

GeNSK- General and Sport Nutrition Knowledge Questionnaire

The purpose of this questionnaire is to identify myths and false nutritional beliefs in order to improve nutritional education programs

Name/Surname:

Gender: Male ☐ Female ☐

Date of Birth:

Weight: **Height:**

Employment father/mother:

Level of education father/mother:

Do you practice any Sport? YES ☐ NO ☐

Sport:

How many times a week:

Average length: (minutes per day):

My knowledge about healthy eating are driven by: (you can choose more than one answer)

Nutritional education programmes at school	☐	From that i see on the TV	☐
Nutritional education programmes in other places	☐	From the web	☐
From what my teachers tell me	☐	From my friends	☐
From what my parents tell me	☐	I have no knowledge about to healthy eating	☐
From what my coaches tell me	☐	Anything else.....	

SECTION 1: GENERAL NUTRITION

Following are the questions refer to the nutritional composition of some foods. Choose the answer with an X.

1. The Carbohydrate content of such foods is:

	High	Low or absent	I do not know
Boiled ham	☐	☐	☐
White bread	☐	☐	☐
Tomato	☐	☐	☐
Apple	☐	☐	☐
Ricotta	☐	☐	☐
Breakfast cereals	☐	☐	☐

2. The Protein content of such foods is:

	High	Low or absent	I do not know
Chicken meat	☐	☐	☐
Dried beans	☐	☐	☐
Pear	☐	☐	☐
Rice	☐	☐	☐
Codfish	☐	☐	☐
Parmesan	☐	☐	☐
Chocolate	☐	☐	☐

3. The Fat content of such foods is:

	High	Low or absent	I do not know
Salami	☐	☐	☐
Mayonnaise	☐	☐	☐
Dried chickpeas	☐	☐	☐
Pasta	☐	☐	☐
Butter	☐	☐	☐
Jam	☐	☐	☐

4. The Fiber content of such foods is:

	High	Low or absent	I do not know
Honey	☐	☐	☐
Brown bread	☐	☐	☐
Chicken broth	☐	☐	☐
Potatoes	☐	☐	☐
Pear	☐	☐	☐
White bread	☐	☐	☐

5. The Salt content of such foods is:

	High	Low or absent	I do not know
White bread	☐	☐	☐
Courgettes	☐	☐	☐
Canned peas	☐	☐	☐
Canned tuna	☐	☐	☐
Frozen peas	☐	☐	☐

6. The Calcium content of such food is:

	High	Low or absent	I do not know
Fesa di tacchinoTurkey	☐	☐	☐
Peas	☐	☐	☐
Walnut	☐	☐	☐
Olive oil	☐	☐	☐
Brown bread	☐	☐	☐

7. The Iron content of such foods is:

	High	Low or absent	I do not know
Calf meat	☐	☐	☐
Apple	☐	☐	☐
Honey	☐	☐	☐
Sea bass	☐	☐	☐

8. The Potassium content of such foods is:

	High	Low or absent	I do not know
Pasta	☐	☐	☐
Dried lentils	☐	☐	☐
Olive oil	☐	☐	☐
Honey	☐	☐	☐

Are these claims true or false? (only one answer is possible)

9	The egg white is high in cholesterol	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
10	The high fat meals are ever high in cholesterol	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
11	The olive oil is high in monounsaturated fat	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
12	The dried fruit is a good source of essential fatty acids	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
13	The repened cheese are saltier than the fresh one	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
14	An high-energy food is exclusively a fat food	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
15	The brown bread is richer in fiber than the white one	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
16	Bran is the outer part of the grain kernel that is very high in fiber	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
17	Tinned pulses are saltier than the dry one	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
18	Omega-3 and omega-6 are particular fatty acids	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
19	Our body creates vitamin D from direct sunlight on our skin when we are outdoors	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
20	The iron in meat are more easily absorbed than the same mineral found in vegetables	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
21	A variety of foods contain a natural amount of sodium	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
22	Dairy are a good iron source	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
23	Carrots are a good source of vitamin A	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐

24. L'Indice Glicemico di un alimento: (indicare l'unica risposta corretta)

Indica il contenuto di carboidrati di un alimento

Permette di classificare gli alimenti in base all'effetto che hanno sul livello di glucosio nel sangue (glicemia)

Indica la velocità con cui aumenta la glicemia in seguito all'assunzione di un alimento

contenente una quantità nota di proteine

Indica la densità calorica di un alimento

☐☐☐☐**Are these claims true or false? (only one answer is possible)**

25	An unbalanced diet is the only risk factor for the development of cardiovascular disease		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
26	In the obesity the diet play an important rule, physical activity no		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
27	A low calcium and vitamin D intake during life, associated with a lack of physical activity may increase fracture risk		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
28	The fiber helps to ease constipation		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
29	To obtain an healthy weight loss the carbohydrates must not be removed from the diet		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐

SECTION 2: SPORT NUTRITION**Are these claims true or false? (only one answer is possible)**

30	To eat carbohydrate is no good for an athlete		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
31	B-group vitamins play an important role in muscle metabolism		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
32	Athletes must reduce the fat intake to a minimum		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
33	Consuming carbohydrates after 5pm can enhance performance		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
34	Eating more protein will make muscles bigger		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
35	Per una persona che fa sport la dieta non deve contenere più del 15% di grassi		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
36	Athletes can eat whatever they want because they have a fast metabolism		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
40	Physical exercise is the main factor improving muscular strength		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
41	An excessive dietary protein intake can lead to liver and kidney damage		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
42	At the end of a training session an athlete must have a meal		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
43	To reduce pasta, potato and bread intake during the training period is needed		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
44	A man and woman of the same age, practicing the same sport have the same energy requirements		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
45	It is advisable for an athlete eating a low glycemic index meal but rich in carbohydrates, 1-2 hours after training		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
46	Athletes practicing extensive training have double protein requirement than the general population		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
47	Drinking fluids before, during and after a competition is needed		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
48	Coaches must not allow drinking fluid during a training		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
50	The best advice for athletes is to drink when they are thirsty		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
51	For an athlete cold water quenches thirst better		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
52	Durante l'allenamento uno sportivo può tenere in bocca un cubetto di ghiaccio per dissetarsi		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐

53	Un importante aiuto per la prestazione di un atleta è l'acqua		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
54	Bevande per sportivi e bevande energetiche sono la stessa cosa		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
55	Le bevande per sportivi contengono sali minerali		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐

56. Qual è la bevanda più appropriata dopo due ore di allenamento?

- | | |
|----------------------|--------------------------|
| Bevanda energetica | ☐ |
| Bevanda per sportivi | ☐ |
| Succo di frutta | ☐ |
| Cola | ☐ |
| Non so | ☐ |

Are these claims true or false? (only one answer is possible)

57	Gli integratori possono essere validi sostituti dei pasti per lo sportivo		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
58	Un atleta non potrà mai soddisfare il suo fabbisogno di ferro con l'alimentazione, è necessario un supplemento		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
59	Le bevande per sportivi contengono caffeina		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
60	Se un atleta non riesce a coprire il proprio fabbisogno di proteine con la sola alimentazione è necessaria un'integrazione di amminoacidi		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
61	L'eritropoietina è una sostanza dopante usata per migliorare la resistenza		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
62	Gli integratori alimentari sono sempre necessari, sia nello sport agonistico che non agonistico		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
63	Poiché gli integratori alimentari sono innocui, non è necessario il consiglio dello specialista		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
64	Il supplemento di vitamina C è sempre necessario a chi pratica sport di forza		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
65	Mangiare scondito è il miglior modo per fare massa e tonificare per uno sportivo		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
66	Carne e albume d'uovo contengono proteine, gli altri alimenti no. Questa è la base dell'alimentazione di uno sportivo		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐
67	I prodotti light possono essere consumati a piacimento da uno sportivo		
	TRUE ☐	FALSE ☐	I DO NOT KNOW ☐