



Thank you for agreeing to take part in this national survey on food in Scotland. The survey should take around 30 minutes to complete.

There are questions on a wide variety of issues relating to food - such as shopping, cooking, eating out and healthy eating - and we really want to find out what you think about these important issues. Even if you're not sure we're still really keen to know your impressions and understanding of the topics.

There are a few questions at the end of the survey which are about you (e.g. your health, ethnicity and current working status) and are only used for analysis purposes. All sensitive data collected in this survey will remain confidential in line with our privacy policy. If answering questions about these topics makes you uncomfortable, feel free to close the survey now or at any point during the survey.

To voluntarily agree to participate in this study press the next button.

Q1 Are you...?

- ☐ Male
- ☐ Female
- ☐ Prefer to self-describe
- ☐ Prefer not to say

Please type here:

Q2 Which of the following age groups do you fall into?

- | | |
|--------------------------------|-------------------------------|
| <input type="radio"/> Under 16 | <input type="radio"/> 45-54 |
| <input type="radio"/> 16-17 | <input type="radio"/> 55-64 |
| <input type="radio"/> 18-24 | <input type="radio"/> 65-74 |
| <input type="radio"/> 25-34 | <input type="radio"/> 75+ |
| <input type="radio"/> 35-44 | <input type="radio"/> Refused |

Which of the following groups does the Chief Income Earner in your household belong to?

- The person in the household with the largest income is the Chief Income Earner, however this income is obtained.
- If the Chief Income Earner is retired and has an occupational pension, please select according to the previous occupation
- If the Chief Income Earner is not in paid employment and has been out of work for less than 6 months, please select according to previous occupation

- ☐ **Semi or unskilled manual worker** (e.g. Manual jobs that require no special training or qualifications; Manual workers, Apprentices to be skilled trades, Caretaker, Cleaner, Nursery School Assistant, Park keeper, non-HGV driver, shop assistant etc.)
- ☐ **Skilled manual worker** (e.g. Skilled Bricklayer, Carpenter, Plumber, Painter, Bus/Ambulance Driver, HGV driver, Unqualified assistant teacher, AA patrolman, pub/bar worker, etc.)
- ☐ **Supervisory or clerical / Junior managerial / Professional / administrator** (e.g. Office worker, Student Doctor, Foreman with 25+ employees, sales person, Student Teachers etc.)
- ☐ **Intermediate managerial / Professional / Administrative** (e.g. Newly qualified (under 3 years) doctor, Solicitor, Board director small organisation, middle manager in large organisation, principle officer in civil Service/local government etc.)
- ☐ **Higher managerial/ Professional/Administrative** (e.g. Established doctor, Solicitor, Board Director in large Organisation (200+ employees), top level civil servant/public service employee, Headmaster/mistress, etc.)
- ☐ **Student (living away from home)**
- ☐ **Retired and living on state pension only**
- ☐ **Unemployed (for over 6 months) or not working due to long term sickness**

Q4

Which of these areas best describes where in Scotland you live?

☐

Grampian

☐

Lanarkshire

☐

Highland

☐

Argyll

☐

Perth/Tayside

☐

Edinburgh & Lothians

☐

Western Isles

☐

Fife

☐

Orkney

☐

Central

☐

Shetland

☐

Borders

☐

Glasgow

☐

Dumfries & Galloway

☐

Ayrshire

☐

Do not live in Scotland

Q5

How many people are there in your household altogether, including any children and yourself?

Q6

Do you have any children in your household of the following ages, or is anyone in the household currently pregnant?

☐

Currently pregnant

☐

Any under 5 years old

☐

Any 5 - 11 years old

☐

Any 12 - 15 years old

☐

Any 16 - 17 years old

☐

No - no children under 18 in household/not currently pregnant

Q7

In Scotland, 'Food Standards Scotland' has replaced 'Food Standards Agency' as the organisation responsible for making sure people eat healthily and safely.

Had you heard of Food Standards Scotland before today?

☐ Yes

☐ No

Q8

Which of these issues do you think Food Standards Scotland is responsible for? Please select all that apply.

