

APPENDIX A
Questionnaire in English

**Parental Knowledge of the Harmful Effects of Children's Junk Food
Consumption:**
A Survey of Parents of Schoolchildren at a School in Bangkok

This objective of this questionnaire is to survey parents' knowledge of the harmful effects of children's junk food consumption. This survey is part of a research paper as a partial fulfillment of the requirements for a Master of Arts in English for Careers, Language Institute, Thammasat University.

This questionnaire consists of three parts as follows;

Part 1: Demographic information of respondents

Part 2: Parents' knowledge

2.1 Parents' knowledge of junk food

2.2 Parents' awareness of the harmful effects of children's junk
food consumption

Part 3: Parents' concern about their children's junk food consumption

Part 1: Demographic information

Instruction: With the following questions, mark ‘X’ in the provided space to answer the questions.

1. Gender: (check only one)

1. ☐ Male

2. ☐ Female

2. Age: _____ years old.

3. Education level:(check only one)

1. ☐ Less than Primary school

2. ☐ Primary School

3. ☐ Secondary School

4. ☐ Vocational Certificate

5. ☐ Vocational Diploma

6. ☐ Bachelor’s degree

7. ☐ Master’s degree or higher

4. Occupation: (check only one)

1. ☐ Household manager

2. ☐ Private company officer

3. ☐ State officer

4. ☐ State enterprise officer

5. ☐ Business owner

6. ☐ Labor

7. ☐ Merchant

8. ☐ Others.....

5. Monthly Household Income(baht): (check only one)

1. ☐ Less than 10,000

2. ☐ 10,001 – 20,000

3. ☐ 20,001 – 30,000

4. ☐ 30,001 – 40,000

5. ☐ 40,001 – 50,000

6. ☐ More than 50,000

Part 2: Parents' knowledge

Instruction: Please mark [X] in the box to show your agreement.

2.1 Parents' knowledge of junk food

- *Knowledge of what is considered junk food*

Yes means you think it is a **junk food**

No means you think it is **not a junk food**

Undecided means you **are not sure** whether it is a junk food

| Kind of food | Yes | No | Undecided |
|--|-----|----|-----------|
| <u>Main Dishes and Desserts</u> | | | |
| 1. Pad Thai | | | |
| 2. Fish Burger | | | |
| 3. Pork Steak | | | |
| 4. Seafood Pizza | | | |
| 5. Fried Rice with shrimp | | | |
| 6. Chocolate Chip Cookies | | | |
| 7. Bualoy Namking | | | |
| 8. Doughnuts | | | |
| 9. Butter Bread | | | |
| 10. Green Tea Cake | | | |
| <u>Snacks and Beverages</u> | | | |
| 1. French Fries | | | |
| 2. Curry Puff | | | |
| 3. Snack Jack | | | |
| 4. Popcorn | | | |
| 5. Onion Rings | | | |
| 6. Rice Crisps (Dozo) | | | |
| 7. Fanta Orange | | | |
| 8. Lemonade | | | |
| 9. Lipton Iced Tea | | | |
| 10. Ice Cream (Dairy Queen) | | | |

• *Knowledge of the nutritional value of junk food*

| Item | Yes | No | Undecided |
|--|-----|----|-----------|
| 1. Your children get many advantages from junk food consumption. | | | |
| 2. Junk food provides an appropriate amount of fat which meets the human body's need. | | | |
| 3. Junk food has low amounts of vitamins and minerals. | | | |
| 4. You can replace daily consumption of main meals with frequent consumption of junk food. | | | |
| 5. The amount of carbohydrates derived from junk food can enhance your children's study and work performance. | | | |
| 6. The amount of fat from junk food is more than Thai a la carte. | | | |
| 7. A piece of seafood pizza provides fat equal to a dish of seafood fried rice. | | | |
| 8. Fried food and snacks are rich in trans fat. | | | |
| 9. Sodas such as Pepsi and Coca-Cola give consumers an excessive amount of sugar which is more than their bodies' regular need. | | | |
| 10. Some kinds of junk food such as onion rings provide consumers with only essential nutrients because it has vegetable as a main ingredient. | | | |

2.2 Parents' awareness of the harmful effects of children's junk food consumption

| Item | Strongly agree | Agree | Undecided | Disagree | Strongly disagree |
|--|-----------------------|--------------|------------------|-----------------|--------------------------|
| 1. Junk food consumption leads children to unhealthiness. | | | | | |
| 2. Junk food consumption can cause children's poor concentration. | | | | | |
| 3. Junk food provides children with long-term bad effects. | | | | | |
| 4. Calories derived from junk food consumption do not help children's growth. | | | | | |
| 5. Children who continuously consume junk food have low work and study capacity. | | | | | |
| 6. Consuming excessive amounts of junk food, children will lack essential vitamins and minerals. | | | | | |
| 7. Cancer can develop if children lack essential vitamins and minerals. | | | | | |
| 8. High cholesterol from junk food consumption can cause liver damage. | | | | | |
| 9. If children continuously consume junk food for a long period of the time, many fatal diseases such as diabetes and heart diseases may develop | | | | | |
| 10. Junk food provides harmful effects rather than benefits. | | | | | |

Part 3: Parents' concern about their children's junk food consumption

Instruction: Please mark [X] in the box to show your agreement.

| Item | Yes | No | Undecided |
|---|-----|----|-----------|
| 1. You do not allow your children to consume junk food more than 3 times a week. | | | |
| 2. You usually cook meals for your children yourself. | | | |
| 3. You always provide your children with a packed lunch when they go to school. | | | |
| 4. You encourage your children to eat only things that are good for them. | | | |
| 5. You encourage your children to consume fruits and vegetables on a regular basis. | | | |
| 6. You always control the amount of fat and sugar in food your children consume. | | | |
| 7. You encourage your children to drink water or juice instead of soda pop. | | | |
| 8. While your children are watching television advertisements about junk food, you always teach them its harmful effects. | | | |
| 9. Whenever your children ask you to buy food or dessert they want, you immediately buy for them. | | | |
| 10. If your children really need to consume junk food, you will control the amount of junk food yourself. | | | |