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This article has been accredited for CEU's (ref. no. DT/A01/P00004/2026/00002)

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ACTIVITY 193

1. Which research design was used in this study?
 - a) Cross-sectional survey
 - b) Randomized controlled trial
 - c) Qualitative descriptive phenomenological design
2. Which theme was identified as a key driver of food choice across all 3 sites?
 - a) Media influence
 - b) Financial considerations
 - c) Physical activity levels
3. Which household factor influenced food purchasing and preparation decisions?
 - a) Household size and family preferences
 - b) Nutrition labels
 - c) National dietary guidelines
4. Which factor most often overrode health considerations in food choice decisions?
 - a) Cultural traditions
 - b) Taste preferences
 - c) Cost of food
5. What role did food retailers play in influencing food choice?
 - a) Minimal influence due to home food production
 - b) Strong influence through price, availability, and promotions
 - c) Influence limited only to rural participants
6. Spaza shops were described as both enabling and constraining food choice. Which combination accurately reflects this dual role?
 - a) Low prices and limited product variety
 - b) Convenience and credit access versus concerns about freshness
 - c) High-quality foods and strong brand loyalty
7. Which of the following was identified as an enabler of healthy food consumption?
 - a) Attractive packaging
 - b) Recognised health benefits and affordability
 - c) Social media advertising
8. Which was identified as a barrier to consuming healthy foods?
 - a) Smaller portion sizes
 - b) Unknown preparation methods
 - c) Lack of nutritional knowledge campaigns
9. What limitation of the study was acknowledged by the authors?
 - a) Small sample size invalidated findings
 - b) Limited transferability beyond the study sites
 - c) Lack of participation from men
10. The authors' recommendation to shift messaging toward "tasty affordable healthy foods" is based on which core finding?
 - a) Participants prioritised environmental sustainability
 - b) Participants responded positively to nutritional labelling
 - c) Taste and cost were more salient than abstract health concepts
11. Which recommendation did the authors make to improve access to healthy foods?
 - a) Increasing import tariffs on unhealthy foods
 - b) Expanding nutrition education in schools only
 - c) Exploring retail interventions and pricing strategies
12. Which methodological feature most strengthens the credibility of the qualitative findings in this study?
 - a) Use of descriptive statistics for sociodemographic data
 - b) Triangulation through fieldworker reflections and researcher debriefing
 - c) Inclusion of a large number of urban study sites
13. Which statement best reflects the authors' interpretation of barriers to healthy food consumption?
 - a) Barriers are primarily due to lack of nutrition education
 - b) Barriers are shaped by financial constraints and uncertainty around unfamiliar foods
 - c) Barriers are driven by cultural resistance to healthy eating
14. Financial considerations were found to "trump" other drivers of food choice. Which evidence supports this conclusion?
 - a) Participants' frequent mention of taste preferences
 - b) Reports of adapting portion sizes and substituting cheaper foods
 - c) High reliance on spaza shops for food purchasing
15. Which policy implication most directly arises from the finding that 86.8% of participants shop at large food retailers?
 - a) Nutrition education should focus on household gardening
 - b) Retail food environments offer leverage for population-level dietary change
 - c) Informal food markets should be eliminated

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