Vitamin questionnaire

1. Do you eat truit regularly?	6. How important is a daily intake of	10. Have you heard of folic acid?
☐ Yes	vitamins?	☐ Yes
□ No	☐ Important	☐ No (Please skip to question 15)
	Slightly important	
2. How often do you eat fruit?	Unimportant	11. What is folic acid?
Daily	☐ I don't know	
☐ 3 times a week		
☐ Once a week	7. Do you get enough vitamins from	
☐ Less than once a week	your diet?	
	☐ Yes	
3. Do you eat vegetables regularly?	☐ Sometimes	
☐ Yes	□ No	
□ No	☐ I don't know	12. Where have you heard about folic
		acid? (Please mark all that apply)
4. How often do you eat vegetables?	8. How important are vitamins for	☐ At school
☐ Daily	humans?	☐ In the newspaper
☐ 3 times a week	☐ Important	☐ At the doctor's
☐ Once a week	☐ Slightly important	☐ In the media
☐ Less than once a week	☐ Unimportant	☐ Via the internet
Less than once a week	☐ I don't know	☐ Other (Please specify)
E I int all the witeming your have bound	1 don't know	d Other (Flease specify)
5. List all the vitamins you have heard	9. Name three vitamins and describe	
of.		
	their importance for humans.	10 1071 (1
		13. What do you think folic acid is
		important for? (Please mark all that
		apply)
		☐ Cell division
		☐ Blood clotting
		☐ Strong bones
		☐ Blood production
		Development of the nervous
		system
		☐ Digestion
		The state of the s
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14. Which of the following foods con-	19. Which precautions are necessary	Some information about you
tain high levels of folic acid? (Please	during pregnancy?	
mark all that apply)	☐ No smoking	22. How old are you?
☐ Apple juice	☐ No alcohol	
☐ Green, leafy vegetables	☐ High fat diet	23. Are you:
□ Butter	No swimming	☐ Male
☐ Beefsteak	☐ No X-rays	☐ Female
☐ Offal, especially liver	☐ I don't know	
□ Breakfast cereals (e.g. cornflakes)□ I don't know	☐ Other (Please specify)	24. Which school do you go to?
15. Do you take vitamin supple-		
ments?	20. In the context of pregnancy, extra	
☐ Yes	folic acid should be taken	
☐ No (Please skip to question 18)	□ Never	25. In which country do you go to
, 1 1 ,	☐ Before getting pregnant	school?
6. How often do you take them?	☐ In early pregnancy	
☐ Daily	☐ Before and in the early weeks of	
☐ Three times a week	a pregnancy	
☐ Once a week	☐ I don't know	
☐ Less than once a week		
	21. Where did you hear your answer	
7. What form of supplements do you	to Q20? (Please mark all that apply.)	
take?	☐ At school	
☐ Soluble tablets	☐ In the media	
☐ Drops	☐ From my parents	
☐ Tablets	☐ From friends or acquaintances	
☐ Other (Please specify)	☐ At the doctor's	
1 1 7	☐ Via the internet	
	☐ Other (please specify)	
18. Do you need to pay special atten-		
tion to your diet?		
☐ Yes (Please specify why)		
		Creces
		affective to
\Box No		

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