Lifestyle survey

For each of the following questions, please mark an ✗ in the one box or circle the number which best describes your answer.

INFORMED CONSENT FORM

TITLE: Attitudes towards Food Safety in College Students

PURPOSE OF THE STUDY: To ascertain the attitude of college students in a Seventh-day Adventist university towards food safety.

INCLUSION CRITERIA: In order to participate, I recognize that I must be an Andrews University student who is 18 years old or older of sound mind that is currently enrolled in classes as of Fall 2011.

RISKS AND DISCOMFORTS: I have been informed that there are no physical or emotional risks to my involvement in this study.

BENEFITS/RESULTS: I accept that I will receive no remuneration for my participation, but that by participating, I will help the researcher to understand the attitudes towards food safety in a college aged population. I understand I will earn 25 extra points for participating in this study.

VOLUNTARY PARTICIPATION: I understand that my involvement in this survey is voluntary and that I may withdraw my participation at any time without any pressure, embarrassment, or negative impact on me. I also understand that my participation is confidential and will never be disclosed.

CONTACT INFORMATION: In the even that I have any questions or concerns with regard to my participation in this research project, I understand that I may contact the researcher, Rachelle Booth, at boothr@andrews.edu, or 269-471-8243 or Dr. Peter Pribis at pribis@andrews.edu or 269-471-3386.

☐ I agree with the Informed Consent Form

☐ I do not agree with the Informed Consent Form
### Census questions

<table>
<thead>
<tr>
<th>What is your gender:</th>
<th>□ Male</th>
<th>□ Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>How old are you:</td>
<td>_______ (years)</td>
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<tr>
<td>What is your ethnicity:</td>
<td>□ White, non-Hispanic</td>
<td>□ Oriental</td>
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<tr>
<td>□ Black (African American)</td>
<td>□ American Indian</td>
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<tr>
<td>□ Hispanic</td>
<td>□ Other</td>
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<tr>
<td>□ Mixed racial background</td>
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<tr>
<td>What is your marital status:</td>
<td>□ Never married</td>
<td>□ First time married</td>
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<tr>
<td>□ Separated</td>
<td>□ Divorced</td>
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<td>□ Widowed</td>
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<tr>
<td>What is your class standing:</td>
<td>□ Freshman</td>
<td>□ Sophomore</td>
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<td>□ Junior</td>
<td>□ Senior</td>
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<td>□ Graduate</td>
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<tr>
<td>How many meals do you eat daily:</td>
<td>□ one</td>
<td>□ two</td>
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<td>□ three</td>
<td>□ four</td>
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<tr>
<td>□ five</td>
<td>□ more than five</td>
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<tr>
<td>How many hours on average do you sleep every night?</td>
<td>_______</td>
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<tr>
<td>How many days a week do you engage in aerobic physical activity at least 30 minutes or longer?</td>
<td>_______ (number of days)</td>
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<tr>
<td>How many days a week do you engage in muscle-strengthening physical activity?</td>
<td>_______ (number of days)</td>
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<tr>
<td>How many days a week do you engage in stretching physical activity?</td>
<td>_______ (number of days)</td>
<td></td>
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<tr>
<td>Are you a Seventh-day Adventist?</td>
<td>□ Yes</td>
<td>□ No</td>
</tr>
<tr>
<td>What is your height:</td>
<td>_______________(ft)</td>
<td>_______________(in)</td>
</tr>
<tr>
<td>What is your weight:</td>
<td>_______________(lb)</td>
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<tr>
<td>What lifestyle are you following:</td>
<td>□ Non-vegetarian (eat meat, dairy products, eggs, fish, vegetables, fruits, legumes, grains)</td>
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<tr>
<td>□ Pesco-vegetarian (eat fish, vegetables, fruits, legumes, grains)</td>
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<tr>
<td>□ Lacto-ovo-vegetarian (eat dairy products, eggs, vegetables, fruits, legumes, grains)</td>
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<tr>
<td>□ Vegan (eat vegetables, fruits, legumes, grains)</td>
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<tr>
<td>How long are following this lifestyle?</td>
<td>……………………….. (years)</td>
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</tbody>
</table>
# Food Frequency Questionnaire

