

FSS Food In Scotland Tracking – Wave One - Questionnaire

T1 :**Text**

Thank you for agreeing to take part in this national survey on food in Scotland.

There are questions¹ on a wide variety of issues relating to food - such as shopping, cooking and food safety, 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.

The survey should take around 40 minutes to complete, add but you can pause the survey at any time and come back to complete it.

Thank you for taking the time to complete this important piece of research.

Q1 :**Single coded****Are you?**

- 1 Male
- 2 Female

Scripter notes: SCRIPTING: CHECK QUOTAS AND CONTINUE IF ELIGIBLE.

¹ Please note the questions are laid out in the sequence in which they were asked in the final survey questionnaire. Where question number is not in sequence this is due to questions being removed and/or re-orderd during the questionnaire design stage.

Q2 :

Single coded

Which of the following age groups do you fall into?

- 1 Under 16
 - 2 16-17
 - 3 18-24
 - 4 25-34
 - 5 35-44
 - 6 45-54
 - 7 55-64
 - 8 65-74
 - 9 75+
 - 10 Refused
- [GO TO END QUESTIONNAIRE](#)
- [GO TO END QUESTIONNAIRE](#)

Scripter notes: SCRIPTING: CHECK QUOTAS AND CONTINUE IF ELIGIBLE.

[b]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[/b]

(Please tick one only)

- 1 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.)
- 2 Skilled manual worker (e.g. Skilled Bricklayer, Carpenter, Plumber, Painter, Bus/Ambulance Driver, HGV driver, Unqualified assistant teacher, AA patrolman, pub/bar worker, etc.)
- 3 Supervisory or clerical / Junior managerial / Professional / administrator (e.g. Office worker, Student Doctor, Foreman with 25+ employees, sales person, Student Teachers etc.)
- 4 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.)
- 5 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.)
- 6 Student (living away from home)
- 7 Retired and living on state pension only
- 8 Unemployed (for over 6 months) or not working due to long term sickness

Scripter notes: SCRIPTING: CHECK QUOTAS AND CONTINUE IF ELIGIBLE.
TO BE CODED AS FOLLOWS:

A = 5
B = 4
C1 = 3,6
C2 = 2
D = 1
E = 7,8

Q4 : REGION

Single coded

Which of these best describes where in Scotland you live?

Please select one answer only

- 1 Northern Scotland (Grampian, Highland, Perth/Tayside, Western Isles, Orkney, Shetland)
- 2 Central Scotland (Glasgow, Ayrshire, Lanarkshire, Argyll, Edinburgh & Lothians, Fife, Central)
- 3 Southern Scotland (Borders/Dumfries & Galloway)
- 4 Do not live in Scotland

[↩ GO TO END QUESTIONNAIRE](#)

Scripter notes: SCRIPTING: CHECK QUOTAS AND CONTINUE IF ELIGIBLE.

Q5 :

Numeric

Min 1 | Max 20**How many people are there in your household altogether, including any children and yourself?**

Q6 :

Multi coded

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

Please tick all that apply

- 1 Currently pregnant
- 2 Any under 5 years old
- 3 Any 5 - 11 years old
- 4 Any 12 - 15 years old
- 5 Any 16 - 17 years old
- 6 No - no children under 18 in household/not currently pregnant

**Exclusive*



Q7 :

Single coded



Show picture(s): SHOW FSS LOGO

[b]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?[/b]

- 1 Yes
 [GO TO Q8](#)
- 2 No
 [GO TO Q11](#)

Q8 :

Multi coded

Which of these issues do you think Food Standards Scotland is responsible for?

Please select all that apply.

Random

- 1 Ensuring the food you buy is safe to eat
- 2 Promoting food safety in the home
- 3 Promoting and enabling healthy eating
- 4 Ensuring food is sustainable - such as reducing green house emissions and reducing waste when producing food
- 5 Overseeing inspections of restaurants and other food businesses for food hygiene
- 6 Nutrition labelling information on food packaging
- 7 Date labels, such as "best before" and "use by" labels
- 8 Food authenticity – i.e. food is what it says it is on the packaging
- 9 Country of origin labels, which identify where food comes from
- 10 Working with the food industry and business to improve standards
- 11 Other (please write in) **Open *Position fixed*
- 12 Don't know **Exclusive *Position fixed*

Q9 :

Single coded

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

- 1 I trust it a lot
- 2 I trust it
- 3 I neither trust it nor distrust it
- 4 I distrust it
- 5 I distrust it a lot
- 6 Don't know

**Position fixed*

Q10 :

Matrix



How do you rate Food Standards Scotland in terms of?

