Once (1) a week	2-3 times per a week	4-5 times per week	6 times per week	At least Once daily
Bread (brown, sugar, tea, butter)						
Porridges (corn dough, millet/sorghum – hausu)						
Oblayo, Ekuegbemi, rice/wheat water, oats						
Spaghetti/indomie						
Rice (white/brown, fried, jollof, waakye, etc)						
Banku, kenkey, akple, etc						
Plantain						
Yam						
Cocoyam						
Orange flesh sweet potatoes, potatoes						
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Tuo-zafi						
STEW AND SOUPS						
Local vegetable stew (Garden eggs, okro, Kontomire stew)						
Tomato gravy						
Vegetable (carrot, cabbage, spring onion) stew						
Palmnut soup						
Groundnut soup						

Light soup						
Okro soup						
ANIMAL FLESH AND PRODUCTS						
Beef, pork, goat, sheep						
Chicken, guinea fowl, etc						
Fried turkey						
Fish						
Snails, oysters, clams, periwinkles						
Crabs, octopus, shrimps						
Offal (liver, kidney, intestines, heart)						
Gizzard, sausage, bacon						
Egg						
MILK AND PRODUCTS						
Cheese						
Yoghurt, ice cream						
Wagashie						
Milk (powdered, evaporated)						
Milk drinks (countre milk, cocoa drink, brukina)						
LEGUMES, NUTS, OIL SEEDS						
Beans (black-eyed, red, brown, white, soya, Bambara, waakye)						
Koose						
Baked beans						
Groundnuts						
Almonds, Cashew nuts						
Egushie, neri						
Tiger nuts						
Dawadawa						
FRUITS						
Apple						
Banana						

Mango, pawpaw						
Orange						
Watermelon						
Pineapple						
Coconut						
Sugarcane						
Yooyi, Alansa						
Grapes						
100% Fruit juice						
VEGETABLES						
Onions						
Mushrooms						
Carrot, pumpkin						
Cabbage						
Lettuce						
Broccoli, Cauliflower						
Okra						
Cucumber						
Garden eggs/aubergine						
Tomatoes						
Leafy vegetable (kontomire, ayoyo, gboma, alefu, moringa etc.)						
FATS AND OILS						
Palm oil						
Vegetable oil (corn, cottonseed, flaxseed, safflower, soybean, groundnut, sunflower)						
Olive oil						
Shea butter						
Coconut, palm kernel						
Butter						
Margarine						
Salad Cream						

Avocado pear						
SUGAR SWEETENED BEVERAGE						
'Sobolo'						
'Aliha'						
'Lamogin'						
Coke, Fanta, Sprite, Mirinda, 7Up						
Energy drinks (Rush, Blue Jeans etc)						
Other caffeinated drink (diet coke, soda)						
Chocolate						
PASTRIES, ETC						
Biscuits						
Pie						
Cake						
Doughnuts						
Chips						
Pizza						
Burger						
Sharwarma						

Before the Pandemic

17. During the peak of the COVID 19 pandemic, how many meals did you eat a day (breakfast, lunch, dinner) on a weekday? Consider every fruit, yoghurt, or SSBs, etc. as snack.

☐ 1-2 meals a day

☐ 3-4 meals a day

☐ more than 4 meals a day

18. During the peak of the COVID 19 pandemic, how many meals did you eat a day (breakfast, lunch, dinner) on a weekend day? Consider every fruit, yoghurt, or SSBs, etc. as snack.

