# Singapore Health Research Survey

National University of Singapore Faculty of Medicine

**University of Southern California School of Medicine** 

NAME	
ADDRESS	
NRIC NUMBER	

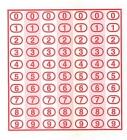
# FILL IN TODAY'S DATE

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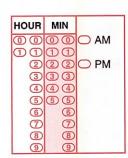
# INTERVIEWER'S CODE



### HOUSEHOLD CODE



### INTERVIEW STARTED



# **BACKGROUND INFORMATION**

1.	SEX OF SUBJECT. 性别  Male  Female	9.	WITH? 你太太I ○ Not	DIALECT GI 的籍贯是什么 applicable O	? 0R	S YOUR V	VIFE IC	ENTIFY
2.	WHAT IS YOUR CURRENT MARITAL STATUS? 请问你结婚了吗?  Married Widowed Separated, divorced Never married	_	O Teo	chew		Hainanes Other	se	
3.	WHERE WERE YOU BORN? 你在那里出生? Singapore Malaysia China, Hong Kong, Macau, Taiwan Other parts of the world	10.	MONTH JAN JAN FEB MAF APF MAY JUN JUN	0000 (1)1)1 (2)222 (3)333 (4)44 (5)55 (6)66	什么?	TH?		
4.	HOW MANY YEARS HAVE YOU LIVED IN SINGAPORE? 你在新加坡住了多少年?  5 years or less 6 - 10 years 11 - 15 years		O AUG O SEP O OCT O NOV O DEC	8 8 8 7 9 9 9				
5.	WHERE WAS YOUR FATHER BORN? 你的父亲在那里出生? Singapore Malaysia China, Hong Kong, Macau, Taiwan Other parts of the world		你现在的	MUCH DO YC 的体重是多少 OGRAMS ① ① ① ① ① ② ② ③ ③ ③ 4 ④		PO ① ① ② ③ ④ ⑤	0 (0 (1 (2 (3 (4 (5 (5 (5 (5 (5 (5 (5 (5 (5 (5 (5 (5 (5	0 11 2 3 4 5
6.	WHERE WAS YOUR MOTHER BORN? 你的母亲在那里出生? Singapore Malaysia China, Hong Kong, Macau, Taiwan			6 6 7 7 8 8 9 9			⑦ (B) (C)	6) 7) 8) 9)
	Other parts of the world		HOW T 你有多高	ALL ARE YO	OU?			
7.	WHAT DIALECT GROUP DOES YOUR FATHER IDENTIFY WITH?		CEN	TIMETERS		FEET		HES
8.	你父亲的籍贯是什么? ○ Cantonese ○ Hokkien  WHAT DIALECT GROUP DOES YOUR MOTHER		9 (1) (2)	1 1 2 2 3 3 4 4 4 5 5 6 6 6 7 7 8 8	OR	0 1 2 3 4 5 6	00	9 - 0 9 9 5 6 7 8
	IDENTIFY WITH? 你母亲的籍贯是什么?  Cantonese			9 9	1		92	9

13.	WHAT IS YOUR HIGHEST 你的教育程度有多高?	LEVEL OF EDUCATION?	15. HAVE YOU EVER SMO YEAR OR LONGER? 你有没有每天抽水烟至少	OKED A WATER PIPE DAILY FOR  >一年或更长的时间?
	No education Primary school (grade 1 - Secondary school (grade continuous) Pre-university/junior college Vocational/technical school Polytechnic/university	7 - 10) ge (grade 11 - 12)	No (go to Question 1 Yes, and I currently sr Yes, but I quit smoking	<i>6)</i> moke
			WHAT IS THE TOTAL SMOKED A WATER P 你总共抽了多少年的水灯	NUMBER OF YEARS THAT YOU IPE ON A REGULAR BASIS? 图?
14.	HAVE YOU EVER SMOKE A DAY FOR 1 YEAR OR L 你有没有每天抽烟至少一年5		<ul><li>9 years or less</li><li>10 - 19 years</li><li>20 - 29 years</li></ul>	O 30 - 39 years  40 years or more
	No (go to Question 15) Yes, and I currently smoke Yes, but I quit smoking		HOW MANY TAHILS/I AVERAGE, DID YOU 你平均一个月用多少两的	LIANGS OF TOBACCO, ON SMOKE IN A MONTH? 的烟草?
	AT WHAT AGE DID YOU! ON A REGULAR BASIS? 你在几岁开始每天抽烟?	START SMOKING CIGARETTES	3 tahils or less 4 - 6 tahils 7 - 9 tahils	<ul><li>10 - 12 tahils</li><li>13 tahils or more</li></ul>
	14 years or younger 15 - 19 years	20 - 29 years 30 years or older	AGO DID YOU QUIT?	
	SMOKED CIGARETTES (你总共抽了多少年?		如果你已戒了水烟,请问 O Less than 1 year O 1 - 2 years O 3 - 4 years	可戒了多少年?
	9 years or less 10 - 19 years 20 - 29 years	O 30 - 39 years  40 years or more	◯ 5 - 9 years	
	IF YOU QUIT SMOKING (DID YOU QUIT? 如果你已戒烟,请问戒了多	CIGARETTES, HOW LONG AGO 少年?		
	Less than 1 year 1 - 2 years 3 - 4 years 5 - 9 years	<ul> <li>10 - 14 years</li> <li>15 - 19 years</li> <li>20 years or more</li> </ul>		
		FACTURED CIGARETTES, NUMBER OF CIGARETTES R DAY?		
	6 cigarettes or less 7 - 12 cigarettes 13 - 22 cigarettes	23 - 32 cigarettes 33 - 42 cigarettes 43 cigarettes or more		
	IF YOU SMOKED SELF-F MANY TAHILS/LIANGS C DID YOU SMOKE IN A MO 如果你抽自卷烟,平均一个			
	3 tahils or less 4 - 6 tahils 7 - 9 tahils	10 - 12 tahils 13 tahils or more		

# EATING HABITS DURING THE LAST YEAR

THE NEXT QUESTIONS ARE ABOUT YOUR USUAL EATING HABITS DURING THE LAST YEAR. I HAVE A LIST OF FOOD ITEMS AND FOR EACH ITEM, I WILL FIRST ASK HOW OFTEN YOU USUALLY ATE OR DRANK THE FOOD. PLEASE SELECT FROM THIS CHART (GIVE SUBJECT FREQUENCY CHART #1) THE CATEGORY THAT BEST DESCRIBES YOUR INTAKE FREQUENCY. INCLUDE FOODS EATEN AT HOME OR AWAY FROM HOME FOR BREAKFAST, LUNCH, DINNER, COFFEE BREAKS, AND SNACKS.

NEXT, I NEED TO KNOW HOW MUCH YOU ATE EACH TIME. FOR SOME FOODS, I'LL BE ASKING YOU TO CHOOSE FROM 3 CATEGORIES THE ONE THAT BEST DESCRIBES THE AVERAGE NUMBER OF PIECES YOU ATE EACH TIME (SHOW CHART ON PAGE 1 OF PORTION SIZE FOLDER). FOR SOME OTHER FOODS, I'LL BE SHOWING YOU PICTURES OF 3 DIFFERENT PORTION SIZES AND ASKING YOU TO TELL ME WHICH OF THE 3 PLATES BEST DESCRIBES YOUR USUAL SERVING SIZE (SHOW PICTURE ON PAGE 2 OF PORTION SIZE FOLDER).

接下来的问题是关于你去年的饮食习惯.我这里有各种各类的食物;每一种食物,我都需要了解你通常吃或喝这种食物的次数.请你从这个次数表里(展示次数表一)选出一个接近你吃这些食物的次数.这些食物包括你在家里或出外吃早餐,午餐,晚餐,以及喝茶时间所吃的食物.

接着,我也需要知道你每一次所吃的份量。某些食物,我要你从三组内选出一组最能代表你所吃的食物份量。(展示份量本子第一页)有些食物,我会展示三种不同份量的图片,请你告诉我那一个份量最能代表你通常所吃的份量。(展示份量本子第二页)

		Α							
16. RICE DISHES	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Plain rice 白饭	0	0	0	0	0	0	0	The second secon	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl  2 rice bowls or more
Plain rice porridge 白粥	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl  2 rice bowls or more

NOW, I WOULD LIKE TO ASK ABOUT RICE AND NOODLE DISHES THAT ARE OFTEN BOUGHT AT HAWKER CENTERS, ALTHOUGH THEY CAN BE HOME-COOKED AS WELL.

现在,我想问你一些在小贩中心里能够买得到的加料饭和面食。虽然这些食物也可以在家里煮。

Flavored rice porridge such as fish, pork, chicken, duck, peanut 加料粥,例如鱼,猪肉,鸡肉,鸭肉或花生粥	0	0	0	0	0	0	0	0	CHOOSE ONE  1/3 noodle bowl or 1 rice bowl or less  2/3 noodle bowl or 2 rice bowls or noodle bowl or 3 rice bowls or more
Fried rice including nasi goreng 炒饭,包括马来炒饭	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 1 - small Photo 1 - medium Photo 1 - large
Coconut rice dishes such as nasi lemak 椰浆饭	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 1 - small Photo 1 - medium Photo 1 - large
Curry rice dishes such as lontong, briyani rice 咖喔饭,例如隆冬,黄姜饭	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 1 - small Photo 1 - medium Photo 1 - large

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16. RICE DISHES (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Chicken rice dishes such as Hainanese chicken rice, Malay chicken rice, claypot rice 鸡饭,例如海南鸡饭,马来鸡饭, 砂煲饭	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 1 - small  Photo 1 - medium  Photo 1 - large
Other flavored rice dishes such as duck rice, char siew rice 其他加料饭,例如鸭饭,叉烧饭	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 1 - small Photo 1 - medium Photo 1 - large
		А	VERAGE	USE DU	JRING LA	AST YEA	R	er pring	
17. NOODLE DISHES	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Fried vegetarian beehoon 炒斋米粉	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 2 - small Photo 2 - medium Photo 2 - large
Other fried noodle dishes such as fried beehoon, fried Hokkien mee, fried kway teow, fried hor fun, mee goreng, fried Hong Kong mee 其他妙面,例如炒米粉,福建炒面, 炒果条,炒河粉, 马来炒面,香港炒面	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 2 - small  Photo 2 - medium  Photo 2 - large
Dry noodle dishes such as dry fishball mee, dry chicken mee, dry wanton mee, dry prawn mee 干捞面食,例如干捞鱼丸面,干捞鸡面,干捞云吞面,干捞虾面	0	0	0	0	0	0	. 0	0	CHOOSE ONE  Photo 2 - small  Photo 2 - medium  Photo 2 - large
Noodle dishes with gravy such as mee siam, mee rebus, lor mee, laksa 酱料面食,例如米暹,马来面, 卤面,叻沙	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 3 - small Photo 3 - medium Photo 3 - large
Soupy noodle dishes such as soupy beehoon or kway teow, soupy fishball or prawn mee, soupy wanton mee, kway chap 汤面,例如米粉汤或果条汤,	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 4 - small Photo 4 - medium Photo 4 - large

NOW, I WOULD LIKE YOU TO THINK ABOUT MEATS THAT ARE <u>NOT</u> PART OF THE HAWKER RICE OR NOODLE DISHES YOU CONSUMED DURING THE PAST YEAR. I WOULD LIKE TO KNOW HOW OFTEN YOU ATE THOSE MEATS AND HOW MUCH YOU ATE EACH TIME.