☐ Ensuring the food you buy is safe to eat

☐ Date labels, such as "best before" and "use by" labels

☐ Promoting food safety in the home

☐ Food authenticity – i.e. food is what it says it is on the packaging

☐ Promoting and enabling healthy eating

☐ Country of origin labels, which identify where food comes from

☐ Ensuring food is sustainable - such as reducing green house emissions and reducing waste when producing food

☐ Allergen labelling on all food packaging

☐ Overseeing inspections of restaurants and other food businesses for food hygiene

☐ Working with the food industry and business to improve standards

☐ Nutrition labelling information on food packaging

☐ Other

☐ Don't know

What other issues?

Q9

How much do you trust or distrust Food Standards Scotland to do its job?

☐ I trust it a lot

☐ I trust it

☐ I neither trust it nor distrust it

☐ I distrust it

☐ I distrust it a lot

☐ Don't know

[illegible]

Please sort each of these issues according to whether or not they cause you concern or do not cause you concern.

	Causes concern	Does not cause concern
Food poisoning		
Genetically Modified (GM) foods		
The feed given to livestock		
Animal welfare		
The use of pesticides \ hormones \ steroids \ antibiotics in growing \ producing food		
The use of additives (such as preservatives and colouring) in food products		
Understanding the difference between date labels, such as “best before” and “use by” labels		
Food safety when eating out		
Food safety at home		
Food prices		
Food not being what the label says it is		
Allergens – things in food that cause allergic reactions		
Possibility of food supply shortages		

Impact of food production on the environment (e.g. carbon emissions, water scarcity)		
People having an unhealthy diet		
Being encouraged to 'upsized' to bigger portions or add sides and extras when I'm out		

Q12 **What impact, if any, do you think there might be on the following food issues as a result of Brexit – the UK voting to leave the EU?**

	It will improve	There will be no change	It will get worse	Don't know
Price of food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food availability	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food being sustainable / environmentally friendly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Food fraud (food not being what it says it is on the label)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q13 **Do you have clear information on...?**

	Yes	No
Eating a healthy balanced diet	<input type="radio"/>	<input type="radio"/>
How to prepare and cook food safely and hygienically	<input type="radio"/>	<input type="radio"/>
How to check whether the food I am eating when in a bar/café/restaurant is safe	<input type="radio"/>	<input type="radio"/>
What the labels on the food that I buy mean	<input type="radio"/>	<input type="radio"/>



Q14

Have you seen or heard any advertising recently about any of the following food issues? Please select all that apply.

- ☐ Preventing food poisoning
- ☐ Food safety when preparing and cooking food at home
- ☐ Food poisoning from chicken
- ☐ How to eat more healthily when you're eating out
- ☐ Saying no to 'upsizing' of food and drink when eating out
- ☐ Food allergies
- ☐ Other
- ☐ Not seen/heard any advertising about food issues

What else have you seen?

I am now going to ask you some questions about healthy eating.

Q15

Thinking about the kind of foods you normally eat and drink nowadays (both for meals and snacks), how healthy do you feel these are?

- ☐ Very healthy
- ☐ Quite healthy
- ☐ Neither healthy nor unhealthy
- ☐ Not very healthy
- ☐ Not at all healthy
- ☐ It varies too much to say

Q16

And thinking about the kinds of foods other people in your household normally eat and drink (both for meals and snacks), how healthy do you feel these are?

- ☐ Very healthy
- ☐ Quite healthy
- ☐ Neither healthy nor unhealthy
- ☐ Not very healthy
- ☐ Not at all healthy
- ☐ It varies too much to say

Q17

Please indicate how much each of these concerns you?

	A lot	A little	Not at all
The amount of salt in food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of sugar in food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of fat in food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of saturated fat in food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q18

How much do you agree or disagree with each of these statements?

[illegible]

I think my children are a healthy weight for their age and height

☐☐☐☐☐☐

I'm worried about the possibility of me or my children getting diabetes later in life

☐☐☐☐☐☐

I definitely disagree	I tend to disagree	I neither agree nor disagree	I tend to agree	I definitely agree	Don't know
-----------------------	--------------------	------------------------------	-----------------	--------------------	------------

I know that an unhealthy diet can cause lots of health problems, like cancer and heart disease

☐☐☐☐☐☐

I tend to eat more unhealthily at home than when eating out

☐☐☐☐☐☐

I'm worried about the types of food my child(ren) is/are eating

☐☐☐☐☐☐

I think the problems around people in Scotland being overweight or obese are exaggerated