Random

	Excellent	Very good	Good	Fair	Poor	Don't know
Working in the best interests of Scotland and people who live here	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing the right advice about food and nutrition related issues which affect you	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being an organisation which responds quickly to problems related to food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Helping people to understand food labels and what's in their food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Ensuring that food in Scotland is safe to eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being the experts when it comes to food safety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Speaking to people in a way that's friendly and understandable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Being a dynamic and forward-looking organisation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Taking action when needed to protect consumers	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Having the necessary expertise to help people in Scotland eat healthily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Providing useful food safety advice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: DYNAMIC GRID
INVERT SCALE WITH DON'T KNOW FIXED

Q11 :

Matrix



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

Random

	I definitely agree	I tend to agree	I neither agree nor disagree	I tend to disagree	I definitely disagree	Don't know	Not applicable to me
I'm not generally interested in food and cooking	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't have time to spend preparing and cooking food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The price of food means I often don't buy the food I would like to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
There's so much advice about food I tend to ignore it now	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When it comes to preparing and cooking food, I tend to do what I learned when I was younger	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When I shop I just tend to buy food for the same type of meals rather than thinking about anything new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I like to talk to people about things that interest or concern me about food and food issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: ASK ALL

DYNAMIC GRID

INVERT SCALE WITH DON'T KNOW AND NOT APPLICABLE TO ME FIXED



Q12 :

Open

Food Standards Scotland is responsible for promoting a wide range of food safety and healthy eating messages in the home, and outside of it.

As a consumer, what issues in relation to eating safely and healthily at home and outside of the home do you think Food Standards Scotland should focus on?

(Please write it in as much detail as possible)

Q13 :

Multi coded



Play/show other: PILE SHOWN FOR PUTTING IN CODES THAT CAUSE CONCERN AND ANOTHER PILE FOR CODES THAT DO NOT

Please sort this list according to those which cause you and those which do not cause you concern.

(Please click and drag each issue into the box depending on whether it causes you concern or not. If you change your mind you can click and drag between boxes).

Rotated

- 1 Food poisoning such as Salmonella, E. coli and Campylobacter
- 2 Genetically Modified (GM) foods
- 3 The feed given to livestock
- 4 Animal welfare
- 5 The use of pesticides \ hormones \ steroids \ antibiotics in growing \ producing food
- 6 The use of additives (such as preservatives and colouring) in food products
- 7 Date labels, such as "best before" and "use by" labels
- 8 Other information on food labels
- 9 Food hygiene when eating out
- 10 Food hygiene at home
- 11 Food prices
- 12 Food not being what the label says it is
- 13 Allergens – things in food that cause allergic reactions
- 14 Possibility of food supply shortages
- 15 Impact of environment on food production (e.g. carbon emissions, water scarcity)
- 16 People having an unhealthy diet

Scripter notes: ['PILE' SHOWN FOR PUTTING IN CODES THAT CAUSE CONCERN AND ANOTHER 'PILE' FOR CODES THAT DO NOT – RESPONDENTS WILL DRAG EACH OPTION INTO APPROPRIATE 'PILE']. PILES TO BE LABELLED AS 'CAUSES ME CONCERN' AND 'DOES NOT CAUSE ME CONCERN'



Q14 :

Single coded

Which one of the following are you most concerned about?

Please tick one box only

Random

- 1 My family or myself becoming ill through eating unsafe food
- 2 Eating food that isn't what it says it is without knowing
- 3 Making sure I / myself and my family eat a healthy, balanced diet
- 4 Not being able to afford a healthy, balanced diet
- 5 Other (please write in)

*Open *Position fixed

Q15 :

Matrix

Do you have clear information on...?

Random

	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"/>

Scripter notes: DYNAMIC GRID

Q16 :

Multi coded

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

- 1 Preventing food poisoning such as Salmonella, E. coli and Campylobacter
- 2 Promoting good food hygiene when preparing and cooking food at home
- 3 Promoting good food hygiene when cooking over the festive season
- 4 Food hygiene when eating out
- 5 Food labelling
- 6 Reducing the amount of food waste
- 7 Food waste recycling
- 8 Food not being what the label says it is / products being recalled
- 9 Promoting a healthy diet
- 10 Other (specify) **Position fixed*
- 11 Not seen/heard any advertising about food issues **Exclusive *Position fixed*

Q17 :

Single coded

Which of these best describes the level of responsibility you have for cooking and preparing food in your household?

