**Additional File 1: Expert Content Validation Form of the Food Literacy scale**

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Dear Sir/ Madam,

As part of a scientific study, we have developed a questionnaire to assess food literacy.

" Food literacy refers to ‘“*the interrelated combination of knowledge, skills and self-efficacy required to evaluate information about food and plan, manage, select, prepare and eat foods with the ultimate goal of developing a lifelong healthy, sustainable and gastronomic relationship with food within a prevailing socio- economic, cultural, physical and virtual environment*”. Recent evidence from Western world depicts food literacy as an effective strategy to counter complex dietary behavior determinants. Food literacy could be a potential strategy to optimize dietary behavior in sub Saharan Africa. There are no food literacy assessment tools specifically developed and validated in Uganda and sub-Sahara Africa. Measuring dietary intake requires instruments that are population and culture specific. Lack of validated culture specific assessment tools is an important research gap, both in observational as well as intervention research. The aim of this study is to validate the food literacy questionnaire within the adult population (18 to 69 years) living in urban Uganda.

We are requesting for your expertise in reviewing the "content validity" of the proposed questionnaire.

**Instructions**

1. Please provide the following details:

Age: ………………………………… Sex:  Male  Female

Position: ……………………………………………………………………………………………………………

1. Based on the on a 4-point Likert scale from 1 (not relevant) to 4 (very relevant) score the relevance of all proposed questions
2. Any other comments and feedback on any question where necessary. This may include your thoughts on revision or addition

Thank you for your participation,

If you have any questions or comments, do not hesitate to contact us.

Yours Sincerely

Prof XXXXXXXXXXXXXXXXXXXXXXXXXXXX

Department of XXXXXXXXXXX, XXXXXXXXXXX University/ XXXXXXXXXXXXXXXXXXXXXXXXXXXX

***Socio demographic data***

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| --- | --- | --- | --- | --- |
| **1** | Sex | |  | |
| **2** | Age | | **……………………………………………………** | |
| **3** | What is the highest level of education you have attained | | | |
| **4** | 7: University - bachelor’s degree | 8: University -master’s degree | 9: University- PhD degree |  |
| **5** | Number of years lecturing career |  | | |
| **6** | What is your marital status |  | | |

**Food literacy questions**

These questions explore how you plan and prepare food for you and/or your family.

This is not a test! There are no wrong answers. Just think about how you usually do things.

**How often have you done the following actions in the last month?** Please tick or circle in the box that provides the best answer for each question.

* + - 1. ***Planning and management***

What is your opinion on the following?

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| --- | --- | --- | --- | --- | --- |
| **Assessment question** | | **Likert scale** | | | |
| 1 | What I eat has an impact on my health and wellbeing | 1: Strongly Disagree | 2: Somewhat disagree | 3: Somewhat agree | 4: Strongly Agree |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 2 | How often do you think about health when deciding on what to eat | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |

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| 3 | Which of following food groups do you consider as a typical balanced meal | 1:  Matooke,  Rice,  Chicken,  One banana | 2:  Matooke, Rice,  Beans,  One banana | 3:  Matooke,  Rice,  Greens (amaranth/ managu),  One banana | 4:  Matooke,  Beans or chicken,  Greens (amaranth/ managu),  One banana | 5:  Not sure |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 4 | How often do you plan meals ahead of time? | 1: Never | 2: Rarely | | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 5 | Do you normally have a weekly menu? | 1: Never | 2: Rarely | | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 6 | How often do you plan the meals to include all food groups? | 1: Never | 2: Rarely | | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 7 | How easy is it for you to plan a meal including atleast one food from each of the food groups on a limited budget | 1: Very difficult | 2: Somehow difficult | | 3: Somehow easy | 4: Always easy |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 8 | How often do you think about vegetables when deciding what to eat? | 1: Never | 2: Rarely | | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |
| 9 | How often do you think about fruits when deciding what to eat? | 1: Never | 2: Rarely | | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | |

* + - 1. **Questions about selection**

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| 10 | How often do you make a food shopping list before going to shop? | | 1: Never | 2: Rarely | 3: Sometimes | 4: Always | |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| 11 | How often do you purchase vegetables even if you have limited money? | | 1: Never | 2: Rarely | 3: Sometimes | 4: Always | |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| 12 | How often do you purchase fruits, even if you have limited money? | | 1: Never | 2: Rarely | 3: Sometimes | 4: Always | |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| ***13*** | ***On average how long do you stock up on the following food items*** | | | | | | |
| 13a | Leafy vegetables | 1: Do not stock (buy for immediate consumption) | 2: Daily | 3: two days | 4: three days | 5: four to five days | 6: weekly |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| 13b | Other vegetables (carrots, cucumbers, ovacado, tomatoes, eggplants etc) | 1: Do not stock (buy for immediate consumption) | 2: Daily | 3: two days | 4: three days | 5: four – five days | 6: weekly |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| 13c | Fruits | 1: Do not stock (buy for immediate consumption) | 2: Daily | 3: two days | 4: three days | 5: four– five days | 6: weekly |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |

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| ***14*** | ***How do you normally store your fruits and vegetables (multiple choices are possible)*** | | | | |
|  | 1: In a fridge | 2: On a floor in the house | 3: In a basket | 4: on the shelves | 5: Others specify  …………………………………………… |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |

* + - 1. **Questions about preparation**

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| 15 | How often do you cook meals at home? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 16 | How often do you prepare vegetables at each main meal (e.g. pasted vegetables? a side dish) | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 17 | Vegetable preparation is too much work? | 1: Strongly agree | 2: Somehow agree | 3.Somehow disagree | 4: Strongly disagree |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 18 | How confident do you feel about cooking a variety of healthy and tasty vegetables? | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 19 | How would you rate your ability to cook vegetables in at least three different ways? e.g. steaming, stir frying, pasting or in different dishes | 1: Not confident l | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 20 | How often do you try out new vegetable recipes? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 21 | Rate your confidence in changing recipes (written or unwritten) to make them healthier. | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 22 | How confident are you about the hygiene of home prepared vegetables? | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 23 | How confident are you that vegetables prepared at home don’t contain pesticide residues | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 24 | How confident are you about the hygiene of home prepared fruits? | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 25 | How confident are you that fruits prepared at home don’t contain pesticide residues | 1: Not confident | 2: Low | 3: Moderate | 4: High |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |

* + - 1. **Eating behaviours**

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| 26 | How many portions of vegetables is ministry of health and world health organisation is recommending people to eat? (a portion = 3 heaped table spoons or 1 handful) | 1: two or more portions a day | 2: one portion a day | 3: five portions a week | 4: three portions a week | 5: one portion a week | 6: Not sure |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |
| 27 | How many portions of fruits ministry of health and world health organisation is recommending people to eat? (1 portion of fruit is equal to 1 medium piece of banana, orange, mango or a slice of watermelon or pineapple) | 1: two or more portions a day | 2: one portion a day | 3: five portions a week | 4: three portions a week | 5: one portion a week | 6: Not sure |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | |

***28: Please indicate how often you consume at least one portion of fruits***

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| --- | --- |
| 1 portion of fruit is equal to 1 banana , orange, mango or a slice of watermelon or pineapple | See the source image  What is a portion – 1 banana mango |

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| 1: Once in a month | 2: one time a week | 3: two times a week | 4: three times a week | 5: four times a week | 6: five times a week | 7: six times a week | 8: one time a day | 9: two or more times a day |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | | |

***29: Please indicate how often you consume at least one portion of leafy vegetables***

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| Four heaped tablespoons (one handful) of cooked green leafy veggies like cabbage, Sukuma wiki, spinach, | What is a portion – 4 heaped table spoons or 1 handful |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1: Once in a month | 2: one time a week | 3: two times a week | 4: three times a week | 5: four times a week | 6: five times a week | 7: six times a week | 8: one time a day | 9: two or more times a day |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | | |

***30: Please indicate how often you consume at least one portion of vegetables other than leafy vegetables***

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| --- | --- |
| Three heaped tablespoons (one handful) of vegetables like sliced carrots, cucumber, green pepper, eggplant, mixed vegetables | What is a portion – 3 heaped table spoons or 1 handful |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1: Once in a month | 2: one time a week | 3: two times a week | 4: three times a week | 5: four times a week | 6: five times a week | 7: six times a week | 8: one time a day | 9: two or more times a day |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | | | | |

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| ***31*** | ***How easy is it for you to eat fruits and vegetables when you find yourself in the following situations*** | | | | |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 31a | When at work | 1: Very difficult | 2: Somewhat difficult | 3: Somewhat easy | 4: Always easy |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 31b | When traveling | 1: Very difficult | 2: Somewhat difficult | 3: Somewhat easy | 4: Always easy |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 31c | When you experience time pressure | 1: Very difficult | 2: Somewhat difficult | 3: Somewhat easy | 4: Always easy |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 32 | How often do you pack fruits when going to work? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 33 | How often do you pack vegetables when going to work? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 34 | How often do you eat vegetables as snacks (between meals)? e.g. avocado, carrots, tomatoes, cucumbers | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 35 | How often do you eat fruits as a snack (in between meals)? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |

* + - 1. ***Nutrition information***

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| 36 | When you have questions on what food to eat for better health, do you know where to ﬁnd this information? | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 37 | There is a lot of information available on healthy eating today. How well do you manage to choose the information relevant to you? | 1: Very difficult | 2: Somewhat difficult | 3: Somewhat easy | 4: Always easy |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| ***38*** | ***In general, how often do you use (listen and value) the sources of nutritional information below?*** | | | | |
| 38a | Nutrition advice from family members | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38b | Nutrition advice from friends and peers | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38c | TV or radio program on nutrition | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38d | Self -proclaimed nutrition experts on streets | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38e | Health workers (doctors) | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38f | Nutritionists | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 38g | Social media (WhatsApp, face book, you tube) | 1: Never | 2: Rarely | 3: Sometimes | 4: Always |
| I find this question: ☐ Not relevant ☐ Little (somewhat) relevant ☐ Relevant ☐ Very Relevant  Comments: | | | | | |
| 39 | How easy is it for you to judge if healthy eating information shared on various platforms can be trusted? | 1: Very difficult | 2: Somewhat difficult | 3: Somewhat easy | 4: Always easy |

General comments Food literacy questionnaire:  
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