☐☐☐☐☐☐

Eating things like cakes, biscuits, chocolates or sweets makes me feel good

☐☐☐☐☐☐

I think there are too many children who are not a healthy weight for their age and height

☐☐☐☐☐☐

There are too many people who eat unhealthily in Scotland

☐☐☐☐☐☐

I definitely disagree	I tend to disagree	I neither agree nor disagree	I tend to agree	I definitely agree	Don't know
-----------------------	--------------------	------------------------------	-----------------	--------------------	------------

Eating healthy food makes me feel good about myself

☐☐☐☐☐☐

I know that in Scotland, we have to make some significant changes to what we eat to be more healthy

☐ ☐ ☐ ☐ ☐ ☐

It worries me that unhealthy foods seem to be on price promotion more often than healthy ones

☐ ☐ ☐ ☐ ☐ ☐

I know I need to do something to eat more healthily

☐ ☐ ☐ ☐ ☐ ☐

I definit
ely disa
gree

I tend to
disagre
e

I neither
agree
nor disa
gree

I tend to
agree

I definit
ely agree

Don't
know

It's not up to me, it's up to others such as supermarkets / food manufacturers / the government to make the food we buy healthier

☐ ☐ ☐ ☐ ☐ ☐

I know I eat too many 'treats' like cakes, biscuits, chocolates or sweets every day

☐ ☐ ☐ ☐ ☐ ☐

I often go large, buy meal deals and add extras and sides when eating out

☐ ☐ ☐ ☐ ☐ ☐

I don't think restaurants, coffee shops and takeaways should encourage us to 'upsize'

☐ ☐ ☐ ☐ ☐ ☐

Q19

Looking at each of these statements, please indicate how regularly you do this?

Always
or
nearly
always

Mostly

Someti
mes

Rarely

Never


Don't
eat/buy/
not appl
icable

Eat at least 5 portions of a variety of fruit and vegetables each day

☐ ☐ ☐ ☐ ☐ ☐

Drink at least 6 to 8 cups or glasses of fluid every day (for example water, tea or coffee, etc.)

☐ ☐ ☐ ☐ ☐ ☐



The next few questions are about snack foods and drinks (excluding water, tea, coffee, alcohol). By this we mean food and drink that is consumed in addition to main meals or between meals, rather than as part of a meal.

Q20 How important are these to you when thinking about what you eat and drink?

Very important	Quite important	Not very important	Not at all important	Don't know
100%	0%	0%	0%	0%

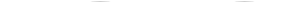
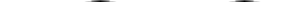

○ ○ ○ ○ ○

○ ○ ○ ○ ○

○ ○ ○ ○ ○

Q21 How much do you agree or disagree with the following statements that other people have made?

Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
----------------	-------	----------------------------	----------	-------------------	------------



You should cut out bread, pasta, rice and potatoes to avoid gaining weight

☐☐☐☐☐☐

Too much sugar can lead to obesity

☐☐☐☐☐☐

Too much fat can lead to obesity

☐☐☐☐☐☐

	Strongl y agree	Agree	Neither agree nor disa gree	Disagre e	Strongl y disagr ee	Don't know
--	----------------------------	--------------	--	----------------------	------------------------------------	-----------------------

Too much salt can raise your blood pressure

☐☐☐☐☐☐

Snacks, such as biscuits, cakes, confectionery and savoury snacks between meals should only be eaten occasionally and in small amounts

☐☐☐☐☐☐

I should avoid sugary drinks such as colas or lemonade

☐☐☐☐☐☐

I should only have fruit juice in small amounts

☐☐☐☐☐☐

Alcoholic drinks can be high in calories

☐☐☐☐☐☐

	Strongl y agree	Agree	Neither agree nor disa gree	Disagre e	Strongl y disagr ee	Don't know
--	----------------------------	--------------	--	----------------------	------------------------------------	-----------------------

Healthy eating is too expensive

☐☐☐☐☐☐

Most people lack time to make healthy meals

☐☐☐☐☐☐

Healthy eating isn't appealing

☐☐☐☐☐☐

Cafes and restaurants should display calories on menus

☐☐☐☐☐☐

Being overweight or obese can cause some types of cancer

☐☐☐☐☐☐

We are now going to show you some types of soft drinks. For each one please type in how much sugar you think it contains. You may answer using grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22a



**Orange juice with juicy bits
(300ml)**

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22b



**Fruit smoothie e.g. mangoes
and passion fruit (250ml)**

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22c



Full sugar cola (330ml)

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22d



Diet cola (330ml)

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22e



Energy drink (500ml)

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q22f



Sport drink (500ml)

☐

grams

☐

teaspoons

How much sugar do you think it contains? Please choose grams or teaspoons. (A teaspoon equals 5g of sugar)

Q23

How many calories should an average man have per day?