现在,请告诉我你去年吃肉的情况,这些肉类不包括你在小贩中心所吃的加料饭或面食,我想知道你吃的平均次数和份量,

		А							
18. PORK	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Minced pork (or beef) patty and ball 猪肉(或牛肉)饼和肉丸	0	0	0	0	0	0	0	0	CHOOSE ONE  1 ball or less  2 or 3 balls  4 balls or more
Pork spareribs including bak kut teh 猪排骨,包括肉骨茶	0	0	0	0	0	0	0	0	CHOOSE ONE  2 pieces or less  3 or 4 pieces  5 pieces or more

18. PORK (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Pork satay 猪肉沙爹	0	0	0	0	0	0	0	0	CHOOSE ONE  4 sticks or less  5 to 7 sticks  8 sticks or more
Other lean and fat pork slices, chops or cubes 其他半肥瘦的猪肉片,猪排或肉块	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 5 - small or 6 - small  Photo 5 - medium or 6 - medium  Photo 5 - large or 6 - large
ean pork slices including char siew 夏猪肉片,包括叉烧	0	0	0	0	0	0	0	S. Transport	CHOOSE ONE  Photo 5 - small  Photo 5 - medium  Photo 5 - large
elly pork including siew yoke, pig otters and pig skin E层猪肉包括烧肉,猪脚和猪皮	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 7 - small or 8 - small  Photo 7 - medium or 8 - medium  Photo 7 - large or 8 - large
ork liver 舒肝	0	0	0	0	0	0	0	0	CHOOSE ONE  2 slices or less  3 or 4 slices  5 slices or more
ther pig organs such as intestines 其他猪内脏,例如猪肠	0	0	0	0	0	0	0	12.9	CHOOSE ONE  1 Chinese spoon or less 2 or 3 Chinese spoons 4 Chinese spoons or more
		A	VERAGE	USE DU	JRING LA	AST YEA	R		
9. OTHER MEATS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
eep fried chicken F鸡	0	0	0	0	0	0	0	0	CHOOSE ONE  1 wing or 2 cut pieces or less 1 thigh or drumstick or 3-5 cut pieces 1/2 breast or 6 cut pieces or more
an or stir fried chicken b鸡肉	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 9 - small  Photo 9 - medium  Photo 9 - large
py sauce chicken 注油鸡	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 10 - small  Photo 10 - medium  Photo 10 - large
hicken satay B肉沙爹	0	0	0	0	0	0	0	0	CHOOSE ONE  4 sticks or less  5 to 7 sticks  8 sticks or more
oiled, stewed or roasted chicken (,焖(卤)或烧鸡	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 10 - small  Photo 10 - medium  Photo 10 - large
hicken or mutton curry, mutton ndang I喔鸡或咖喱羊肉,焖羊肉	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 11 - small  Photo 11 - medium  Photo 11 - large
pasted or stewed duck or goose 、鸭或焖(卤)鸭,烧鹅或焖(卤)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 12 - small  Photo 12 - medium  Photo 12 - large
20. WHEN YOU ATE MEAT (POF 当你吃猪,牛或羊肉的时候,你通常		, MUTTC	N), DID '	YOU USI	JALLY E	AT:			
O All of the fat 全部的肥肉	<mark>○</mark> Some 一部份	of the fat 的肥肉			ne of the f 吃肥肉	at	0	Don't eat 完全不吃猪	
WHEN YOU ATE CHICKEN O 当你吃鸡或鸭肉的时候,你通常是吃	R DUCK	, DID YO	U USUAI	LLY EAT:					
All of the skin	O Some	of the skin	E.	O No	ne of the s	kin		Don't eat	chicken or duck

THE NEXT GROUP OF FOODS ARE FRESH FISH, FRESH SHELLFISH, EGGS AND TOFU ITEMS. I AM INTERESTED IN HOW OFTEN AND HOW MUCH YOU ATE THESE FOODS WHEN THEY ARE <u>NOT</u> PART OF THE HAWKER RICE OR NOODLE DISHES YOU CONSUMED DURING THE PAST YEAR.

下一组的食物是鲜鱼,其他海鲜,蛋和豆腐食品.请不要包括小贩中心里所吃的加料饭或面食.我想知道你吃的平均次数和份量.

20				Divine Lance						
		100	A	VERAGE	USE DU	IRING LA	AST YEA	R		
	21. FRESH FISH	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
	Fish ball or cake 鱼丸或鱼饼	0	0	0	0	0	0	0	0	CHOOSE ONE  2 balls or slices or less  3 or 4 balls or slices  5 balls or slices or more
	Deep fried fish 炸鱼	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 13 - small or 14 - small  Photo 13 - medium or 14 - medium  Photo 13 - large or 14 - large
	Pan or stir fried fish 煎鱼或炒鱼片	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 13 - small or 14 - small  Photo 13 - medium or 14 - medium  Photo 13 - large or 14 - large
	Boiled or steamed fish 煮或蒸鱼	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 13 - small or 14 - small  Photo 13 - medium or 14 - medium  Photo 13 - large or 14 - large
		100	A	VERAGE	LICE DI	IDING	ACT VEA	D		
			A		. USE DI			n		OUD IEGEO HOUAI
	22. FRESH SHELLFISH	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
	Shrimp or prawn (Photo 15) 鲜虾	0	0	0	0	0	0	0	0	CHOOSE ONE  4 small or 2 medium prawns or less  5-10 small or 3-5 medium or 1 large prawns  11 small or 6 medium or 2 large prawns or more
20 20 20 20 20 20 20 20 20 20 20 20 20 2	Squid or cuttlefish 鱿鱼	0	0	0	0	0	0	0	0	CHOOSE ONE  1 Chinese spoon or 4 pieces or less  2 Chinese spoons or 5-8 pieces  3 Chinese spoons or 9 pieces or more
			^	VERAGE	LICE DI	IDING L	ACT VEA	D		7
	23. EGGS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
	Eggs 鲜蛋	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 egg or less  1 egg  2 eggs or more
			^	VERAGE	IISE DI	IRING	ASTVEA	R	1786	
	24. TOFU ITEMS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
	Yong tau foo 酿豆腐	0	0	0	0	0	0	0	0	CHOOSE ONE  2 pieces or less  3 or 4 pieces  5 pieces or more
	Other plain tofu in soups, mixed dishes or by itself 其他豆腐, 句廷豆腐汤或豆腐加其他配料	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 16 - small  Photo 16 - medium  Photo 16 - large

		Α							
24. TOFU ITEMS (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Other tau pok in soups, mixed dishes or by itself 其他豆泡, 包括豆泡汤或豆泡加其他配料	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 17 - small  Photo 17 - medium  Photo 17 - large
Other tau kwa in soups, mixed dishes or by itself 其他豆千, 包括豆干汤或豆干加其他配料	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 18 - small  Photo 18 - medium  Photo 18 - large
Foojook or foojook vegetarian meats 腐竹(豆枝)或腐竹(豆枝)斋菜	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 19 - small  Photo 19 - medium  Photo 19 - large

NOW, I WOULD LIKE YOU TO THINK ABOUT FRESH VEGETABLES THAT YOU CONSUMED EITHER IN MIXED DISHES WITH MEAT OR FISH, IN SOUPS OR BY THEMSELVES DURING THE PAST YEAR.

现在我想知道你去年所吃过的新鲜蔬菜.这些蔬菜包括煮汤,单独吃或跟鱼和肉混合吃.