<table>
<thead>
<tr>
<th>Code</th>
<th>Food Description</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Never or rarely</td>
<td>1-3 per month</td>
<td>1 per week</td>
<td>2-4 per week</td>
<td>5-6 per week</td>
<td>1 per day</td>
<td>2+ per day</td>
</tr>
<tr>
<td>1</td>
<td>Beef (hamburger, ground beef, meatballs, casserole, etc.)</td>
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<td>2</td>
<td>Chicken or turkey (roasted, stewed, broiled, fried, in casserole, etc.)</td>
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<td>3</td>
<td>Pork (bacon, sausage, ham, chops, ribs)</td>
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<td>4</td>
<td>Lamb (steak, roast, stew, sausage, salami, etc.)</td>
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<td>5</td>
<td>Fish (tuna, salmon, herring, trout, mackerel et.)</td>
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<td>6</td>
<td>Milk (whole, 2%, skim)</td>
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<td>7</td>
<td>Cheese (American, cheddar, mozzarella etc.)</td>
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<td>8</td>
<td>Yogurt (regular, low fat)</td>
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<td>9</td>
<td>Sour cream (whole or low fat)</td>
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<td>10</td>
<td>Egg (fried, boiled, scrambled, egg salad etc.)</td>
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<td>11</td>
<td>Fresh fruit (apples, bananas, pears, grapes, oranges, etc.)</td>
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<tr>
<td>12</td>
<td>Canned fruits (peaches, pineapple, pears, etc.)</td>
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<td>13</td>
<td>Dried fruits (dates, figs, raisins)</td>
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<td>14</td>
<td>Salads (iceberg, romaine)</td>
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<td>15</td>
<td>Raw vegetables (tomatoes, carrots, onions, etc.)</td>
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<td>16</td>
<td>Cooked vegetables (broccoli, cauliflower, peas, yams, etc.)</td>
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<td>17</td>
<td>Legumes (lentils, beans, soybeans)</td>
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<td>18</td>
<td>Regular bread or pasta (made from white flour)</td>
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<td>19</td>
<td>Whole grain bread or pasta</td>
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<td>20</td>
<td>Whole grain cereals (granola, shredded wheat, etc.)</td>
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<td>21</td>
<td>Flax seeds (ground flax seed or flax seeds oil)</td>
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<td>22</td>
<td>Nuts (walnuts, almonds, peanuts, peanut butter, cashews etc.)</td>
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<td>23</td>
<td>Drinking water (including sparkling)</td>
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<td>24</td>
<td>Soft drinks and coffee (Coke, Pepsi, Mountain Dew etc.)</td>
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<td>25</td>
<td>Caffeine free beverages (decaf soft drinks, decaf coffee, etc.)</td>
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<td>26</td>
<td>Juices (orange, grape, apple etc.)</td>
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<td>27</td>
<td>Tofu (scrambled, silken, etc.)</td>
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<td>28</td>
<td>Meat substitutes (Vegi-Franks, Fri-Chick, Veja Links, etc.)</td>
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<td>29</td>
<td>Soy or rice drinks (Silk, Rice dream or homemade)</td>
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<td>30</td>
<td>Pizza (Pizza Hut, Dominos, etc.)</td>
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<td>31</td>
<td>Fast food (hamburgers, burritos, fried chicken)</td>
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<tr>
<td></td>
<td>Food Survey Questions</td>
<td>Strongly Disagree</td>
<td>Agree</td>
<td>Strongly Agree</td>
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<tr>
<td>1</td>
<td>The food supply in the USA is generally safe</td>
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<td>2</td>
<td>Eating produce treated with pesticides makes food dangerous to health</td>
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<tr>
<td>3</td>
<td>Organic food is healthier because it is higher in minerals and vitamins.</td>
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<td>4</td>
<td>Organically farmed food is always healthier choice than food from traditional farming practices</td>
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<td>5</td>
<td>It is better to buy traditionally farmed produce that is flawless than organic produce that is not.</td>
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<td>6</td>
<td>Food additives are safe because the government regulates them</td>
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<td>7</td>
<td>Republicans try to suppress food safety regulations</td>
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<tr>
<td>8</td>
<td>Democrats tend to pass more legislation regarding the food industry than Republicans</td>
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<td>9</td>
<td>The food supply is safer today than it was in the past</td>
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<td>10</td>
<td>It is important to sanitize sponges and cutting boards with chlorine bleach solution</td>
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<td>11</td>
<td>It is important to wash hands with hot water and soap before eating or working with food</td>
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<td>12</td>
<td>Drinking unpasteurized milk is safe</td>
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<td>13</td>
<td>Buying dented cans is safe</td>
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<td>2</td>
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<td>14</td>
<td>Any food can be a vehicle for foodborne illness</td>
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<td>15</td>
<td>Foodborne toxins are most likely to affect young children, pregnant women, and the elderly.</td>
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<td>16</td>
<td>Meat is more susceptible to food toxins than fruits and vegetables</td>
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<td>17</td>
<td>Each slaughterhouse controls the microbial contamination of the meat</td>
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<td>18</td>
<td>It is fine to eat food with mold as long as the mold has been cut off.</td>
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<td>19</td>
<td>Foodborne illnesses are increasing due to USDA deregulation</td>
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<td>20</td>
<td>Foodborne illnesses can be passed from person to person</td>
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<td>21</td>
<td>The US needs more regulation regarding food safety</td>
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<td>22</td>
<td>It is safe for inspectors at slaughterhouses rely solely on their sense of sight, smell, and touch to examine animals for signs of disease</td>
<td>1</td>
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<tr>
<td>23</td>
<td>All foods can be carriers for foodborne illness</td>
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<td>2</td>
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<tr>
<td>24</td>
<td>Leaving leftovers out after a meal is safe, as long as the food is reheated before eating again</td>
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<tr>
<td>25</td>
<td>Food poisoning only kills people who are already sick</td>
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<tr>
<td>26</td>
<td>As long as the pink color has been cooked out of the meat, it is safe to eat</td>
<td>1</td>
<td>2</td>
<td>3</td>
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<tr>
<td>27</td>
<td>Freezing food kills all the bacteria, making it safe to eat</td>
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</tbody>
</table>
# Food Review