- 1 Responsible for all or most of the preparation/cooking
- 2 Responsible for about half of the preparation/cooking
- 3 Responsible for less than half of the preparation/cooking
- 4 Not responsible for any of the preparation/cooking

[!\[\]\(fe3aebe81acea8d45108cd2768939da7_img.jpg\) GO TO Q26](#)

Q18 :

Matrix

At the moment, how often do you eat or prepare and cook the following at home?

Random

	More than once a week	Once a week	Less often than once a week	Never
Beef, lamb or pork	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Raw poultry like chicken or turkey	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pre-cooked meats like ham or meat patè	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Burgers and sausages	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Milk and dairy foods like cheese and yoghurt	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eggs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fish, excluding shellfish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Shellfish (includes crab, prawns and lobster)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: DYMANIC GRID

INVERT SCALE

T2 :

Text

The next few questions are about what you do in the kitchen.

Q19 :

Matrix

How often do you do each of the following?

(Please use 'not applicable' if you never cook or prepare a particular type of food, or if you only use prepared/pre-washed/peel only type of foods).

Random

	Never	Sometimes	Most of the time	Always	Not applicable
Store open tins in the fridge	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use different chopping boards for different foods or wash chopping board when switching between foods	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash raw meat OTHER THAN chicken/poultry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash raw chicken or poultry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash raw fish or seafood	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash fruit or vegetables (including salad) which are going to be eaten raw	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash fruit or vegetables which are going to be cooked	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash hands before starting to prepare or cook food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wash hands immediately after handling raw meat, poultry or fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Cook food until it is steaming hot throughout	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat chicken or turkey if the meat is pink or has pink or red juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat red meat (e.g. beef or lamb, steak or roast meat, but not mince) if it is pink or has pink or red juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat burgers or	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

sausages if the meat is pink or has pink or red juices					
Eat whole cuts of pork or pork chops if the meat is pink or has pink or red juices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: DYNAMIC GRID

INVERT SCALE NOT APPLICABLE FIXED

ASK ONLY IF Q18 ST=1 & SC=1,2,3 or Q18 ST=2 & SC=1,2,3 or Q18 ST=4 & SC=1,2,3 or Q18 ST=7 & SC=1,2,3 or Q18 ST=8 & SC=1,2,3

Q20 :

Single coded

Which method do you usually use to defrost frozen meat or fish?

(Please tick one box only)

Random

- 1 Placing it in water
- 2 Leaving it at room temperature (e.g. on the worktop whether on a plate, in a container or in its packaging)
- 3 Leaving it in the fridge
- 4 Leave it in a cool place (other than fridge)
- 5 Defrosting it in the microwave
- 6 Other (please write in)
- 7 Do not defrost meat or fish

**Open *Position fixed*

Q21 :

Open

Why do you think you should wash your chopping board when using it for preparing different types of food?

(Please write in as much detail as possible)


Q22 :

Multi coded

How do you normally check the temperature in your fridge?

(Please tick any that apply)

Random

- 1 Check the setting / gauge of fridge
 - 2 Check the temperature display/ thermometer built into the fridge
 - 3 Put a thermometer in the fridge and check
 - 4 Look inside/check for ice/condensation
 - 5 Feel food inside to see if it is cold
 - 6 Other (please write in) **Open *Position fixed*
 - 7 Never check fridge temperature **Exclusive *Position fixed*
 - 8 Don't have a fridge **Exclusive *Position fixed*
-  **GO TO Q26**

Q23 :

Open



Show picture(s): IMAGE OF THERMOMETER WITH KEY POINTS ON SCALE FROM -5 TO +15 CELSIUS, SHOWING 5 DEGREE INTERVALS

Use the sliding scale on the thermometer to show what the temperature inside your fridge should be.