		Α	VERAGE	USE DU	JRING L	AST YEA	R		
25. FRESH VEGETABLES	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Pak choy and siew pak choy 白菜,小白菜	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 20 - small  Photo 20 - medium  Photo 20 - large
Kai choi 芥菜	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 20 - small  Photo 20 - medium  Photo 20 - large
Chinese chives and flowering Chinese chives 韭菜,韭菜花	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 20 - small  Photo 20 - medium  Photo 20 - large
Ung choi 蕹菜	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 20 - small  Photo 20 - medium  Photo 20 - large
Choi sum 菜心	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 21 - small  Photo 21 - medium  Photo 21 - large
Yin choi and po choi 苋菜,菠菜(飞龙菜)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 21 - small  Photo 21 - medium  Photo 21 - large
Watercress 西洋菜	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 21 - small  Photo 21 - medium  Photo 21 - large
Kai lan 芥兰	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 22 - small  Photo 22 - medium  Photo 22 - large
Other dark green leaves such as kou kay chol, sweet potato leaves 其他深绿色叶子,例如枸杞菜, 蓄薯叶	0	0	0	0	0	0	0		CHOOSE ONE  Photo 22 - small  Photo 22 - medium  Photo 22 - large
Head cabbage and wong nga pak 椰菜(包菜,高丽菜), 黄芽白(大白菜)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 23 - small  Photo 23 - medium  Photo 23 - large
Head lettuce and Chinese lettuce 玻璃生菜,生菜(香菜)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 23 - small  Photo 23 - medium  Photo 23 - large
Broccoli 芥兰花	0	0	0	0	0	0	0		CHOOSE ONE  Photo 24 - small  Photo 24 - medium  Photo 24 - large

		Α	VERAGE	USE DU	JRING L	AST YEA	R		
25. FRESH VEGETABLES (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Cauliflower 椰菜花(高丽菜花)	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 25 - small Photo 25 - medium Photo 25 - large
Carrots 胡萝卜(红萝卜)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 26 - small  Photo 26 - medium  Photo 26 - large
Cucumber 黄瓜(吊瓜)	0	0	0	0	0	0	0	0	CHOOSE ONE  2 slices or less  3 or 4 slices  5 slices or more
Green beans and peas, snow peas 青豆类,包括豆角(菜豆),荷兰豆	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 27 - small  Photo 27 - medium  Photo 27 - large
Tomatoes, cooked or raw 番茄,煮熟或生吃	0	0	0	0	0	0	0	0	CHOOSE ONE  2 wedges or less  3 or 4 wedges  5 wedges or more
Tou gay and tai tau nga 豆芽,大豆芽	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 28 - small  Photo 28 - medium  Photo 28 - large
Fu kua and mo qua 苦瓜,毛瓜	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 29 - small Photo 29 - medium Photo 29 - large
White potatoes 蓄仔(干冬,马铃薯)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 30 - small  Photo 30 - medium  Photo 30 - large
Gee choi 紫菜	0	0	0	0	0	0	0	0	
Onions, all types 葱类,包括洋葱,青葱和小葱头	0	0	0	0	0	0	0	0	
Celery 西洋芹菜	0	0	0	0	0	0	0	0	
Corn	0	0	0	0	0	0	0	0	

WE NOW COME TO CANNED OR PRESERVED FOODS. SOME OF THESE FOODS ARE DIFFICULT TO QUANTIFY AND I WILL NOT BE ASKING YOU TO ESTIMATE THE AMOUNTS YOU ATE EACH TIME.

现在,我想讨论罐装和腌制食物.其中一些食物比较难估计它们的份量,所以我只问你所吃的平均次数.

		А	VERAGE	USE DU	JRING LA	AST YEA	R		
26. PRESERVED OR PROCESSED FOODS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Lup chong 腊肠	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 31 - small  Photo 31 - medium  Photo 31 - large
Ham 火腿	0	0	0	0	0	0	0	0	CHOOSE ONE  1 slice or less  2 slices  3 slices or more
Hot dogs (pork or chicken) 香肠(猪肉或鸡肉)	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 regular or 1 canned piece or less  1 regular or 2 canned pieces 2 regular or 3 canned pieces or more

26 PRESERVED OR		А	VERAGE	- 02E D	JRING L	ASITEA	AR .				
26. PRESERVED OR PROCESSED FOODS (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE		
uncheon meat 午餐肉	0	0	0	0	0	0	0	0	CHOOSE ONE  1 slice or less 2 slices 3 slices or more		
/oke sung (meat floss) 対松	0	0	0	0	0	0	0	0	CHOOSE ONE  1 teaspoon or less  2 teaspoons  3 teaspoons or 1 Chinese spoon or more		
lee yoke gone (sweet barbeque meat) 者肉干	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 32 - small  Photo 32 - medium  Photo 32 - large		
salted fish 戍鱼	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 33 - small  Photo 33 - medium  Photo 33 - large		
HOW DO YOU USUALLY COOK 通常你是怎样煮咸鱼的?	THE SA	LTED FIS	SH?								
○ Uncooked ○ Steamed 蒸		○ Boiled 煮		○ Pa 煎	n-fried	0	Deep-frie 炸	d	○ Grilled 烤		
DO YOU MOSTLY EAT THE MU 你通常吃梅香咸鱼或实肉咸鱼?	I HEUNG	(SOFT N	MEAT) SA	ALTED FI	ISH, OR I	DO YOU	PREFER	THE SU	D YOKE SALTED FISH?		
○ Mui heung ○ Sud yoke 梅香 实肉		O Both e	qually								
			· 公司· 新安						CHOOSE ONE  Photo 34 - small		
	0	0	0	0	0	0	0	0	Photo 34 - medium		
				0	0	0	0	0			
	THE IKA		?	〇 〇 Pa 煎		0	Deep-friee 炸		Photo 34 - medium		
L鱼仔  HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  ○ Uncooked  ○ Steamed 蒸	THE IKA	AN BILIS	?	◯ Pai		0	Deep-frie	d	Photo 34 - medium Photo 34 - large Grilled		
L鱼仔  HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  ○ Uncooked  ○ Steamed 蒸	C THE IKA	AN BILIS	?	〇 Pa 煎	n-fried	0	Deep-fried炸	d	Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium		
E鱼仔  HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  □ Uncooked  □ Steamed 蒸  ried fish ・鱼,包括柴鱼  HOW DO YOU USUALLY COOK	THE IKA	AN BILIS	?	〇 Pa 煎	n-fried	0	Deep-fried炸	d O	Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium		
HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  Uncooked Steamed 蒸  ried fish 鱼,包括柴鱼  HOW DO YOU USUALLY COOK 你通常怎样煮干鱼?  Uncooked Steamed 蒸  ther dried seafood such as dried orimp, dried oyster, dried cuttlefish 他干海鲜食品如虾米,	THE IKA	AN BILIS  Boiled 煮  BIED FISH	?	〇 Pai 煎	n-fried	0	Deep-fried 炸	d O	Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium Photo 35 - large  Grilled		
HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  Uncooked Steamed 蒸  ried fish 鱼,包括柴鱼  HOW DO YOU USUALLY COOK 你通常怎样煮干鱼?  Uncooked Steamed 蒸  ther dried seafood such as dried urimp, dried oyster, dried cuttlefish 完他干海鲜食品如虾米,	THE IKA	AN BILIS:  Boiled 煮  BilED FISH  Boiled 煮	?	○ Pan 煎 ○ Pan 煎	n-fried	0	Deep-fried 作 Deep-fried 炸	d 0	Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium Photo 35 - large  Grilled 烤		
L鱼仔  HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  □ Uncooked □ Steamed 蒸  ried fish □ 包括柴鱼  HOW DO YOU USUALLY COOK 你通常怎样煮干鱼?  □ Uncooked □ Steamed	THE IKA	AN BILIS  Boiled 煮  BilED FISH  Boiled 煮	? 	○ Pai 煎 ○ Pai 煎	n-fried	0	Deep-fried炸  Deep-fried炸	0 0	Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium Photo 35 - large  Grilled 烤  CHOOSE ONE Photo 36 - small Photo 36 - small Photo 36 - medium Photo 36 - large  CHOOSE ONE 1 piece or less 2 pieces		
HOW DO YOU USUALLY COOK 你通常怎样煮江鱼仔?  Uncooked Steamed 蒸  ried fish 鱼,包括柴鱼  HOW DO YOU USUALLY COOK 你通常怎样煮干鱼?  Uncooked Steamed 蒸  ther dried seafood such as dried nrimp, dried oyster, dried cuttlefish 性干海鲜食品如虾米, 主(蚝干),干鱿鱼  anned tuna 主头鲛鱼  anned sardine	THE DR	AN BILIS  Boiled 煮  Boiled 煮	?	〇 Pai 煎	n-fried	0 0 0	Deep-fried炸  Deep-fried炸		Photo 34 - medium Photo 34 - large  Grilled 烤  CHOOSE ONE Photo 35 - small Photo 35 - medium Photo 35 - large  Grilled 烤  CHOOSE ONE Photo 36 - small Photo 36 - medium Photo 36 - large  CHOOSE ONE 1 piece or less		

		Α	VERAGE	USE DU	JRING LA	AST YEA	R	in n	The Lorent Modestrill
26. PRESERVED OR PROCESSED FOODS (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Salted leafy vegetables such as harm choi, zha choi, dong choi, mui choi 盐腌菜,例如咸菜,	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 38 - small  Photo 38 - medium  Photo 38 - large
Choi gone 菜干	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 39 - small  Photo 39 - medium  Photo 39 - large
Salted roots such as choi po 咸菜根,例如菜脯	0	0	0	0	0	0	0	0	
Tung goo 冬菇	0	0	0	0	0	0	0	0	
Gum jum, dried fungus such as moak yee, wan yee 金针菜,木耳,云耳	0	0	0	0	0	0	0	0	
Chinese preserved fruits such as chan pai mui, gar ink gee, wah mui (Photo 40) 传统腌制水果,例如陈皮梅,加应子,话梅	0	0	0	0	0	0	0	0	CHOOSE ONE  2 or less  3 to 5  6 or more
Western preserved fruits such as apricots, dates (Photo 40) 西洋腌制水果,例如杏脯,枣干	0	0	0	0	0	0	0	0	CHOOSE ONE 2 or less 3 to 5 6 or more

NOW, PLEASE THINK ABOUT CONDIMENTS THAT ARE IN THE FOOD THAT YOU CONSUMED DURING THE PAST YEAR. THEY MAY BE ADDED EITHER DURING COOKING OR BY YOU AT THE TABLE.

现在,请你想一想去年所吃过的食物调味品.这些调味品可能是在煮食物时或吃的时候加入的.

		Α	VERAGE	USE DL	JRING L	AST YEA	R	lagilar i
27. CONDIMENTS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Balachan 巴拉煎	0	0	0	0	0	0	0	0
Harm ha 咸虾	0	0	0	0	0	0	0	0
Ha go 虾膏	0	0	0	0	0	0	0	0
Fermented fish sauce 鱼露	0	0	0	0	0	0	0	0
Oyster sauce 蚝油	0	0	0	0	0	0	0	0
Garlic 蒜头	0	0	0	0	0	0	0	0
Fresh green or red chili 新鲜青辣椒或红辣椒	0	0	0	0	0	0	0	0
Fermented bean pastes such as foo yu, tau si, min si cheong, hoi sin cheong 发酵豆酱,例如腐乳,豆豉, 面豉酱(豆酱),海鲜酱	0	0	0	0	0	0	0	0
Deep-fried shallots 油炸葱	0	0	0	0	0	0	0	0

# NOW, I WOULD LIKE TO LEARN ABOUT COOKING FATS AND OILS THAT YOU USED AT HOME DURING THE PAST YEAR.

现在,我想知道你去年在家里用那一种食油?