<table>
<thead>
<tr>
<th>Code</th>
<th>Statement</th>
<th>1</th>
<th>2</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Eating a diet high in whole grains, legumes, fruits, and vegetables makes people healthier</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>2</td>
<td>Eating cans that are bulging with air is safe</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>3</td>
<td>Oranges and lemons are a good source of vitamin C</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>4</td>
<td>Eating junk food increases risk for chronic disease</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>5</td>
<td>Vitamin E is called the sunshine vitamin</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>6</td>
<td>Vitamin B12 is produced by bacteria</td>
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<td>F</td>
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<tr>
<td>7</td>
<td>A vegetarian lifestyle is the healthiest diet option</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>8</td>
<td>It is impossible to get all nutrients from a vegan diet without supplementation</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>9</td>
<td>Soluble fiber is able to lower cholesterol</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>10</td>
<td>The building block of proteins is fatty acids</td>
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<td>F</td>
</tr>
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<td>11</td>
<td>The sweetest type of sugar is glucose</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>12</td>
<td>Beef is usually contaminated with listeria</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>13</td>
<td>People need to eat meat because they cannot get enough protein from plant sources.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>14</td>
<td>Fruits and vegetables should be washed in cold running water before eating</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>15</td>
<td>Eating saturated fat increases cholesterol levels</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>16</td>
<td>Meat should be heated to at least 160 degrees to kill foodborne pathogens.</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>17</td>
<td>The danger zone where bacteria multiples rapidly is between 41 and 140 degrees Fahrenheit</td>
<td>T</td>
<td>F</td>
</tr>
<tr>
<td>18</td>
<td>Milk and dairy products are the only source of calcium and vitamin D</td>
<td>T</td>
<td>F</td>
</tr>
</tbody>
</table>

Thank you for participating in this survey