

**File S1: Questionnaire on healthy diet knowledge, attitude and behavior of
middle school students in Chongqing**

Basic information (Tick "√" on the option you think is appropriate and fill in the specific information on "_____")

1. Your date of birth: _____ Year _____ month
2. Your gender: ① male ② female
3. Your ethnicity is: ① Han ② Miao ③ Tujia ④ Hui ⑤ Others _____
4. Your grade: ① Grade one of junior high school ② Grade two of junior high school
③ Grade three of junior high school
5. Are you currently living on campus? ① Yes ② No
6. Your family's place of residence: ① Urban ② Rural
7. Whether you are the only child: ① Yes ② No, there are _____ brothers and sisters
(excluding yourself)
8. Your father's education level: ① Primary school and below ② Junior middle school
③ High school/Vocational high school ④ Junior college/Bachelor degree and above
⑤ Don't know
9. Your mother's education level: ① Primary school and below ② Junior middle
school ③ High school/Vocational high school ④ Junior college/Bachelor degree and
above ⑤ Don't know
10. Last measured, your height: _____ cm, your weight: _____ kg

Knowledge part(Multiple choice)

1. The "Dietary Guidelines for Chinese Residents" put forward six core recommendations, in addition to less salt and oil, control sugar and limit alcohol; Waste elimination, which of the following does it include?
① Variety of food, mainly cereals; Eat less and move more for a healthy weight; Eat more fish, poultry, eggs, lean meat; Eat a moderate amount of vegetables, fruits, milk, soybeans.
② Various foods, fruits and vegetables, milk, soybeans; Eat dynamic balance, healthy weight; Eat more grains; Eat a moderate amount of fish, poultry, eggs, lean meat.

③Variety of food, mainly cereals; Eat dynamic balance, healthy weight; Eat more fruits and vegetables, dairy products, soybeans; Eat a moderate amount of fish, poultry, eggs, lean meat.

④Variety of food, fruits and vegetables, milk, soybeans; Eat dynamic balance, healthy weight; Eat more fish, poultry, eggs, lean meat; Eat cereals and tubers in moderation.

⑤ Don't know

2. Based on the nutritional labels of the following two dairy products, please determine which one belongs to a dairy product with higher nutritional value?

Nutrition Facts List A			Nutrition Facts List B		
Items	Per 100ml	NRV%	Items	Per 100ml	NRV%
Energy	146KJ	2%	Energy	261KJ	3%
Protein	1.0g	2%	Protein	3.0g	5%
Fat	1.2g	2%	Fat	3.6g	6%
Carbohydrate	4.6g	2%	Carbohydrate	4.5g	2%
Sodium	67mg	3%	Sodium	60mg	3%
Ingredients: water, whole milk powder, white sugar, whey protein powder, etc			Ingredients: raw milk		

3. Which of the statements about daily combinations and consumption of vegetables and fruits is incorrect?

① Vegetables should be included in the meal.

②Should eat more dark vegetables (such as green leafy vegetables, carrots, tomatoes, etc.), accounting for at least half of the total vegetables.

③You should eat fruit every day, and ensure that you eat 200g to 350g (the size of two fists) of fruit every day.

④Drinking fresh fruit juice can replace eating fruit.

⑤ Don't know

4. A salty diet is most likely to cause which diseases?

① Hypertension ② Diabetes ③ Obesity ④ Gout ⑤ Unclear

5. Long-term consumption of sugary drinks increases the risk of which of the following diseases? (Multiple options available)

① Caries ② Obesity ③ Affects blood pressure ④ Affects bone development
⑤ Don't know

6. What are the advantages of "separate dining system"? (Multiple options available)

① Reduce the risk of oral transmission of infectious diseases (such as hepatitis A).
② Help control food intake.
③ It's good for reducing food waste.
④ it's good for personalizing diets.
⑤ Don't know

Attitudes part (Please tick "√" in the corresponding position of your selected option)

Items	Strong agree	Agree	Neutral	Disagree	Strongly disagree
I think it is important to know nutrition for health.					
I would like to use my nutrition knowledge to guide my daily eating behavior.					
"Separate dining system"* or "public chopsticks and spoons" should be promoted in public restaurants.					
There are great food safety risks in roadside food stalls.					

*The separate dining system refers to a dining method where there is no cross-contact or mixing of tableware, dishes, and beverages during the meal [1].

Behavior part (Please tick "√" in the corresponding position of the option you selected)

Items	Always	Often	Sometimes	Occasionally	Never
I insist on three meals a day at a fixed time.					
Even when I'm not thirsty, I hydrate myself regularly.					
When I buy food, I look at the production date and expiration date.					
When dining in the dining hall, I will inform the staff in advance how much food I want to eat.					

Reference:

[1].Standard, P.N. Guidance on individual dining system in catering service. Availabe online:<http://c.gb688.cn/bzgk/gb/showGb?type=online&hcno=C07AF2A9821A56C245A1A6465A016787> (accessed on June 21, 2020).