28.	COOKING FATS AND OILS USED AT HOME												
	(a)	HOW OFTEN DID YOU E 请你告诉我,你在家里吃油	AT DEEP-FRIED FOODS AT 炸食物的平均次数是多少?	HOME?									
		O Never or hardly ever	2 to 3 times a month	2 to 3 times a week	Once a day								
		Once a month	Once a week	4 to 6 times a week	2 or more times a day								
	(b)	WHICH KIND OF OIL DID 你在家里通常用那一种食油	YOU USUALLY USE IN DEE 来炸食物?	EP FRYING? (Photos 41-44)									
		◯ Lard, pork skin 猪油	◯ Corn oil 蜀米油	○ Soy bean oil 黄豆油	○ Other oil or don't know 其他食油或不知道								
		○ Palm oil or blended oil 棕榈油	○ Peanut oil 花生油	◯ Sesame oil 麻油									
	(c)	HOW OFTEN DID YOU E. 你在家里吃油炒食物的平均	AT STIR-FRIED FOODS AT H 次数是多少?	HOME?									
		O Never or hardly ever	2 to 3 times a month	2 to 3 times a week	Once a day								
		Once a month	Once a week	O 4 to 6 times a week	2 or more times a day								
	(d)	WHICH KIND OF OIL DID 你在家里通常用那一种食油	YOU USUALLY USE IN STII 来炒食物?	R FRYING? (Photos 41-44)									
		Lard, pork skin	Corn oil	Soy bean oil	Other oil or don't know								
		Palm oil or blended oil	Peanut oil	<ul> <li>Sesame oil</li> </ul>									

WE NOW COME TO FRESH OR CANNED FRUITS THAT YOU CONSUMED DURING THE PAST YEAR. FOR SEASONAL FRUITS, PLEASE TELL ME YOUR CONSUMPTION PATTERN WHEN THE FRUITS WERE IN SEASON.

现在,我们来谈一谈新鲜或罐头水果,请你想一想去年所吃过的水果.有些水果是有季节性的,请你告诉我这些水果上市的时候你所吃的平均次数和份量.

		Α	VERAGE	USE DI	JRING L	AST YEA	R		
29. FRUITS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Apple 苹果	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more
Orange 橙	0	0	0	0	0	0	0.	0	CHOOSE ONE  1/2 or less  1  2 or more
Tangerine (mandarin orange) 柑(红柑)	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more
Banana 香蕉	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 big or 1 small banana or less  1 big or 2 small bananas  2 big or 3 small bananas or more

		0.00	A	VERAGE	USE DU	HING LA	SIYEA	п		- The Control of the	
	29. FRUITS (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE	
	Papaya 木瓜	0	0	0	0	0	0	0	0	CHOOSE ONE  1/4 small or 1/2 hawker wedge or less  1/2 small or 1 hawker wedge  1 small or 2 hawker wedges or more	
	Pear 梨	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more	
	Grapes 葡萄	0	0	0	0	0	0	0	0	CHOOSE ONE  6 or less  7 to 12  13 or more	
	Honeydew melon 蜜瓜	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 hawker wedge or less  1 hawker wedge  2 hawker wedges or more	
	Mango 芒果	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more	
	Pineapple 菠萝(黄梨)	0	0	0	0	0	0	0	0	CHOOSE ONE  1 hawker wedge or less  2 hawker wedges  3 hawker wedges or more	
	Watermelon 西瓜	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 hawker wedge or less  1 hawker wedge  2 hawker wedges or more	
	Apricots and peaches 杏和桃	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 peach or 1 apricot or less  1 peach or 2 apricots  2 peaches or 4 apricots or more	
	Persimmon 红柿	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more  CHOOSE ONE	
	Cantaloupe 甜瓜	0	0	0	0	0	0	0	0	1/8 fruit or 1/2 rice bowl cubed pieces or less     1/4 fruit or 1 rice bowl cubed pieces     1/2 fruit or 2 rice bowls cubed pieces or more	
				VERAGE	HEE DI	IDING L	ACT VEA	D			
Direction of the control of the cont	30. CEREAL (Photo 45)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE	
1.000 2000 2000 2000	Hot oats or other hot cereals 麦片或其他热食谷片	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl or 1 packet  1 1/2 rice bowls or 1 1/2 packets or more	
	Corn flakes or other cold cereals 蜀米片或其他冷食谷片	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl  1 1/2 rice bowls or more	
outan Child				VERAGE	USE DI	JRING L	AST YEA	R			
	31. MILK AND CHEESE	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE	
	Milk including powdered, whole, low-fat and chocolate (exclude addition to coffee or tea) 牛奶,包括牛奶粉,全脂,低脂或巧克力牛奶(不包括加入咖啡或茶的牛奶)	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 glass or less  1 glass (250 ml)  2 glasses or more	

		Α	VERAGI	USE D	URING L	AST YEA	\R		
31. MILK AND CHEESE (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Milo, Ovaltine or Horlicks (Photo 46) 美禄,阿华田或好力克	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 glass or less  1 glass (250 ml)  2 glasses or more
Yakult or Vitagen (Photo 46) 益多,维他精	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 bottle or less  1 bottle  2 bottles or more
	T	Δ	VERAGE	LISE DI	IIRING I	AST YEA	D		
32. BREADS AND CRACKERS	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
White bread, including French bread 白面包,包括法国面包	0	0	0	0	0	0	0	0	CHOOSE ONE  1 slice or less  2 slices  3 slices or more
Whole wheat bread 全麦面包	0	0	0	0	0	0	0	0	CHOOSE ONE  1 slice or less 2 slices 3 slices or more
Hot cake (pancake) 西式烧饼	0	0	0	0	0	0	0	0	CHOOSE ONE  1 or less 2 to 3 4 or more
Margarine, added to breads 人造牛油(马芝冷)	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 47 - thin  Photo 47 - thick
Butter, added to breads 牛油	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 47 - thin Photo 47 - thick
Peanut butter or Nutella, added to breads 花生酱	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 47 - thin Photo 47 - thick
Kaya, added to breads 咖椰	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 47 - thin  Photo 47 - thick
Jam or syrup, added to breads 果酱或甜浆	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 47 - thin  Photo 47 - thick
Roti prata 印度馅饼	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1 1/2 or more
Baked buns with meat such as char siew, hot dog, ham, luncheon meat 肉馅的烤面包,包括叉烧,香肠, 火腿和午餐肉面包	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  2 or more
Baked buns with sweet filling such as red or green bean paste, kaya 甜馅的烤面包,包括红豆沙, 绿豆沙和咖椰面包	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  2 or more
Crackers and biscuits, all types 各种饼干	0	0	0	0	0	0	0	0	CHOOSE ONE  2 or less  3 or 4  5 or more
		Δ	VERAGE	USE DI	IRING	AST YEA	R		
33. SNACKS AND DIM SUM	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Steamed meat bao, all types (Photo 48) 各种蒸的肉包	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1
Steamed sweet bao, all types (Photo 48) 各种蒸的甜包	0	0	0	0	0	0	0	0	2 or more CHOOSE ONE 1/2 or less 1 2 or more
				14					

		Α	VERAGE	USE DI	JRING L	AST YEA	R	-05	· · · · · · · · · · · · · · · · · · ·
33. SNACKS AND DIM SUM (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Glutinous rice dumplings such as lor mai fun, lor mai kai, zhang (all types) (Photo 48) 各种糯米点心,例如糯米饭, 糯米鸡,粽子	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more
Deep-fried snack such as you tiao, jian dui, fried prawn or fish ball, wookok, spring roll, carrot cake (Photo 48) 油炸点心,例如油条,煎堆,炸虾丸或炸鱼丸,芋角,春卷,萝卜糕	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more
Siew mai (Photo 48) 烧卖	0	0	0	0	0	0	0	0	CHOOSE ONE 1 or less 2 3 or more
Other steamed snack such as har gau, beefball (Photo 48) 其他蒸点心,例如虾饺,牛肉丸	0	0	0	0	0	0	0	0	CHOOSE ONE 1 or less 2 3 or more
Peanuts and other nuts 花生及其他坚果(硬壳果)	0	0	0	0	0	0	0	0	CHOOSE ONE Photo 49 - small Photo 49 - medium Photo 49 - large
Sweet kuey such as ang ku kuey, nonya kuey, huat kuey, pak tong go (Photo 50) ''甜果'',例如''红龟果'', ''娘惹果'',''发果'',白糖糕	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 piece or less  1 piece  2 pieces or more
Chee cheong fun, soon kuey and chwee kway (Photo 50) 猪肠粉,''荀果'',''水果''	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 hawker portion or less  1 hawker portion  1 1/2 hawker portions or m
Puffs such as curry puff, bean puff (Photo 51) 酥饼,例如咖喱角,红豆或绿豆角	0	0	0	0	0	0	0	0	CHOOSE ONE 1/2 piece or less 1 piece 2 pieces or more
Otar otar (Photo 51) 窝打	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 piece or less  1 piece  2 pieces or more
Popiah (Photo 51) 薄饼	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 or less  1  2 or more
Ngor hiang (Photo 51) 五香	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 piece or less  1 piece  2 pieces or more
Chinese rojak 罗惹	0	0	0	0	0	0	0	0	CHOOSE ONE  Photo 52 - small  Photo 52 - medium  Photo 52 - large
Western cakes such as butter cake, fruit cake, pandan cake 西洋糕点,如牛油蛋糕,水果蛋糕, 香兰蛋糕	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 slice or less  1 slice  2 slices or more
Red or green bean soup, tau suan, peanut and almond wu 红豆或绿豆汤,豆爽, 花生糊和杏仁糊	0	0	0	0	0	0	0	0	CHOOSE ONE 1/2 rice bowl or less 1 rice bowl 1 1/2 rice bowls or more
Tofu far 豆腐花(豆花)	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl  1 1/2 rice bowls or more
Coconut desserts such as burbur chacha, sago dessert, chendol 椰汁甜品,如摩摩喳喳,沙莪甜品,珍洛	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 rice bowl or less  1 rice bowl  1 1/2 rice bowls or more

