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جامعة العلوم الإسلامية الماليزية
ISLAMIC SCIENCE UNIVERSITY OF MALAYSIA

APPENDICES

APPENDIX 1: QUESTIONNAIRE



Master of Science

Faculty of Science and Technology

Islamic Science University of Malaysia

Dear Respondents,

Food Choice and Preferences among Libyan Residents in Klang Valley, Malaysia

As a final year student of Master of Science Program, I am in the process of completing a research survey focusing on the socio cultural impact of food choice and preferences among Libyan resident in Malaysia. The purpose of this study is to observe whether Libyan resident in Malaysia changes their food choice and preferences to maintain good health. It is expected that the result of this study could further enhance the understanding of the relationship between socio cultural and food choice and preferences. Therefore, you are invited to participate in answering the questionnaire.

I would appreciate if you will spend your time to answer this questionnaire. Please be assured that all responses will be kept STRICTLY CONFIDENTIAL.

I would like to say thank you in advance for participating in this survey. Your response and cooperation will make a valuable contribution in this field of study.

Thank you very much.

Sincerely,

SECTION A: DEMOGRAPHIC PROFILES

البيانات الديموغرافية : القسم أ

Instruction: This section contains statements that relate to respondents' personal information. Please tick (√) in the appropriate box.

1. Gender جنس () Male () Female

2. Age العمر

- () 18 years and below
 () 19-29 years
 () 30-40 years
 () 41-50 years
 () 51 years and above

3. Height الاجتماعية الحالة

- () 150 m and below
 () 151-160 m
 () 161-170 m
 () 171-180 m
 () 181 m and above

4. Marital status الاجتماعية الحالة

- () Single أعزب
 () Married متزوج
 () Widowed أرمل
 () Divorced مطلق

5. Annual income before taxes (for you if live alone or with friend; for family if live
 دخلك العائلي لو الدخل الشهري قبل الضرائب) دخلك لو تعيش وحيدا أو مع صديق (with family): تعيش
 مع العائلة

- () RM3000 and below
- () RM3001-RM5000
- () RM5001-RM7000
- () RM7001-RM9000
- () RM9001 and above

6. Did your weight change? هل تغير وزنك

- () Lost weight خسرت الوزن
- () Gained weight كسبت الوزن

7. Weight وزنك

- () 55 - 65 kg
- () 66 - 75 kg
- () 76 - 85 kg
- () 86 - 95 kg
- () 96 kg and above

8. How often do you eat outside? كم مرة تأكل خارجا في الخارج؟

- () Once a month الشهر مرة في
- () Once a week مرة في الأسبوع
- () Every day كل يوم
- () Others (specify) (حدد) أشياء أخرى

9. Have your eating habits change since you arrived in Malaysia?

هل تغيرت عاداتك الغذائية منذ وصولك لماليزيا؟

() Yes نعم

() No لا

10. Do have any type of chronic disease? هل تعاني من مرض مزمن؟

() Yes نعم

() No لا

If yes, what type of disease? لو نعم، ما نوع المرض؟

() Diabetes

مرض السكري

() Heart disease

مرض القلب

() Cancer

مرض السرطان

() Others (specify) (حدد) أشياء أخرى

SECTION B: FOOD CHOICE AND FOOD PREFERENCES SURVEY

استطلاع حول اختيار الأكل والأفضليات الغذائية: القسم ب

Instruction: The purpose of this section is to know your level of food choice and food preferences. Please circle (O) in the appropriate box.

.A Food Choice

اختيارات الأكل

No.	Item	Strongly Disagree أعارض بشدة	Disagree أعارض	Moderate معتدل	Agree أوافق	Strongly Agree أوافق بشدة
No.	Item	1	2	3	4	5
11.	I eat nutritious food to keep me healthy أتناول الأكل المغذي للحفاظ على صحتي	1	2	3	4	5
12.	The food that I eat helps me to reduce my stress, keeps me awake and makes me feel good الاكل الذي أتناوله يساعدني في تقليص الإجهاد، ويجعلني يقظا وفي وضع جيد	1	2	3	4	5
13.	The food that I eat is easy to prepare and easy to find in shops/supermarkets الاكل الذي أتناوله سهل التحضير، وسهل إيجاده في المحلات والأسواق	1	2	3	4	5
14.	I eat food that has a pleasant texture, smells nice and taste good أتناول أكلا متناغما ويتميز برائحة طيبة ومذاق جيد	1	2	3	4	5
15.	The food that I eat contains natural ingredients and no additives الاكل الذي أتناوله يحتوي علي مكونات طبيعية وخال من أي إضافات	1	2	3	4	5
16.	The food that I eat is cheap, not expensive and value for money الاكل الذي أتناوله ليس غاليا لكن قيمته عالية	1	2	3	4	5
17.	I eat food that has low calories, low fat and helps me to control my weight أتناول غذاء منخفض السعرات الحرارية وخالي الدسم ويساعدني علي	1	2	3	4	5

	التحكم في وزني					
18.	I eat food that is familiar which I usually take أتناول أكلًا مألوفًا تعودت عليه	1	2	3	4	5
19.	I eat food that is <i>Halal</i> and has environmentally friendly أتناول الأكل الحلال والمتطابق مع البيئة الصحية	1	2	3	4	5

