

**Supplementary File 1: Questions asked to measure diet and physical activity (basic knowledge and practice).**

**Section A: Dietary basic knowledge**

No.	Item	Possible responses	Score
1	A healthy diet is one that includes a variety of fruits.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
2	A healthy diet is one that includes a variety of vegetables.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
3	A healthy diet is one that includes a variety of legumes.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
4	A healthy diet is one that includes a variety of whole grains.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
5	A healthy diet is one that includes a variety of proteins (e.g., fish, dairy, meat, chicken).	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
6	A healthy diet is one that includes a variety of candies and sweets.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
7	The main meals (breakfast, lunch, dinner) are important for health.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
8	To lose body weight a person may need to eat fewer calories.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
9	Good nutrition may prevent chronic diseases like high blood pressure.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
10	A person who eats unhealthy food may develop health problems.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>

**Section B: Dietary practices in the past 24 hours**

No.	Item	Possible responses	Score
1	Did you eat sweets (e.g., chocolate, Knafeh)?	1. Yes 2. No	<input type="checkbox"/>
2	Did you eat processed food (e.g., salami)?	1. Yes 2. No	<input type="checkbox"/>

<b>3</b>	Did you eat fast food (e.g., falafel, shawerma, chips)?	1. Yes 2. No	<input type="checkbox"/>
<b>4</b>	Did you have energy drinks?	1. Yes 2. No	<input type="checkbox"/>
<b>5</b>	Did you have sugar-sweetened beverages (e.g., cola, manufactured juice)?	1. Yes 2. No	<input type="checkbox"/>

### Section C: Physical activity basic knowledge

No.	Item	Possible responses	Score
<b>1</b>	Physical activity (e.g., swimming, football or other sports) prevents cardiovascular diseases.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
<b>2</b>	Physical activity (e.g., swimming, football or other sports) helps to control diabetes.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
<b>3</b>	Physical activity (e.g., swimming, football or other sports) prevents overweight and obesity problems.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
<b>4</b>	Physical activity (e.g., swimming, football or other sports) does not help proper growth in childhood and youth.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
<b>5</b>	Physical activity (e.g., swimming, football or other sports) helps to strengthen body muscles including the heart.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>
<b>6</b>	Physical activity (e.g., swimming, football or other sports) improves blood circulation.	1. Yes 2. No 3. Don't Know	<input type="checkbox"/>

### Section D: Physical activity practices

No.	Item	Response
<b>1</b>	How many times per week do you exercise (e.g., swimming, football or other sports)?	<input type="checkbox"/>