Q24

How many calories should an average woman have per day?

Q25

If you drink alcoholic drinks, are you aware of how many calories are in them?

☐

Yes – every time I drink them

☐

Yes – some of the time when I drink them

☐

No – never think of the calories when I drink them

☐

I don't drink alcoholic drinks

☐

Don't know

Q26

These statements are about food and drink in the shops. Please indicate how much you agree or disagree with each one.

	Strongl y agree	Agree	Neither agree nor disa gree	Disagre e	Strongl y disagr ee	Don't know
Placing foods high in sugar, fat or salt next to checkouts means people buy more of these items than they would otherwise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Promotional offers on foods high in fat, sugar and salt should be banned	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shops should not be allowed to place foods high in fat, sugar or salt next to checkouts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Standard portion sizes of items such as chocolate bars, savoury snacks, crisps, sweets, cakes, muffins should be reduced	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Now we want you to think about the food you usually eat and drink outside your home, e.g. at work, when out and about or when eating out.

Q28

How easy or difficult is it for you to eat healthily outside the home?

☐ Very easy

☐ Quite easy

☐ Quite difficult

☐ Very difficult

Q29

Which, if any, of the following would make it easier for you to eat healthily outside the home? Please select all that apply.

<input type="checkbox"/>	Showing the calories in food on menus	<input type="checkbox"/>	Not displaying unhealthy options at checkouts
<input type="checkbox"/>	Smaller portion sizes	<input type="checkbox"/>	Not being asked if I want to go large, make it a meal deal, or if I want to add sides or extras
<input type="checkbox"/>	More healthy options	<input type="checkbox"/>	Being able to say no to 'upsizing'
<input type="checkbox"/>	Better promotion of healthy options	<input type="checkbox"/>	Other
<input type="checkbox"/>	Being able spot healthy options quickly and easily	<input type="checkbox"/>	Nothing/none
<input type="checkbox"/>	Lower prices for healthy options	<input type="checkbox"/>	Don't know
<input type="checkbox"/>	Fewer promotions on unhealthy options		

What would make it easier?

--

Q30

How much do you agree or disagree with the following statements?

[illegible]

Children should always be offered smaller portions from the adult menu

☐☐☐☐☐☐

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Don't know

Everyone (children and adults) should be able to select smaller portion sizes of items on a menu

☐☐☐☐☐☐

Portion sizes of drinks and snacks in cinemas should be reduced

☐☐☐☐☐☐

Having calories for meals displayed on a restaurant or cafe menu would make me more likely to choose to eat there

☐☐☐☐☐☐

I find it hard to say no when I'm asked if I want to go large, make it a meal deal or add sides or extras

☐☐☐☐☐☐

I am asked to upsize food and drinks too frequently

☐☐☐☐☐☐

Promotional offers on foods high in fat, sugar and salt should be banned

☐☐☐☐☐☐

Cheap fast food is too easily available

☐☐☐☐☐☐

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Don't know

Large portion sizes of drinks and snacks such as muffins, cakes and pastries and popcorn should be reduced

☐☐☐☐☐☐

Cafes and restaurants in public buildings should provide a good example of healthy eating (e.g. in hospitals, sport centres, museums, visitor attractions, government and local government buildings)

☐ ☐ ☐ ☐ ☐ ☐

Q31 **How serious a problem do you think obesity is in Scotland today?**

- ☐ Very serious
- ☐ Fairly serious
- ☐ Not very serious
- ☐ Not at all serious
- ☐ Don't know

Q32 **Do you believe there is a definite link between obesity and the likelihood of getting some types of cancer?**

- ☐ Yes
- ☐ No
- ☐ Don't know

Q33 **And how serious a problem do you think type 2 diabetes is in Scotland today?**

- ☐ Very serious
- ☐ Fairly serious
- ☐ Not very serious
- ☐ Not at all serious
- ☐ Don't know

Please indicate how much you agree or disagree with the following statement:

Q34a **Being overweight is something you inherit from your parents.**



Please indicate how much you agree or disagree with the following statement:

Q34b **Most overweight people have put on weight because of a low metabolism**



Please indicate how much you agree or disagree with the following statement:

Q34c **Most people who are overweight have put on weight because they eat too much**



Please indicate how much you agree or disagree with the following statement:

Q34d **Most people who are overweight have put on weight because they do too little exercise**



Please indicate whether you are in favour or against the following.