Food Preferences .B أفضليات الأكل

No.	Item	Strongly Disagree أعارض بشدة	Disagree أعارض	Moderate معتدل	Agree أوافق	Strongly Agree أوافق بشدة
20.	I like to eat raw or steamed broccoli أحب أكل القرنبيط الخام أو المعمول على البخار	1	2	3	4	5
21.	I like to eat French fries أحب أكل البطاطس المقلية على الطريقة الفرنسية	1	2	3	4	5
22.	I like to take soft drinks (made with sugar) (مع السكر) أحب تناول المشروبات الغازية	1	2	3	4	5
23.	I like to eat nuts or peanut butter أحب أكل زبدة الجوز أو الفول السوداني	1	2	3	4	5
24.	I like to drink mineral water أحب شرب المياه المعدنية	1	2	3	4	5
25.	I like to eat low-fat yogurt أحب أكل الزبادي قليل الدسم	1	2	3	4	5
26.	I like to eat unsweetened or artificially sweetened tea	1	2	3	4	5

	أحب تناول الشاي غير المحلى بدون سكر					
27.	I like to eat carrot sticks with low-fat dressing أحب أكل أعواد الجزر قليل الدسم	1	2	3	4	5
28.	I like to eat grapes أحب أكل العنب	1	2	3	4	5
29.	I like to eat glazed donut أحب أكل أقراص الكعك المصقول	1	2	3	4	5
30.	I like to drink low-fat unflavored milk أحب شرب الحليب قليل الدسم وبدون نكهة	1	2	3	4	5
31.	I like to eat cookies أحب أكل البسكويت	1	2	3	4	5
32.	I like to take Diet Cola Drinks (less sugar) أحب شرب الكوكاكولا بدون سكر	1	2	3	4	5
33.	I like to eat Lemonade أحب تناول عصير الليمون	1	2	3	4	5
34.	I like to drink coffee with less sugar أحب شرب القهوة قليلة السكر	1	2	3	4	5
35.	I like to eat pizza with meat topping أحب أكل البيتزا باللحم	1	2	3	4	5
36.	I like to drink low-fat chocolate milk أحب شرب حليب الشوكولاته منخفض الدسم	1	2	3	4	5
37.	I like to eat banana أحب أكل الموز	1	2	3	4	5
38.	I like to take tea sweetened with sugar أحب شرب الشاي المحلى بالسكر	1	2	3	4	5

SECTION C: SOCIO CULTURAL ADAPTATION SCALE (SCAS)

مقياس التكيف الاجتماعي: القسم ج-الثقافي

Instruction: The purpose of this section is to know the respondents' level of socio cultural adaptation. Please circle (O) in the appropriate box.

No.	Item	Strongly Disagree أعارض بشدة	Disagree أعارض	Moderate معتدل	Agree أوافق	Strongly Agree أوافق بشدة
No.	Item					
39.	I love making friends أحب إقامة صداقات	1	2	3	4	5
40.	I love going to social events/gatherings/functions المهمات / التجمعات / أحب الذهاب إلى المناسبات الاجتماعية الوظيف	1	2	3	4	5
41.	I easily getting used to the local food المحليتاأقلمت بسهولة مع الأكل	1	2	3	4	5
42.	I can deal with people in authority بإمكاني التعامل مع رجال السلطة	1	2	3	4	5
43.	I can adapt to local accommodation يمكنني التكيف مع الإقامة في أوساط محلية	1	2	3	4	5
44.	I can communicate with people of a different ethnic group يمكنني التواصل مع الناس من مختلف الأعراق	1	2	3	4	5
45.	I like relating to members of the opposite sex أحب الاتصال بأعضاء من الجنس الآخر	1	2	3	4	5
46.	I like going to coffee shops/food stalls/restaurants/fast food outlets أحب الذهاب إلى المقاهي وأكشاك الأكل والمطاعم ومحلات الأكل السريع	1	2	3	4	5
47.	I can understand the local ascent/language يمكنني فهم اللكنة / اللغة المحلية	1	2	3	4	5

48.	I love to live away from family members overseas/independently from my parents أحب العيش بعيدا عن عائلتي بالخارج/مستقلا عن والدي	1	2	3	4	5
49.	I can adapt to local etiquette يمكنني التكيف مع آداب السلوك المحلية	1	2	3	4	5
50.	I can understand what is required at university/workplace يمكنني استيعاب ما هو مطلوب في الجامعي /مكان العمل	1	2	3	4	5
51.	I love to deal with foreign staff at the university/workplace مكان العمل /أحب التعامل مع الموظفين الأجانب في الجامعة	1	2	3	4	5
52.	I like to understand the local political system أحب فهم النظام السياسي المحلي	1	2	3	4	5
53.	I like to understand the local's world view أحب أن أفهم الرؤية العامة للسكان المحليين	1	2	3	4	5
54.	I like to take a local perspective on the culture أحب أخذ المنظور المحلي حول الثقافة	1	2	3	4	5
55.	I understand the local value system أفهم نظام القيم المحلي	1	2	3	4	5
56.	I see things from the locals' point of view أنظر إلى الأشياء من وجهة النظر المحلية	1	2	3	4	5
57.	I understand cultural differences أفهم الاختلافات الثقافية	1	2	3	4	5
58.	I am being able to see two sides of an intercultural issues بإمكاني رؤية جانبين اثنين في القضايا المتداخلة ثقافيا	1	2	3	4	5

Thank you very much for your time and cooperation.

شكرا جزيلا لتعاونكم 😊