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* 1									
33. SNACKS AND DIM SUM (continued)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Ice cream and frozen yogurt 雪糕,冷冻酸牛奶	0	0	0	0	0	0	0	0	CHOOSE ONE  1 scoop or less  2 scoops  3 scoops or more
		А	VERAGE	USE DU	JRING LA	AST YEA	R		
34. FAST FOODS AND SANDWICHES (Photo 53)	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
Hamburger and cheeseburger 汉堡包,包括乳酪汉堡包	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 burger or less  1 burger  2 burgers or more
French fries 炸薯条	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 regular order or less  1 regular order  1 large order or more
Pizza 比萨馅饼	0	0	0	0	0	0	0	0	CHOOSE ONE  1 slice or less 2 or 3 slices 4 slices or more
Ham and other sandwiches 火腿和其他三文治	0	0	0	0	0	0	0	0	CHOOSE ONE  1/2 sandwich or less  1 sandwich  2 sandwiches or more

NOW, I WILL READ TO YOU A LIST OF NON-ALCOHOLIC BEVERAGES. PLEASE SELECT FROM THIS CHART (GIVE SUBJECT FREQUENCY CHART #2 AND TAKE BACK CHART #1) THE CATEGORY THAT BEST DESCRIBES YOUR CONSUMPTION PATTERN DURING THE PAST YEAR.

现在,我将念出一些不含酒精的饮料名称。每一种饮料,我都需要你在这个次数表里(展示次数表二,收回次数表一)选出一个最能够代表你去年的平均消耗量。

			AVER	AGE US	E DURIN	G LAST	YEAR	JIL	
35. NON-ALCOHOLIC BEVERAGES	Never or hardly ever	1 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 to 5 times a day	6 or more times a day
Orange juice, 1 glass, packet or hawker portion 一杯橙汁	0	0	0	0	0	0	0	0	0
Other fruit or vegetable juices, 1 glass, packet or hawker portion 一杯其他果汁或菜汁	0	0	0	0	0	0	0	0	0
Soy bean drink, 1 glass, packet or hawker portion 一杯豆花水	0	0	0	0	0	0	0	0	0
Chinese red tea or Ceylon tea, 1 glass 一杯中国红茶或锡兰茶	0	0	0	0	0	0	0	0	0
Other teas such as jasmine, woolong, 1 glass 一杯其他茶,例如茉莉花茶,乌龙茶	0	0	0	0	0	0	0	0	0
3 in 1 tea, 1 cup 一杯''三合一''茶	0	0	0	0	0	0	0	0	0
Coffee, instant or freshly brewed, 1 cup 一杯咖啡,包括咖啡精或泡制咖啡	0	0	0	0	0	0	0	0	0

			AVER	AGE US	E DURIN	G LAST	YEAR		
35. NON-ALCOHOLIC BEVERAGES (continued)	Never or hardly ever	1 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 to 5 times a day	6 or more times a day
■ 3 in 1 coffee, 1 cup ー杯''三合一''咖啡	0	0	0	0	0	0	0	0	0
Soft drinks such as coca cola, 7-up, 1 glass 一杯汔水,例如可口可乐,七喜	0	0	0	0	0	0	0	0	0

ALSO, I WOULD LIKE TO KNOW HOW OFTEN YOU ADD THE FOLLOWING ITEMS TO YOUR COFFEE OR TEA.

同时,我也想知道当你喝咖啡或茶时,你加入糖或牛奶的平均次数.

			AVER	AGE US	E DURIN	G LAST	YEAR		
36. ADDITION TO COFFEE OR TEA	Never or hardly ever	1 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 to 3 times a day	4 to 5 times a day	6 or more times a day
Sugar 糖	0	0	0	0	0	0	0	0	0
Artificial sweetener 糖精	0	0	0	0	0	0	0	0	0
Milk (all kinds) 各种牛奶	0	0	0	0	0	0	0	0	0
Non-dairy creamer 非脂肪性牛奶	0	0	0	0	0	0	0	0	0

OUR LAST GROUP OF BEVERAGES ARE THOSE CONTAINING ALCOHOL. PLEASE SELECT FROM THIS CHART (GIVE SUBJECT FREQUENCY CHART #1 AND TAKE BACK CHART #2) THE CATEGORY THAT BEST DESCRIBES HOW OFTEN YOU DRANK EACH BEVERAGE DURING THE PAST YEAR. I ALSO WOULD LIKE TO KNOW HOW MUCH YOU USUALLY DRANK EACH TIME.

最后一组是含有酒精的饮品.每一种饮料,我都需要你在这个次数表里(展示次数表一,收回次数表二)选出一个最能够代表你过去一年的平均消耗量.

			A	VERAGE	USE DU	JRING L	AST YEA	R		
3	37. ALCOHOLIC BEVERAGES	Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day	SUBJECT'S USUAL SERVING SIZE
900	Beer 卑酒	0	0	0	0	0	0	0	0	CHOOSE ONE  1 small bottle (375 ml) or less 2 small bottles or 1 large bottle (750 ml) 2 large bottles 3 large bottles or more
_	Rice wine 米酒	0	0	0	0	0	0	0	0	CHOOSE ONE  1 wine cup (30 ml) or less 2 wine cups 3 wine cups 4 wine cups or more
-	Other wine 葡萄酒	0	0	0	0	0	0	0	0	CHOOSE ONE  1 wine glass (118 ml) or less 2 wine glasses 3 wine glasses 4 wine glasses or more
_	Hard liquor 烈酒	0	0	0	0	0	0	0	0	CHOOSE ONE  1 drink (30 ml) or less  2 drinks  3 drinks  4 drinks or more

RESTAURANT FOOD FOR 你到小贩中心或餐馆去吃早餐,你可吃餐的平均次数是多少?											
AMRATI TOWNED .	午餐,			Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Breakfast				0	0	0	0	0	0	0	0
Lunch				0	0	0	0	0	0	0	0
Dinner				0	0	0	0	0	0	0	0
39. IS YOUR DIET OF THE PAST 你过去一年的饮食是不是你通常的 No  MY NEXT QUESTIONS ARE DURING THE PAST YEAR.	的饮食习惯? ○ Yes						1866 1887	700		<b>TAKEN</b>	
接下来另外一个问题是不 10. DID YOU TAKE ANY VITAMIN 在过去一年里,你有没有吃过至了 No (go to Question 41)  PLEASE SHOW ME THE BOT FREQUENCY AND DURATION 请让我看一看你现在服用的维他。	S OR MINEI 少一星期一次 〇 Yes TLES OF VI	RALS AT I 的维他命メ ITAMINS \	LEAST ኒ?	ONCE E	ACH WE					S AND	
VITAMIN OR MINERAL TYPE				F TABLE		3 or		L NUMB	THE RESERVE OF THE PERSON NAMED IN	pos	AGE
/ITAMIN OR MINERAL TYPE	None	NUM 1 - 3 per week	IBER O 4 - 6 per week	F TABLE 1 per day	TS 2 per day	3 or more per day			THE RESERVE OF THE PERSON NAMED IN	DOS PER T	AGE ABLET
	None	1 - 3 per	4 - 6 per	1 per	2 per	more per	YE. 1 year	2 - 4	5 years or more	4	(IU) or less - 4,999 - 5,999 or higher
/itamin A		1 - 3 per week	4-6 per week	1 per day	2 per day	more per day	YEA 1 year or less	ARS TAR 2 - 4 years	SEN 5 years or more	DOSAGE 2,999 ( 3,000 ( 5,000 ( 6,000 ( Don't k) DOSAGE 1,500 ( 1,501 ( 3,301 ( 3,301 (	(IU) or less - 4,999 - 5,999 or higher know (mcg) or less - 3,300 or higher
VITAMIN OR MINERAL TYPE  Vitamin A  Beta carotene	0,	1-3 per week	4 - 6 per week	1 per day	2 per day	more per day	YE, 1 year or less	2 - 4 years	SEN 5 years or more	DOSAGE 2,999 3,000 5,000 6,000 Don't k DOSAGE 1,500 1,501	(IU) or less - 4,999 - 5,999 or higher know (mcg) or less - 3,300 or higher know (mg) ess 199 199 or higher

page co.

192			NU	MBER O	F TABLE	TS	Markey !	TOTAL	NUMB	ER OF	
1072	VITAMIN OR MINERAL TYPE	Apr.	1-3	4 - 6	1	2	3 or	YEA	ARS TAK	EN	DOSAGE
	(continued)	None	per week	per week	per day	per day	more per day	1 year or less	2 - 4 years	5 years or more	PER TABLET
	Calcium	0	0	0	0	0	0	0	0		DOSAGE (mg)  99 or less  100 - 199  200 - 499  500 or higher  Don't know
	Selenium	0	0	0	0	0	0	0	0	0	DOSAGE (mcg)
	Zinc	0	0	0	0	0	0	0	0		DOSAGE (mg) 1.9 or less 2.0 - 9.9 10.0 - 25.9 26.0 or higher Don't know

41. I WILL NOW READ YOU A LIST OF TONIC DRINKS THAT YOU MIGHT HAVE TAKEN DURING THE PAST YEAR. I AM INTERESTED IN YOUR FREQUENCY AND DURATION OF INTAKE.

我现在念出一些你可能在去年曾经喝过的补品. 请告诉我你喝补品的平均次数及喝了多少年.