SHOW IMAGE

Scripter notes:

SCALE: IMAGE OF THERMOMETER WITH KEY POINTS ON SCALE FROM -5 TO +15 CELSIUS, SHOWING 5 DEGREE INTERVALS

Q24 :

Multi coded

Where in the fridge do you store raw meat and poultry?*(Please tick all that apply)***Random**

- 1 Anywhere
- 2 On the bottom shelf of the fridge
- 3 At the top of the fridge
- 4 In a separate compartment e.g. a meat drawer or salad tray
- 5 In the middle of the fridge
- 6 Wherever there is space
- 7 Other (please write in) **Open *Position fixed*
- 8 Don't store raw meat \ poultry in the fridge **Exclusive *Position fixed*
- ↙ GO TO Q26
- 9 Don't buy or store meat or poultry at all **Exclusive *Position fixed*
- ↙ GO TO Q26

Q25 :

Multi coded

How do you store raw meat and poultry in the fridge?*(Please tick all that apply)***Random**

- 1 Away from cooked foods
- 2 Covered with film \ foil
- 3 In a covered container
- 4 In its packaging
- 5 On a plate
- 6 Other (please write in) **Open *Position fixed*

Q26 :

Single coded

In general, what is the main thing you look for or think about when deciding whether a food is safe to eat or use in cooking?

(Please tick one box only)

Rotated

- 1 How it looks (e.g. mould, discolouration)
- 2 How it smells
- 3 How it tastes
- 4 What it feels like / the texture
- 5 Whether it has been stored correctly
- 6 Whether it's packaged properly
- 7 Best before date
- 8 Use by date
- 9 Sell by or display until date
- 10 Other date
- 11 Other (please write in)

**Open *Position fixed*

Q27 :

Single coded

Which of these is the best indicator of whether food is safe to eat?

(Please tick one box only)

Rotated

- 1 Use by date
- 2 Best before date
- 3 Sell by date
- 4 Display until date
- 5 Don't know

**Position fixed*

Q28 :

Single coded

Do you check use-by dates when you are buying food?

(Please tick one box only)

- 1 Yes, always
- 2 Yes, depending on the food type
- 3 Sometimes
- 4 Never

ASK ONLY IF not Q17=4

Q29 :

Single coded

Do you check use-by dates when you are about to cook or prepare food?*(Please tick one box only)***Rotated**

- 1 Yes, always
- 2 Yes, depending on the food type
- 3 Sometimes
- 4 Never

**Position fixed*

Scripter notes: ASK ALL EXCEPT THOSE NOT PREPARING COOKING FOOD

Q30 :

Single coded

If a food label says 'use by 15 January' what is the last date you should eat it?*(Please tick one box only)*

- 1 13 January
- 2 14 January
- 3 15 January
- 4 16 January
- 5 17 January
- 6 18 January
- 7 19 January
- 8 20 January
- 9 No specific date
- 10 It depends on the condition of the food
- 11 Don't know

**Position fixed*

Scripter notes: ROTATE ORDER OF ASKING Q30 AND Q31

Q31 :

Single coded

If a food label says '**best before 15 January**' what is the **last date** you should eat it?

(Please tick one box only)

- 1 13 January
- 2 14 January
- 3 15 January
- 4 16 January
- 5 17 January
- 6 18 January
- 7 19 January
- 8 20 January
- 9 No specific date
- 10 It depends on the condition of the food
- 11 Don't know

*Position fixed

Scripter notes: ROTATE ORDER OF ASKING Q30 AND Q31

Q32 :

Single coded

If you open a packet of sliced cooked or cured meat e.g. ham and keep it stored in the fridge, what is the maximum length of time you would keep it before deciding you would **definitely not** eat it?

(Please tick one box only)

- 1 Up to one day
- 2 Up to two days
- 3 Up to three days
- 4 Up to four days
- 5 Up to five days
- 6 More than five days
- 7 Follow the storage information on the product
- 8 Look at the use-by date
- 9 Not applicable – don't ever eat or use this food item

Q33 :

Single coded

How many times would you consider re-heating food after it was cooked for the first time?

(Please tick one box only)

- 1 Not at all
- 2 Once
- 3 Twice
- 4 Three times
- 5 More than three times
- 6 Don't know

*Position fixed

Q34 :

Multi coded

And how do you usually tell that food has been re-heated properly?

