

Nutrition Knowledge Predicts Eating Behavior of All Food Groups *Except* Fruits and Vegetables among Adults in the Paso del Norte Region: Que Sabrosa Vida

1. The food frequency questionnaire used in this research was modified to update the food list for the local population using information from:
 - a. Interviews and focus groups
 - b. The QSV Guide to Healthy Living
 - c. 24 – hour recalls
 - d. a and c

2. What percentage of the Paso del Norte population had accurate knowledge of the recommended servings for grains, meats, beans, fruits & vegetables and, dairy?
 - a. More than 33%
 - b. Less than 33%
 - c. More than 50%
 - d. Less than 25%

3. What percent of the Paso del Norte population were eating the recommended servings for grains, beans, fruits & vegetables and, dairy?
 - a. Less than 40%
 - b. More than 50%
 - c. Less than 33%
 - d. Less than 25%

4. The strongest association between nutrition knowledge and eating behavior was observed for which of the following food groups in the Paso del Norte population:
 - a. Fruits and vegetables
 - b. Grains and beans
 - c. Meats and dairy
 - d. Water

5. The lack of association seen between nutrition knowledge and consumption of fruits and vegetables could be due to:
 - a. Exclusion of both potatoes and beans from the definition of the vegetable food group.
 - b. Acculturation and socioeconomic status.
 - c. Attitudes and skills toward fruits and vegetable consumption and preparation.
 - d. All of the above

6. Strengths of this study include:
 - a. The findings can be generalized to most Hispanic groups living in the United States
 - b. Selection bias was minimized by including both land line and cell phone numbers
 - c. Use of a population-based dataset with large sample size and weighted data.
 - d. The survey allowed analysis of whether participants underestimated the number of servings recommended for each food group.

7. Please indicate how you can use the information presented in this study in your own practice.

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8. Please indicate your satisfaction with the process of using this JNEB article for continuing education

- a. Extremely satisfied
- b. Satisfied
- c. Unsatisfied
- d. Extremely unsatisfied

9. Please comment on the process and mention topics you would like to be made available for continuing education credit in the future.

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