		Mark.	FR	EQUEN	CY		HORNER.	TOTA	L NUMB	ER OF
		Less	1-3	1-3	4-6	1	2 or	YE	ARS TAK	
	None	than once a month	per month	per week	per week	per day	more per day	1 year or less	2 - 4 years	5 years or more
Medicinal soup and tonic (Bo tong) 药材汤(补汤)	0	0	0	0	0	0	0	0	0	0
Herbal tea (Leong cha) 凉茶	0	0	0	0	0	0	0	0	0	0
Cod liver oil 鱼肝油	0	0	0	0	0	0	0	0	0	0
Essence (chicken, duck, fish) 鸡精,水鸭精,鱼精	0	0	0	0	0	0	0	0	0	0
Ginseng 人参	0	0	0	0	0	0	0	0	0	0

### EATING HABITS AROUND THE AGE OF 10 YEARS

NOW, I WOULD LIKE TO LEARN ABOUT YOUR USUAL EATING HABITS WHEN YOU WERE A CHILD AROUND THE AGE OF 10 YEARS. I AM GOING TO REPEAT SOME OF THE SAME FOOD ITEMS TO YOU. I WOULD LIKE YOU TO TELL ME HOW OFTEN YOU ATE EACH OF THESE FOODS WHEN YOU WERE ABOUT 10 YEARS OLD.

现在,我想知道你小时候,大约十岁时的饮食习惯.我会重复一些前面所提过的食物.请你告诉我你在十岁的时候吃这些食物的平均次数.

					AVERAC	E USE A	ROUND	AGE 10	18 -W-1	
42. PRESERVED FOODS	5		Never or hardly ever	Once a month	2 to 3 times a month	Once a week	2 to 3 times a week	4 to 6 times a week	Once a day	2 or more times a day
Salted fish 成鱼			0	0	0	0	0	0	0	0
HOW WAS THE SALTE 你通常怎样煮咸鱼?	D FISH USUALI	Y COOKED?								
Uncooked	Steamed 蒸	○ Boiled 煮	○ Pan-fr 煎	ied	O De 炸	ep-fried		Grilled 烤		
DID YOU MOSTLY EAT 你通常吃梅香咸鱼或实肉	THE MUI HEUN 咸鱼?	G (SOFT MEAT) SAL	TED FISH	i, OR DIE	YOU PI	REFER T	HE SUD	YOKE S	ALTED F	ISH?
Mui heung	Sud yoke	O Both equally								
Ikan bilis 江鱼仔			0	0	0	0	0	0	0	0
HOW WAS THE IKAN E 你通常怎样煮江鱼仔?	BILIS USUALLY	COOKED?								
Uncooked	Steamed 蒸	○ Boiled 煮	○ Pan-fr 煎	ied	◯ De 炸	ep-fried		Grilled 烤		
Dried fish 千鱼			0	0	0	0	0	0	0	0
HOW WAS THE DRIED 你通常怎样煮干鱼?	FISH USUALLY	COOKED?								
Uncooked	Steamed 蒸	○ Boiled 煮	○ Pan-fr 煎	ied	O De	ep-fried		Grilled 烤		
Salted leafy vegetable such as 盐腌菜,例如咸菜,榨菜(	s harm choi, zha ch 四川菜),冬菜 <i>,</i>	noi, dong choi, mui choi 梅菜	0	0	0	0	0	0	0	0
Salted roots such as choi po 咸菜根,例如菜脯			0	0	0	0	0	0	0	0
Balachan 巴拉煎			0	0	0	0	0	0	0	0
Harm ha 咸虾			0	0	0	0	0	0	0	0
Ha go 虾膏			0	0	0	0	0	0	0	0
Fermented fish sauce 鱼露			0	0	0	0	0	0	0	0
Fermented bean pastes such as 发酵豆酱,例如腐乳,豆豉	s foo yu, tau si, min s ,面豉酱(豆酱)	si cheong, hoi sin cheong ,海鲜酱	0	0	0	0	0	0	0	0
Preserved fruits such as chan 传统腌制水果,例如陈皮梅	n pai mui, gai ink ge ,加应子,话梅	ee, wah mui	0	0	0	0	0	0	0	0

U

# **OCCUPATIONAL EXPOSURES**

NOW, I WOULD LIKE TO ASK ABOUT YOUR PAST WORK EXPERIENCE. THIS INCLUDES ALL JOBS THAT YOU HAD HELD FOR ONE YEAR OR LONGER, WHETHER THEY ARE PART-TIME JOBS OR WORKING WITHOUT PAY IN FAMILY-OWNED BUSINESSES.

现在,我想问你关于过去的工作经验.(包括所有超过一年的工作,不论是部分时间的工作或家庭生意.)

43. DID ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER	1 8 6 1		I	F YES, D	URATIO	N PERIO	D
INVOLVE ANY OF THE FOLLOWING INDUSTRIES: 你是否做过下列任何一种工业超过一年的时间?	NO	YES	1 - 4 years	5 - 9 years	10 - 14 years	15 - 19 years	20+ years
Manufacture and repair of boots, shoes or other leather goods 制造及修补皮鞋或其他皮革产品	0	0	0	0	0	0	0
Manufacture of furniture and cabinets 家具或橱柜制造业	0	0	0	0	0	0	0
Cotton textile 棉织业	0	0	0	0	0	0	0
Electrical and electronic industry 电器或电子工业	0	0	0	0	0	0	0
Lumber and sawmill 木材或锯木厂	0	0	0	0	0	0	0
Carpentry or joinery 木工	0	0	0	0	0	0	0
Rubber and tire manufacturing 橡胶或轮胎制造业	0	0	0	0	0	0	0
Manufacture of dyes or dyestuffs 染料制造业	0	0	0	0	0	0	0
Manufacture of paints 制漆业	0	0	0	0	0	0	0
Manufacture of plastics 塑胶制造业	0	0	0	0	0	0	0
Petroleum 石油工业	0	0	0	0	0	0	0
Metal production or processing 金属产品及加工业	0	0	0	0	0	0	0
■ Construction work 建筑工业	0	0	0	0	0	0	0
- Constitution (Constitution (		2222	race de la company		( Carrier 1997)		X-1-1-1
Urea formaldehyde manufacturing 尿素甲醛制造业	0	0	0	0	0	0	0
Urea formaldehyde manufacturing 尿素甲醛制造业	0	0					
	NO	YES	1	F YES, D	URATIO	N PERIO	D
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER,							
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A:			1-4	F YES, D	URATIO	N PERIO 15 - 19	D 20+
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?	NO	YES	1 - 4 years	F YES, D 5 - 9 years	URATIOI 10 - 14 years	N PERIO 15 - 19 years	D 20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人	NO O	YES	1 1 - 4 years	F YES, D 5 - 9 years	URATIOI 10 - 14 years	N PERIO 15 - 19 years	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工	NO O	YES	1 1 - 4 years	F YES, D 5 - 9 years	URATIOI 10 - 14 years	N PERIO 15 - 19 years	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工	NO O	YES	1 1 - 4 years	F YES, D 5 - 9 years	10 - 14 years	15 - 19 years	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工	NO 0 0 0 0	YES	I 1-4 years	F YES, D 5 - 9 years	URATIOI 10 - 14 years	15 - 19 years	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工  Painter 油漆工	NO	YES	I 1-4 years	F YES, D 5 - 9 years  O O O O O O O O O O O O O O O O O O	URATIOI 10 - 14 years	15 - 19 years	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工  Painter 油漆工  Textile dyer 漂染工	NO	YES	I 1-4 years	F YES, D 5 - 9 years  O O O O O O O O O O O O O O O O O O	URATION 10 - 14 years	N PERIO	20+ years
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工  Painter 油漆工  Textile dyer 漂染工  Machinist 机械师(机工)	NO	YES	I 1-4 years	F YES, D 5 - 9 years  O O O O O O O O O O O O O O O O O O	URATION 10 - 14 years	N PERIO	20+ years  O O O O O O O O O O O O O O O O O O
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工  Painter 油漆工  Textile dyer 漂染工  Machinist 机械师(机工)  Printer 印刷技工	NO O O O O O O O O O O	YES	I 1-4 years	F YES, D 5 - 9 years  O O O O O O O O O O O O O O O O O O	URATIOI 10 - 14 years	N PERIO	20+ years  O O O O O O O O O O O O O O O O O O
Urea formaldehyde manufacturing 尿素甲醛制造业  44. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE YOU EVER EMPLOYED AS A: 你是否做过以下工作超过一年的时间?  Welder 烧焊工人  Textile machine mechanic 纺织机械工  Other mechanic 其他机械工  Cotton spinner or weaver 纺织工  Painter 油漆工  Textile dyer 漂染工  Machinist 机械师(机工)  Printer 印刷技工  Tailor or seamstress 裁缝	NO	YES	I 1-4 years	F YES, D 5 - 9 years  O O O O O O O O O O O O O O O O O O	URATION 10 - 14 years	N PERIO	20+ years  O O O O O O O O O O O O O O O O O O

45. ON ANY OF YOUR JOBS LASTING ONE YEAR OR LONGER, WERE	NO OR		I	F YES, D	URATIO	N PERIO	ם כ
YOU EXPOSED TO ANY OF THE FOLLOWING SUBSTANCES: 你工作的时候有没有接触过下面任何一种物质?	DON'T KNOW	YES	1 - 4 years	5 - 9 years	10 - 14 years	15 - 19 years	20+ years
Cotton dust 棉花尘	0	0	0	0	0	0	0
Wood dust 木屑尘	0	0	0	0	0	0	0
Wood preservatives 木材防腐剂	0	0	0	0	0	0	0
Metal dust or fumes 金属尘或金属烟雾	0	0	0	0	0	0	0
Rock or mineral dust 岩石尘或矿石尘	0	0	0	0	0	0	0
Smoke, all types 任何烟雾	0	0	0	0	0	0	0
Smoke from welding 烧焊烟雾	0	0	0	0	0	0	0
Smoke from burning coal or coke 煤烟	0	0	0	0	0	0	0
Smoke from burning wood 柴烟	0	0	0	0	0	0	0
Other smoke 其他烟雾	0	0	0	. 0	0	0	0
Pesticides 杀虫剂	0	0	0	0	0	0	0
Asbestos 石棉	0	0	0	0	0	0	0
Coal tar, soot, pitch 煤焦油,煤烟灰,沥青	0	0	0	0	0	0	0
Acids or alkalies 酸或碳	0	0	0	0	0	0	0
Chemical solvents 化学溶剂	0	0	0	0	0	0	0
Dyes or dyestuffs   染料	0	0	0	0	0	0	0
Cutting, cooling or lubricating oils 润滑油	0	0	0	0	0	0	0
Paints 油漆	0	0	0	0	0	0	0
Formaldehyde 甲醛	0	0	0	0	0	0	0

