

Table 3 Percentage of correct and incorrect answers by the participants by sex

Question	Correct		Incorrect	
	Males	Females	Males	Females
	No. (%)	No. (%)	No. (%)	No. (%)
1. Balancing energy in and energy out is important to maintain a healthy body weight. Energy out is also known as:	54 (41)	79 (59)	89 (53)	78 (47)
2. The goal for physical activity is to take steps every day	37 (41)	54 (59)	106 (51)	103 (49)
3. A unit of energy that comes from the food we eat and what we drink is called:	20 (64)	11 (36)	123 (46)	146 (54)
4. Calories in 1 cup of butter; calories in 1 cup of rice	49 (40)	75 (60)	94 (53)	82 (47)
5. A guide that helps us to balance what we eat with regular physical activity is called:	66 (52)	60 (48)	77 (44)	97 (56)
6. A guide that helps us to evaluate what the nutritional contents of food products are is called:	31 (56)	24 (44)	112 (46)	133 (54.3)
7. My Pyramid recommends ... minutes of activity per day	72 (56)	57 (44)	71 (42)	100 (58)
8. According to My Pyramid, you should eat most from the food group:	29 (37)	50 (63)	114 (52)	107 (48)
9. A correct food serving refers to:	69 (48)	74 (52)	74 (47)	83 (53)
10. Total number of servings of fruits and vegetables you should eat every day is:	33 (31)	72 (69)	110 (56)	85 (44)
11. One cup of cooked rice is equal to:	65(47)	72 (53)	78 (48)	85 (52)
12. Every day you need ... cups of dairy	39 (56)	30 (44)	104 (45)	127 (55)
13. The healthiest choice from the following is:	16 (27)	43 (73)	127 (53)	114 (47)
14. Which food is considered a healthy snack?	17 (50)	17 (50)	126 (47)	140 (53)
15. Which food had the most fibre?	38 (57)	29 (43)	105 (45)	128 (55)
16. Foods that contain high amounts of vitamins and minerals and relatively few calories are called:	65 (48)	69 (52)	78 (47)	88 (53)