Q35a **Taxing sugary drinks**



Strongly
in favour



Slightly in
favour



Neither in
favour
nor
against



Slightly
against



Strongly
against





Don't know





Q35b

Taxing other high sugar foods such as chocolate bars, sweets, biscuits and cakes

					
Strongly in favour	Slightly in favour	Neither in favour nor against	Slightly against	Strongly against	Don't know
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Q35c

Taxing other kinds of flavoured drinks or milkshakes which are high in added sugar

					
Strongly in favour	Slightly in favour	Neither in favour nor against	Slightly against	Strongly against	Don't know
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q35d

Taxing high fat foods like crisps and chocolate

					
Strongly in favour	Slightly in favour	Neither in favour nor against	Slightly against	Strongly against	Don't know
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q36

Are you in favour or against increased prices on unhealthy food and drinks as a result of this type of tax?

☐ Strongly in favour

☐ Slightly in favour

☐ Neither in favour nor against

☐ Slightly against

☐ Strongly against

☐ Don't know

Q37

How would you feel if the price of unhealthy foods was increased so that the price of healthy foods could go down?

- ☐ Strongly in favour
- ☐ Slightly in favour
- ☐ Neither in favour nor against
- ☐ Slightly against
- ☐ Strongly against
- ☐ Don't know

Q38

How likely would you be to buy / eat less of these kinds of foods (e.g. sugary drinks, chocolate bars, biscuits, sweets and cakes) if the price was raised because of added taxes?

- ☐ Very likely
- ☐ Quite likely
- ☐ Quite unlikely
- ☐ Very unlikely
- ☐ Don't know
- ☐ Don't buy this type of food

Q39

Are you in favour or against the government limiting the amount of sugar, fat or salt that is added to manufactured foods?

- ☐ Strongly in favour
- ☐ Slightly in favour
- ☐ Slightly against
- ☐ Strongly against
- ☐ Don't know

Q40

How much do you agree or disagree that each of the following have led you to buy on impulse unhealthy food/drink for yourself or others, beyond what you had planned?

[illegible]

Q41

If the promotion / marketing of unhealthy food and drinks was restricted inside shops and supermarkets, which foods and drinks should this cover? Please select all that apply.

☐

Crisps and savoury snacks

☐

Puddings

☐

Savoury pies and pastries

☐

Pure fruit juice

☐

Chocolate bars and other sweets

☐

Fizzy or still drinks that are high in sugar

☐

Biscuits

☐

Non-diet Energy drinks

☐

Cakes and sweet pastries

☐

Other snack

☐

Cereal bars

☐

Other drinks

☐

Ice cream

☐

None of these

What other snacks?

What other drinks?

Q42

Would you support restricting the marketing / promotion of some unhealthy food/drink inside shops / supermarkets?

☐

Yes

☐

No

☐

Don't know

Eatwell Guide

Check the label on packaged foods

Each serving contains

Energy 1048kJ 250kcal	Fat 5g Low	Saturated 1.3g Low	Sugars 34g High	Salt 0.9g Med
12.5%	7%	0.5%	20%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 687kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

6-8
a day

Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Check the label on packaged foods

Each serving contains

Energy 1048kJ 250kcal	Fat 5g Low	Saturated 1.3g Low	Sugars 34g High	Salt 0.9g Med
12.5%	7%	0.5%	20%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 687kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Beans, pulses, fish, eggs, meat and other proteins

Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives

Choose lower fat and lower sugar options

Eat less often and in small amounts

Oil & spreads

Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Have you seen the Eatwell Guide?

- ☐ Yes, online / on a website
 - ☐ Yes, in medical centre/GP/hospital/dentist
 - ☐ Yes, in school
 - ☐ Yes, at college/university
 - ☐ Yes, at workplace
 - ☐ Yes, at an event I attended
 - ☐ Yes, somewhere else
 - ☐ No, not seen
 - ☐ Don't know

Where have you seen it?