# **EXPOSURE TO INCENSE**

46.	MOTION OF THE PROPERTY OF T	WHERE WAS THE MAIN ALTAR PLACED IN YOUR HOME? 你家里的主要神坛是放在什么地方?
	No (go to Question 48) Yes	Subject's bedroom Other bedroom Living room Dining room
	WHAT IS THE TOTAL NUMBER OF YEARS THAT YOU HAD BURNED INCENSE AT HOME? 总共烧了几年?	○ Kitchen
	10 years or less 11 - 20 years 21 - 30 years 31 - 40 years 41 years or more	WAS THE INCENSE KEPT BURNING AT ALL TIMES OR JUST DURING THE DAY? 香火是不是日夜不熄,或者只是某个时间?  Ouring the day only During the night only
	DURING THE LAST YEAR, DID YOUR FAMILY BURN INCENSE AT HOME? WAS IT EVERYDAY, A FEW TIMES PER WEEK, A FEW TIMES PER MONTH, OR A FEW	Intermittently during the day  At all times
	TIMES PER YEAR? 去年,你家里有没有烧过香?	48. AROUND THE TIME YOU WERE 10 YEARS OLD, DID YOUR FAMILY USE ANTI-MOSQUITO COILS? WAS IT EVERYDAY, A FEW TIMES PER WEEK, A FEW TIMES PER MONTH, OR A FEW TIMES A YEAR?
	A few times per year A few times per month A few times per week Daily	当你十岁时,你的家里有没有用蚁香?  O Never <i>(go to Question 49)</i> O A few times per year O A few times per month
	WHERE WAS THE MAIN ALTAR PLACED IN YOUR HOME? 你家里的主要神坛放在什么地方?	A few times per week Daily
	Subject's bedroom Other bedroom Living room Dining room Kitchen	WERE THE ANTI-MOSQUITO COILS IN YOUR BEDROOM ONLY, LIVING AND DINING ROOMS ONLY, OR BOTH?  蚊香是否只用在你的卧房或是客厅,饭厅而己?
	WAS THE INCENSE KEPT BURNING AT ALL TIMES OR	<ul><li>Subject's bedroom only</li><li>Living and dining rooms only</li><li>Both</li></ul>
	JUST DURING THE DAY?  香火是否日夜不熄,或者只是某个时间?  During the day only During the night only	WAS THE COIL KEPT BURNING AT ALL TIMES OR JUST DURING THE NIGHT?  蚁香是否日夜点燃,或只在晚上的时候点?
	Intermittently during the day  At all times	<ul><li>During the night only</li><li>At all times</li></ul>
47.	AROUND THE TIME YOU WERE 10 YEARS OLD, DID YOUR FAMILY BURN INCENSE AT HOME? WAS IT EVERYDAY, A FEW TIMES PER WEEK, A FEW TIMES PER MONTH, OR A FEW TIMES PER YEAR? 当你十岁时,你的家里有没有烧香?	
	<ul> <li>Never (go to Question 48)</li> <li>A few times per year</li> <li>A few times per month</li> <li>A few times per week</li> <li>Daily</li> </ul>	

# **PHYSICAL ACTIVITY**

49. ON THE AVERAGE, DURING THE LAST YEAR, HOW MANY HOURS <u>IN A DAY</u> DID YOU SLEEP (INCLUDE NAPS)?

去年你一天平均睡几个小时(包括午睡)?

**WOMEN, PLEASE CONTINUE** 

	5 hours or less	7 hours	O 9	1.700000000					
	○ 6 hours	O 8 hours	O 1	0 hours or n	nore				
SITTING A	VERAGE, DURING THE LA ACTIVITIES? 平均花多少时间:	AST YEAR, HOW MANY	/ HOURS <u>IN .</u> NEV	Less	1-2	END IN T	HE FOLL  5 - 6 hrs.	OWING	11 hrs
Sitting in car or 坐在车或巴士里					0	0	O	0	
Sitting at work 坐着工作				0	0	0	0	0	0
Watching TV 看电视			C	0	0	0	0	0	0
				0	0	0	0	0	0
Sitting at meals 坐着吃饭									
坐着吃饭 Other sitting act	ivities such as reading, playing 力,例如阅读,下棋,车衣等等	g cards, sewing, etc. 等		0	0	0	0	0	0
坐着吃饭 Other sitting act 其他坐着的活动 51. ON THE A' ACTIVITIE	b,例如阅读,下棋,车衣等等 VERAGE, DURING THE LA	ST YEAR, HOW MANY							G
坐着吃饭 Other sitting act 其他坐着的活动 51. ON THE A' ACTIVITIE	b,例如阅读,下棋,车衣等等 VERAGE, DURING THE LA S?	ST YEAR, HOW MANY		1 WEEK D	ID YOU S				
坐着吃饭 Other sitting act 其他坐着的活动 51. ON THE A'ACTIVITIE 去年你一星 Strenuous sportswimming laps,	b,例如阅读,下棋,车衣等等 VERAGE, DURING THE LA S? 期平均花多少时间做下列的活 s such as jogging, bicycling on	AST YEAR, HOW MANY 动? n hills, tennis, squash,	' HOURS <u>IN /</u> 1/2	A WEEK D -1 2-3 . hrs.	ID YOU S	PEND IN 7 - 10	THE FOL	_LOWING 21 - 30	31 hrs
坐着吃饭 Other sitting act 其他坐着的活动 51. ON THE A ACTIVITIE 去年你一星 Strenuous sport swimming laps, 激烈运动,如跑 Vigorous work s trucks, shoveling	b,例如阅读,下棋,车衣等等 VERAGE, DURING THE LA S? 期平均花多少时间做下列的活 s such as jogging, bicycling on or aerobics	AST YEAR, HOW MANY 活动? In hills, tennis, squash, 壁球,游泳或韵律操 , loading or unloading	/ HOURS <u>IN /</u> 1/2 NEVER hi	1 2-3 hrs.	ID YOU S 4 - 6 hrs.	PEND IN 7 - 10 hrs.	THE FOL 11 - 20 hrs.	LOWING 21 - 30 more	31 hrs or more

24

# **WOMEN ONLY**

52.	HOW OLD WERE YOU WHEN YOU HAD YOUR FIRST MENSTRUAL PERIOD? 你几岁开始有月经?  Less than 11 years  11 - 12 years  13 - 14 years  15 - 16 years  17 years or more	HOW OLD WERE YOU WHEN YOU STARTED TAKING THEM? 你开始吃避孕丸是在几岁的时候?  Less than 15 years 15 - 17 years 18 - 20 years 21 - 25 years 26 - 30 years 31 - 35 years	
	HOW OLD WERE YOU WHEN YOUR PERIODS BECAME REGULAR (ABOUT ONCE A MONTH)? 你的月经在你几岁的时候才开始有规律?(大概一个月一次)  Less than 11 years 11 - 12 years 13 - 14 years 15 - 16 years 17 years or more Never became regular  HAVE YOU EVER BEEN PREGNANT?	HOW MANY YEARS DID YOU TAKE THEM IN TOTAL? 你一共吃了多少年?  Less than one year 1 - 2 years 3 - 5 years 6 - 9 years 10 - 14 years 15 - 19 years 20 years or more	
	你有怀孕过吗?  No (go to Question 55) Yes  WHAT WAS THE OUTCOME OF YOUR FIRST PREGNANCY? 你第一次怀孕的结果如何?  Live birth Stillbirth Tubal pregnancy Miscarriage Induced abortion  IF YOU EVER HAD CHILDREN, HOW OLD WERE YOU WHEN YOUR FIRST CHILD WAS BORN? 你第一个孩子出生时,你有多大年纪?  Less than 15 years 15 - 17 years 18 - 20 years 21 - 25 years 26 - 30 years 31 - 35 years 36 years or more	57. HAVE YOU EVER HAD A HYSTERECTOMY (COMPLET REMOVAL OF THE UTERUS)? 你有动过子宫割除手术吗?  NO Yes  18. HAVE YOU EVER HAD YOUR OVARIES REMOVED? 你有动过卵巢割除手术吗?  NO Yes, one only Yes, one only Yes, both ovaries Yes, don't know how many Don't know  19. HAVE YOUR MENSTRUAL PERIODS STOPPED PERMANENTLY? 你已停经了吗? No (go to Question 60)	TE
	WHAT METHOD OF CONTRACEPTION HAVE YOU USED FOR THE LONGEST TIME? 你用得最久的避孕方法是什么?  Birth control pills Birth control injections Condom Diaphragm Spermicide IUD Spouse is sterilized Sterilization Withdrawal None of the above  DID YOU EVER TAKE BIRTH CONTROL PILLS FOR ONE MONTH OR LONGER? 你曾经吃避孕丸超过一个月的时间吗?	HOW OLD WERE YOU WHEN THIS HAPPENED? 你几岁停经?  Less than 40 years 40 - 44 years 45 - 49 years 50 - 54 years 55 years or more FOR WHAT REASON? 什么原因?  Natural menopause Surgery Radiotherapy Medication	

No (go to Question 57)
Yes, and I am currently taking them
Yes, but I no longer take them

60.	SOME WOMEN, WHEN THEY STOP HAVING THEIR PERIODS, WHEN THEY EXPERIENCE SYMPTOMS OF MENOPAUSE, OR WHEN THEY HAVE A HYSTERECTOMY, ARE GIVEN HORMONE TREATMENT. DID YOU EVER TAKE ESTROGENS (FEMALE HORMONES) BY PILLS, OR INJECTION, FOR ONE MONTH OR LONGER FOR MENOPAUSE OR OTHER REASONS?  1	<b>PFM</b> 你同 000 <b>HCH</b> 几 000000 <b>HC</b> 你 000000	ROVERAL ROVERA RO	ow/No (godil am curre I no longer I no lo	WITH EDITHER REDITHER REDITHE	STROGE EASONS I, in ? ion 62) Ig them In	ONE (SUCH AS NS FOR ?
_	,					77,61	
62.	HAVE YOU EVER HAD A MAMMOGRAM? A PAP SMEAR? 你是否接受过乳房 X 光检查? 子宫颈切片检查?		had? Yes	Number of Years Since Last Test Less 4 0 0			
		Know/ No	103	than 1 year	1 - 2 years	3 years or more	
	Mammogram (breast y-ray)		0		0		

