



14. Which of the following foods contain high levels of folic acid? (Please mark all that apply)
- Apple juice
  - Green, leafy vegetables
  - Butter
  - Beefsteak
  - Offal, especially liver
  - Breakfast cereals (e.g. cornflakes)
  - I don't know

15. Do you take vitamin supplements?
- Yes
  - No (Please skip to question 18)

16. How often do you take them?
- Daily
  - Three times a week
  - Once a week
  - Less than once a week

17. What form of supplements do you take?
- Soluble tablets
  - Drops
  - Tablets
  - Other (Please specify)
- .....

18. Do you need to pay special attention to your diet?
- Yes (Please specify why)
- .....
- .....
- .....
- No

19. Which precautions are necessary during pregnancy?
- No smoking
  - No alcohol
  - High fat diet
  - No swimming
  - No X-rays
  - I don't know
  - Other (Please specify)
- .....

20. In the context of pregnancy, extra folic acid should be taken
- Never
  - Before getting pregnant
  - In early pregnancy
  - Before and in the early weeks of a pregnancy
  - I don't know

21. Where did you hear your answer to Q20? (Please mark all that apply.)
- At school
  - In the media
  - From my parents
  - From friends or acquaintances
  - At the doctor's
  - Via the internet
  - Other (please specify)
- .....

### Some information about you

22. How old are you? .....

23. Are you:
- Male
  - Female

24. Which school do you go to?

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25. In which country do you go to school?

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