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Q44

Which, if any, of the following applies to you? Please tick all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Completely vegetarian | <input type="checkbox"/> Reducing the amount of starchy foods in my diet |
| <input type="checkbox"/> Partly vegetarian | <input type="checkbox"/> Increasing the amount of protein in my diet |
| <input type="checkbox"/> Vegan | <input type="checkbox"/> Increasing the amount of starchy foods in my diet |
| <input type="checkbox"/> Allergic to certain foods or ingredients | <input type="checkbox"/> Avoid certain food for religious or cultural reasons |
| <input type="checkbox"/> On a diet trying to lose weight | <input type="checkbox"/> Avoid certain food for medical reasons other than a food allergy e.g. diabetes |
| <input type="checkbox"/> On a diet trying to gain weight | <input type="checkbox"/> Avoid certain foods for other reasons (e.g. foods that don't seem to agree with me) |
| <input type="checkbox"/> On a diet due to diabetes | <input type="checkbox"/> Other |
| <input type="checkbox"/> Reducing the amount of fat in my diet | <input type="checkbox"/> None |
| <input type="checkbox"/> Reducing the amount of sugar in my diet | |

What else?

Q45

What are you allergic to? Please tick all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Cereals containing gluten, e.g. wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains | <input type="checkbox"/> Celery (including celeriac) |
| <input type="checkbox"/> Crustaceans, e.g. prawns, crab and lobster | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Sulphur dioxide/sulphites (preservatives used in some foods and drinks) |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Lupin |
| <input type="checkbox"/> Soybeans | <input type="checkbox"/> Molluscs, e.g. clams, mussels, whelks, oysters, snails and squid |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Other |
| <input type="checkbox"/> Nuts, e.g. almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts | |

What?

Q46

Does anyone in your household, other than you, have a food allergy?

- ☐ Yes, an adult aged 18+
- ☐ Yes, a young person aged 12-17years
- ☐ Yes, a child aged 11 years or under
- ☐ No
- ☐ Don't know

Q47

And do you ever buy food for this person with the food allergy?

- ☐ Yes
- ☐ No

Q48

What is this person in your household allergic to? Please tick all that apply.

- | | |
|--|--|
| <input type="checkbox"/> Cereals containing gluten, e.g. wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains | <input type="checkbox"/> Celery (including celeriac) |
| <input type="checkbox"/> Crustaceans, e.g. prawns, crab and lobster | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Sulphur dioxide/sulphites (preservatives used in some foods and drinks) |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Lupin |
| <input type="checkbox"/> Soybeans | <input type="checkbox"/> Molluscs, e.g. clams, mussels, whelks, oysters, snails and squid |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Other |
| <input type="checkbox"/> Nuts, e.g. almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts | |

What?

Q49

Do you carry an Epipen or other auto-injector with you when you are eating out, in case of an allergic reaction to food?

☐

Yes, always

☐

Yes, sometimes

☐

No

☐

I don't have / need an Epipen / auto-injector

Q50

How easy or difficult is it to find allergy information about foods you are buying in shops and supermarkets?

☐

Very easy

☐

Quite easy

☐

Neither

☐

Quite difficult

☐

Very difficult

Q51

How easy or difficult is it to find allergy information about foods when you are eating away from home e.g. in a café or restaurant, or when ordering a take-away?

☐

Very easy

☐

Quite easy

☐

Neither

☐

Quite difficult

☐

Very difficult

Q52

Where do you mainly get food allergy information when shopping or eating out of the home? Please tick all that apply

Labels on food

Ask staff/people in shops/stalls for information

Information on menus

Other in-store information e.g. signs on the wall

Restaurant website

Other

Where else?

--	--

Q53

To what extent do you agree or disagree with the following statements about your food allergies?

[illegible]

Q54

Thinking now about your child(ren) with food allergies, to what extent do you agree or disagree with the following statements?

[illegible]

Q55

To what extent do you agree or disagree with the following statements about food allergies?

[illegible]

Q56

How often have you had takeaway/home delivery food in the last 3 months?

- ☐ More than once a week
- ☐ Once a week
- ☐ 2-3 times per month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Haven't had a takeaway in the past 3 months

Q57

How often did this come from ordering/delivery service e.g. Just Eat, Deliveroo, UberEats in the last 3 months?

