



FOODLIT-PRO: Food Literacy Project

Interview Protocol

1. In your opinion, what do you think is necessary for people to have a diet that is adequate for their needs?
2. What do you mean by / What is food literacy for you?
3. In your opinion, which domains or components do you think can integrate / be part of food literacy?...
 - 3.1.) And knowledge (facts, information gained through experience or education), what do you think people need to know to make a proper diet fit for their own needs?
 - 3.2.) And competencies (techniques, skills), what do you think people have to know how to do to have a diet adequate to their own needs?
 - 3.3.) And confidence and self-efficacy (belief about function, belief about being effective), what do you think people have to dominate or feel they dominate to make a diet adequate to the needs of oneself?
 - 3.4.A.) And individual resources, such as annual/monthly income and other resources, what do you believe may help people to have an adequate diet for their needs?
 - 3.4.B.) And social characteristics, what do you think that promotes a diet adequate to the needs of oneself?
 - 3.4.C.) And cultural characteristics, what do you think it helps to have a diet adequate to one's needs?
 - 3.4.D.) What political guidelines do you think allow an adequate diet according to one's needs?
 - 3.4.E.) What characteristics concerning the environment and a sustainable development (social, economic and environmental balance) you think that enable having an adequate diet according to a person's needs?

3.5.) What do you think people have to do, concerning eating behaviour, in order to have a diet adequate to their needs?

3.6.) And emotions, what do you think people have to acknowledge and know how to manage to have a diet adequate to their needs?

3.7.) Beyond these domains we have addressed — such as competencies, behaviours, etc. — what other domains (related to the individual himself/herself or external to the individual) do you think should integrate/be a part of food literacy? And why?

4. In your opinion, what barriers or obstacles to have a diet adequate to one's needs exist/are there?

5. What does your institution / the institution you belong does to promote and improve the food literacy of its final consumers/users?

6. What could your institution / the institution you belong do to promote and improve the food literacy of its final consumers/users?