(Please tick all that apply)

Random

- 1 Steam coming from it
- 2 Taste it
- 3 Check the middle is hot
- 4 Check it's an even temperature throughout
- 5 Put hand over it/touch it
- 6 Use a thermometer/probe
- 7 Use a timer to ensure it has been cooked for a certain amount of time
- 8 It looks hot / is bubbling / sizzling
- 9 Other (please write in)
- 10 I don't check
- 11 Don't know

*Open *Position fixed

*Exclusive *Position fixed

*Exclusive *Position fixed

Q35 :

Multi coded

Which **three** foods are **most** likely to cause food poisoning if not prepared or stored correctly?

(Tick 3 boxes)

Random

- 1 Raw meat like beef, lamb or pork
- 2 Raw poultry
- 3 Cooked poultry
- 4 A packet of sliced cooked or cured meat e.g. ham
- 5 Milk and dairy foods like cheese and yoghurt
- 6 Eggs
- 7 Fish (excluding shellfish)
- 8 Shellfish

Q36 :

Single coded

Have you personally ever had food poisoning and if so when was the last occasion?

(Please tick one box only)

- 1 Yes, in the last year
 - 2 Yes, more than a year ago
 - 3 I think so but I'm not sure it was food poisoning
 - 4 No
 - 5 Don't know
- ↩ GO TO Q39
- ↩ GO TO Q39

*Position fixed

Q37 :

Multi coded

On the last occasion, how do you think you got food poisoning?*(Please tick all that apply)***Rotated**

- 1 From something you ate in a café/restaurant
- 2 From a take-away
- 3 From a barbeque
- 4 From a meal prepared at home
- 5 From a meal prepared by family/friend in their home
- 6 From food bought from an independent retailer eg butcher/fishmonger or farmers' market
- 7 From something you ate past its use by date
- 8 From food that was not cooked properly
- 9 From food that was not stored properly
- 10 Other **Position fixed*
- 11 Don't know **Exclusive *Position fixed*

Q38 :

Multi coded

In response to the last case of food poisoning you had, which of these have you done?*(Please tick all that apply)***Random**

- 1 Tried to get more information about the issue
- 2 Read food labels more carefully
- 3 Changed the way you cook food
- 4 Changed the way you prepare food
- 5 Thrown food away that's reached or passed its use by date
- 6 Stopped eating certain foods
- 7 Stopped eating at certain food establishments (e.g. restaurants/café)
- 8 Stopped buying from certain establishments
- 9 Paid (more) attention to food hygiene ratings at food establishments
- 10 Other (please write in) **Open *Position fixed*
- 11 Took no action **Exclusive *Position fixed*

T3 :

Text

ASK ALL**The next few questions are about food labels.**

Q39 :

Multi coded

What information are you looking for when you read food labels when shopping?*(Please tick all that apply)***Random**

- 1 Ingredients
- 2 Cooking instructions
- 3 Allergy information
- 4 Colour coded nutrition information on the front of the pack
- 5 Calorie content / number of calories
- 6 Storage information
- 7 Use-by dates / best before dates
- 8 Country of origin
- 9 Organic / sustainable / Fairtrade
- 10 Manufacturer
- 11 Number of people it serves
- 12 Weight/volume of product
- 13 Serving suggestions
- 14 Price, when it is shown on the food label
- 15 Other (please write in)
- 16 I never look at labelling on food products

Open *Position fixed*Exclusive *Position fixed*

Q40 :

Multi coded

What information are you looking for when you read food labels at home?*(Please tick all that apply)***Random**

- 1 Ingredients
- 2 Cooking instructions
- 3 Allergy information
- 4 Colour coded nutrition information on the front of pack
- 5 Calorie content / number of calories
- 6 Storage information
- 7 Use-by dates / best before dates
- 8 Country of origin
- 9 Organic / sustainable / Fairtrade
- 10 Manufacturer
- 11 Number of people it serves
- 12 Weight/volume of product
- 13 Serving suggestions
- 14 Price, when it is shown on the food label
- 15 Other (please write in)
- 16 I never look at labelling on food products

Open *Position fixed*Exclusive *Position fixed*

ASK ONLY IF not Q39=16 or not Q40=16

Q41 :