- ☐ More than once a week
- ☐ Once a week
- ☐ 2-3 times per month
- ☐ Once a month
- ☐ Less than once a month
- ☐ Never
- ☐ Don't know

Q58

Looking at the list below, please indicate whether you have done each of these more or less in the last 6 months, or whether you have not changed these.

	More	Less	No change
Eaten at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cooked at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had takeaway food direct from a restaurant/takeaway	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had home delivery from a fast food outlet or restaurant	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Had takeaway food from
ordering delivery service e.g.
Just Eat, Deliveroo, UberEats

☐☐☐

Prepared packed lunches

☐☐☐

Bought snacks and treats

☐☐☐

Bought snacks and treats on
special offer

☐☐☐

Q59

You said you had eaten at home {Q58a} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

☐

To save money

☐

It's healthier

☐

For food safety reasons

☐

To avoid waste

☐

Other reason

Q59b

You said you had cooked at home {Q58b} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

☐

To save money

☐

It's healthier

☐

For food safety reasons

☐

To avoid waste

☐

Other reason

Q59c You said you had takeaway food direct from a restaurant/takeaway {Q58c} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

Q59d You said you had home delivery from a fast food outlet or restaurant {Q58d} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

Q59e You said you had takeaway food from ordering delivery service e.g. Just Eat, Deliveroo, UberEats {Q58e} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

Q59f You said you prepared packed lunches {Q58f} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

Q59g You said you bought snacks and treats {Q58g} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

Q59h You said you bought snacks and treats on special offer {Q58h} in the last 6 months. Why have you made this change? Please select all reasons which apply below.

- ☐ To save money
- ☐ It's healthier
- ☐ For food safety reasons
- ☐ To avoid waste
- ☐ Other reason

The last few questions are to help us analyse the findings.

Q60

Please tell me if you suffer from any of these? You do not need to tell me which, just if you suffer from any.

Asthma

Other lung problem/disease

Heart problem/disease

Diabetes

Kidney problem/disease

Liver problem/disease

Neurological conditions (including strokes)

Lowered immunity due to disease or treatment

Cancer

☐

Yes

☐

No

☐

Don't know

☐

Prefer not to say

Q61

Which best describes your current working status? (Please tick one box only)

☐

Self employed full time (30+ hours per week)

☐

Self employed part-time (less than 30 hours per week)

☐

In paid full-time employment (30+ hours per week)

☐

In paid part-time employment (less than 30 hours per week)

☐

Unemployed

☐

Retired from paid work altogether

☐

On maternity/paternity leave

☐

Looking after family or home

☐

Full-time student/ at school

☐

Long term sick or disabled

☐

Unable to work because of short-term illness or injury

☐

On a government training scheme

☐

Doing something else

☐

Would prefer not to say

Please state what:

Q62

What is your ethnic group? (Choose one option that best describes your ethnic group or background)

- | | |
|--|--|
| <input type="radio"/> White - Scottish | <input type="radio"/> Chinese, Chinese Scottish or Chinese British |
| <input type="radio"/> White - Other British | <input type="radio"/> Any other Asian |
| <input type="radio"/> White - Irish | <input type="radio"/> African, African Scottish or African British |
| <input type="radio"/> White - Gypsy/Traveller | <input type="radio"/> Any other African |
| <input type="radio"/> White - Polish | <input type="radio"/> Caribbean, Caribbean Scottish or Caribbean British |
| <input type="radio"/> Any other White ethnic group | <input type="radio"/> Black, Black Scottish or Black British |
| <input type="radio"/> Any Mixed or Multiple ethnic groups | <input type="radio"/> Any other Caribbean or Black |
| <input type="radio"/> Pakistani, Pakistani Scottish or Pakistani British | <input type="radio"/> Arab, Arab Scottish or Arab British |
| <input type="radio"/> Indian, Indian Scottish or Indian British | <input type="radio"/> Any other ethnic group |
| <input type="radio"/> Bangladeshi, Bangladeshi Scottish or Bangladeshi British | <input type="radio"/> Would prefer not to say |

Q65

Please type in the first part of your in the box below (e.g. EH4, G11, PA14)? This is for analysis purposes only and will not be used to identify you personally. Please type xx9 if you do not want to enter your postcode.

THANK YOU VERY MUCH FOR TAKING PART IN THIS IMPORTANT RESEARCH