☐ 1-2 meals a day

☐ 3-4 meals a day

☐ more than 4 meals a day

19. During the peak of the COVID 19 pandemic, did you skip meals often?

Yes ☐ no ☐

20. If yes, which of the meals did you skip most?

Morning ☐ Afternoon ☐ Evening ☐

21. During the peak of the COVID 19 pandemic, how often did you buy ready to eat foods per week?

Never ☐ 1 – 2 times/week ☐ 3 times and above ☐

22. Which mealtime were you most likely to buy already prepared food?

Morning ☐ Afternoon ☐ Evening ☐

NUTRITIONAL KNOWLEDGE

23. List the six food groups commonly used in Ghana:

24. List the three functional food groups commonly used in Ghana:

25. Do you think these foods and drinks are typically high or low in added sugar? (tick one box per food)

	High in added sugar	Low in added sugar	Not sure
Coca cola			
Natural yoghurt			
Ice cream			
Tomato ketchup			

26. Do you think these foods are typically high or low in salt? (tick one box per food)

	High in salt	Low in salt	Not sure
Sausage			
Pineapple			

Cooked Indomie			
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27. Do you think these foods are typically high or low in fibre? (tick one box per food)

	High in fibre	Low in fibre	Not sure
Oats			
White rice			
Beans			
Bananas			
Banku			

28. Do you think these foods are a good source of protein? (tick one box per food)

	Good source of protein	Not good source of protein	Not sure
Oats			
Poultry			
Beans			
Turkey tail			
Groundnuts			

29. Which of the following foods would you consider as starchy foods? (tick one box per food)

	Starchy food	Non-starchy food	Not sure
Groundnuts			
Spaghetti			
Yam			

30. Which is the main type of fat present in each of these foods? (tick one box per food)

	Healthy fat	Unhealthy fat	Not sure
Olive oil			
Butter			
Sunflower oil			
Fish			

31. Which of the diseases is related to a low intake of fibre? (tick one)

☐ Constipation ☐ Anaemia ☐ Not sure

32. Which of these diseases is related to how much sugar people eat? (tick one)

☐ High blood pressure ☐ Diabetes ☐ Not sure

33. Which of the diseases is related to how much salt (or sodium) people eat? (tick one)

☐ Diabetes ☐ High blood pressure ☐ Not sure

34. Which of these options do experts recommend to prevent heart disease? (tick one)

Eating less oily fish ☐ Eating less red meat ☐ Not sure

35. Which one of these foods is more likely to raise people's blood cholesterol? (tick one)

☐

Eggs

☐

Vegetable oils

☐

Not sure

36. To maintain a healthy weight people should cut fat out completely. (tick one)

☐

Agree

☐

Disagree

☐

Not sure

37. To maintain a healthy weight people should eat a high protein diet. (tick one)

☐

Agree

☐

Disagree

☐

Not sure

38. During this period of COVID, have you heard or **received** any message(s) that promote some food items as being helpful in curing/preventing the coronavirus?

Yes

No

39. If yes to Q38, list food item(s):

40. Where did you get the information above Q38, from? For each source listed below, indicate how often you received this kind of information:

	0=Never	2= Sometimes	3=Always
Family (verbal)			
Friends & peers (verbal)			
Healthcare professionals (e.g. nutritionists, dietitians, doctors etc.)			
Online resources (e.g. Google searches, YouTube etc.)			
Traditional media (e.g. Radio, television, newspapers etc.)			
Social media platforms (e.g. WhatsApp, Instagram, Facebook)			

41. During this period of COVID, have you heard or **received** any message(s) that identify some food item(s) as increasing one's risk of being infected with COVID 19?

42. If yes to Q41, list food item(s):

43. Where did you get the information above Q41, from? For each source listed below, indicate how often you received this kind of information:

	0=Never	2= Sometimes	3=Always
Family (verbal)			
Friends & peers (verbal)			
Healthcare professionals (e.g. nutritionists, dietitians, doctors etc.)			
Online resources (e.g. Google searches, YouTube etc.)			
Traditional media (e.g. Radio, television, newspapers etc.)			
Social media platforms (e.g. WhatsApp, Instagram, Facebook)			

44. In your view, how has the COVID 19 pandemic affected the following nutrition-related aspects of your life? For each, please indicate whether the presence of COVID increased, decreased, or caused no change:

	Decreased	No change	Increased
Quantity of food consumed			
Quality of food consumed			
Level of physical activity (general)			
Level of exercises (planned physical activities)			
Screen time (phone, tablet, computer, television, etc)			

Thank you for completing this questionnaire