PAP smear

### **MEDICAL HISTORY**

63. I AM GOING TO READ TO YOU A LIST OF MEDICAL CONDITIONS. PLEASE TELL ME IF YOU HAVE BEEN TOLD

**9** 

我将会念出一些疾病的名称,请你告诉我,曾否有医生告诉过你 有下列任何一种疾病 法依扣告诉我 左佐几岁的时候 医生第

High Blood Pressure 高血压	(chest is reli 心	art attack or ang t pain or exertion leved by medica 脏病(胸口疼痛 需要药物来消除)	n that tion) ,	Stroke 中风	Diabetes (high blood sugar) 糖尿病(高血糖)	Tu	iberculosis 肺痨	Malarial infection 疟疾	,	Ulcer omach or duodenal) 溃疡或十二指肠溃疡
O No O Yes		O No O Yes		O No O Yes	O No O Yes		O No O Yes	O No O Yes		O No O Yes
If Yes, Age		If Yes, Age		If Yes, Age	If Yes, Age		If Yes, Age	If Yes, Age	S.	If Yes, Age
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0 0 1 1 2 2 3 3 4 4 5 5 6 6 7 7 8 8 9 9		000000000000000000000000000000000000000	0 0 1 1 2 2 3 3 4 4 5 6 6 6 7 7 8 8 9 9		0 (1) (2) (3) (4) (6) (6) (7) (8) (9)	0		0 7 2 3 4 6 6 7 8 9
Partial remov	handle transcore	Polyps of intes	tines	Blood	Allergic rhinitis	s	Rhinitis	Sinusitis		Repeated middle ear infection
部分胃切除		肠息肉		输血	敏感性鼻炎		鼻炎	鼻窦炎		重复性中耳炎
O No O Yes		O No O Yes		O No O Yes	O No O Yes		O No O Yes	O No O Yes		O No O Yes
If Yes, Age		If Yes, Age		If Yes, Age	If Yes, Age		If Yes, Age	If Yes, Age		If Yes, Age
		0 T 2 3 4 5 6 7 8 9		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 1 2 3 4 5 6 7 8 9		0 (1) (2) (3) (4) (5) (6) (7) (8) (9) (9) (9) (9) (9) (9) (9) (9) (9) (9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0 T Q 3 4 6 6 F 8 9
Nasal poly 鼻腔息肉	**	Other ear or nose disease 其它耳或 鼻的疾病	allergy, fo any oth 哮喘,花粉	nayfever, skin od allergy or ner allergy 热,皮肤敏感, 或其它敏感症	Cancer	-	Write in site and fill in 3 digit code			Vasectomy (men only) 输精管结扎术
O No O Yes		O No O Yes		No Yes	O No O Yes				34	O No O Yes
If Yes, Age		If Yes, Age		Yes, Age	If Yes, Age					If Yes, Age
0 0 1 1 2 2 3 3 4 4 5 5 6 6	) ) ) )	0 0 1 1 2 2 3 3 4 4 5 5 6 6	0 1 2 3 4 5 6	0 1 2 3 4 5 6 7	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0			0 0 1 1 2 2 3 3 4 4 5 5 6 6

# **FAMILY HISTORY OF CANCER**

64. HOW MANY BROTHERS AND SISTERS DO YOU HAVE (ONLY COUNT THOSE SURVIVING TO AGE 15 YEARS AND INCLUDE HALF SIBLINGS)?

你有几位兄弟姐妹?(不包括幼年夭折,包括同父异母或同母异父)

**Brothers** 

0	1)	2	3	4	(5)	6	7	8	9
---	----	---	---	---	-----	---	---	---	---

Sisters 0 1 2 3 4 5 6 7 8 9

65. HOW MANY CHILDREN HAVE YOU HAD? (INCLUDE ONLY AND ALL BIOLOGICAL CHILDREN) 你有几个孩子?(只包括亲生的)

0	0	
1	1	
2	2	
3	3	
4	4	
(5)	(5)	
6	6	
7	7	
8	8	
9	9	
		-

66. DID ANY OF YOUR PARENTS, SIBLINGS OR CHILDREN EVER HAVE NASOPHARYNGEAL CANCER? 你的双亲,兄弟姐妹或孩子之中,有没有人患过鼻咽癌?

IF YES, WHAT WAS HIS OR HER AGE AT DIAGNOSIS? 若有,他们是在几岁时被诊断的?

O None

Father	Mother Brother (1)		Brother (2)
O No O Yes	No No No Yes		O No O Yes
Age at Diagnosis	Age at Diagnosis	Age at Diagnosis	Age at Diagnosis
0 1 2 3 4 6 6 7 8 9	0 - 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 7 0 0 4 6 6 7 8 0	0 1 2 3 3 4 6 6 7 8 9

Sister (1)	Sister (2)	Son	Daughter
O No O Yes	O No O Yes	O No O Yes	O No O Yes
Age at Diagnosis	Age at Diagnosis	Age at Diagnosis	Age at Diagnosis
0 1 2 3 4 5 6 7 8 9	0 - 2 3 4 6 6 7 8 9	0 7 2 3 4 5 6 7 8 9	0 7 2 3 4 6 6 7 8 9

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Father	Mother	Brother (1)	Brother (2)	
○ No ○ Yes	O No O Yes	○ No ○ Yes	O No O Yes	
Write in site	Write in site	Write in site	Write in site	
0 0 0 1 1 1 2 2 2 3 3 3 4 4 4 5 5 6 6 6 6 7 7 7 8 8 8 9 9	0 0 0 1 1 1 2 2 2 3 3 3 4 4 4 5 5 6 6 6 6 6 7 7 7 8 8 8 9 9	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	0 0 0 1 1 1 2 2 2 2 3 3 3 3 4 4 4 5 5 5 6 6 6 7 7 7 7 8 8 8 8 9 9 9	
Sister (1)	Sister (2)	Son	Daughter	
O No O Yes	○ No ○ Yes	○ No ○ Yes	○ No ○ Yes Write in site	
Write in site	Write in site	Write in site		
0 0 0	0 0 0	0 0 0	0 0 0	
① ① ① ② ② ②	1 1 1 2 2	0 0 0 1 1 1 2 2 2 3 3 3	① ① ① ② ② ②	
2 2 2 3 3 3 4 4 4	3 3 3 4 4 4	3 3 3 4 4 4	1 1 1 2 2 2 3 3 3 4 4 4	
5 5 5 6 6 6	5	(4) (4) (5) (5) (6) (6) (6)	5 5 5 6 6 6	
7 7 7	7 7 7	7 7 7	7 7 7 8 8 8	
8 8 8 9 9 9	8 8 8 9 9 9	8 8 8 9 9 9	9 9 9	
PULD YOU BE INTERESTE TE? 怎不愿意到国大医院作一次免 Yes No Unsure	D IN A FREE MEDICAL CHECK ( 费的健康检查?	UP AT THE NATIONAL UNIVERS	SITY HOSPITAL AT A LAT	
	END OF IN	TERVIEW		
① ① ② ③	OOO AM			

67. DID ANY OF YOUR PARENTS, SIBLINGS, OR CHILDREN EVER HAVE OTHER CANCERS?

你的双亲,兄弟姐妹或孩子之中,有没有人患过其它癌症?

SUBJECT'S IC NUMBER

0	0	0	0	0	0	0
1	1	1	1	1	1	1
2	2	2	2	2	2	2
3	3	3	3	3	3	3
4	4	4	4	4	4	4
(5)	(5)	(5)	(5)	(5)	(5)	(5)
6	6	6	6	6	6	6
7	7	7	7	7	7	7
8	8	8	8	8	8	8
9	9	9	9	9	9	9

CILID	IFATIO	10 00	
208	JECT'S	IC CO	LOH

O Pink
O Blue

WE MAY NEED TO GET IN TOUCH WITH YOU TO CLARIFY CERTAIN ANSWERS ON YOUR QUESTIONNAIRE
MAY WE PLEASE HAVE YOUR PHONE NUMBERS?

WE MAY NEED TO GET IN TOUCH WITH YOU TO CL. MAY WE PLEASE HAVE YOUR PHONE NUMBERS?	ARIFY CERTAIN A	ANSWERS ON YOUR QUESTIONNAIRE.
(HOME)	(WORK)	
PLEASE GIVE THE NAME OF SOMEONE AT A DIFFE YOU HAVE MOVED AND WE ARE UNABLE TO CONT	RENT ADDRESS ACT YOU DIREC	TO WHOM WE MIGHT WRITE, IN CASE TLY:
Name of relative or friend living at another address:		
Relationship:		
His or her address:		
His or her phone number:		
PLEASE LIST THE NAMES AND AGES OF OTHER AC (ASK AND CODE IC # OF THOSE AGES 45 - 74 YEAR	DULTS LIVING IN	YOUR HOUSEHOLD.
NAME	AGE	RELATIONSHIP

NAME	AGE	RELATIONSHIP

IC NUMBER	RELATIONSHIP TO SUBJECT
0000000 1111111 222222 33333 444444 55555 666666 77777777 8888888 999999	Spouse Parent-in-law Child-in-law Parent Child Sibling Other
IC NUMBER	RELATIONSHIP TO SUBJECT

0000000	
IC NUMBER	RELATIONSHIP TO SUBJECT
000000 111111 22222 33333 4444 55555 666666 7777777 8888888 999999	Spouse Parent-in-law Child-in-law Parent Child Sibling Other

IC NUMBER	RELATIONSHIP TO SUBJECT
0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Spouse Parent-in-law Child-in-law Parent Child Sibling Other
IC NUMBER	DEL ATIONICHID TO OUR IDOT

IC NUMBER	RELATIONSHIP TO SUBJECT
0000000 111111 22222 333333 444444 55555 666666 7777777 8888888 9999999	Spouse Parent-in-law Child-in-law Parent Child Sibling Other