Open

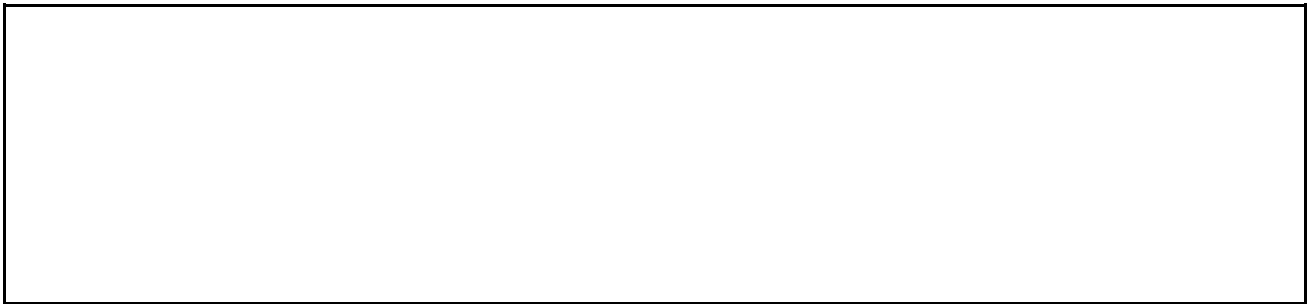


Show picture(s): IMAGE OP PRODUCT PACK TO BE SHOWN

We want you to imagine you are shopping in your favourite food and grocery shop.

On the next screens you will see the front and back of a packet of quiche. We want you to read this packet just as you would as if you were in the shop – not for any more or less time than normal.

Start reading the front of the packet (after you have clicked on the forward arrow below), **read it as you normally would and once you're finished click on the forward arrow again.**



Scripter notes: REPLACE IMAGE WITH Q41_1 IMAGE
REPEAT SCREEN SHOWING BACK OF PACKET Q41_2 IMAGE

Q42 :

Multi coded

Where would you go for information about food hygiene, and how to prepare and cook food safely at home?

(Please tick all that apply)

Random

- 1 Family and friends
- 2 School / college / a course
- 3 Work
- 4 Retailers (e.g. supermarkets)
- 5 Newspapers
- 6 News websites
- 7 Food TV shows / cooking programmes
- 8 Food magazines
- 9 Cookery books
- 10 Food Standards Scotland website **Position fixed*
- 11 Other food websites **Position fixed*
- 12 TV / radio campaigns
- 13 Books
- 14 Internet search engine
- 15 Social media
- 16 Product packaging
- 17 Doctor / GP
- 18 Other (please write in) **Open *Position fixed*
- 19 I don't look for information on food safety **Exclusive *Position fixed*

Scripter notes: CODE 11 FIXED AFTER CODE 10

T4 :

Text

These next questions are about eating out.

Q43 :

Multi coded

During the past 7 days how many meals did you have away from home that were prepared in the following places?

(Type in number of meals you've had in each place in the grid below)

Random

- 1 Restaurant / sit-in café (not fast food)
- 2 Fast food - takeaway
- 3 Fast food - sit-in
- 4 Canteen/cafeteria at workplace, University or College
- 5 Bakery
- 6 Sandwich shop / deli
- 7 Retail / grocery shop / supermarket - 'meal deal'
- 8 Retail / grocery shop / supermarket - not 'meal deal'
- 9 Coffee shop
- 10 Vending machine

Scripter notes: SHOW AS GRID SO CAN SEE ALL PLACES TOGETHER, WITH NUMERIC OPTION NEXT TO EACH, AND SHOWING TOTAL AT BOTTOM

RECORD NUMBER OF OCCASIONS FOR EACH - MIN = 0, MAX = 21

Q44 :

Multi coded

Thinking about these same sorts of places...when you're deciding where to eat out, which of the following are important to you?

(Please tick all that apply)

Random

- 1 Price
- 2 Recommendations or invitation from someone you know/good reviews
- 3 Nutritional information of the food is provided
- 4 Healthy foods/choices
- 5 Cleanliness and hygiene
- 6 Good service
- 7 The result of the most recent hygiene inspection
- 8 Food for restricted diets such as Vegetarian, Halal, Kosher etc.
- 9 Something else (please write in)
- 10 I never eat out at all

**Open *Position fixed*

**Exclusive *Position fixed*

 **GO TO Q47**

Q45 :

Single coded

In your opinion, when you eat out, how healthy would you say the food that you eat is, compared to when you eat at home?

Inverted

- 1 A lot more healthy when I eat out
- 2 A bit more healthy when I eat out
- 3 About the same
- 4 A bit less healthy when I eat out
- 5 A lot less healthy when I eat out
- 6 It varies too much to say **Position fixed*
- 7 Don't know **Position fixed*

Q46 :

Single coded

When you eat out, how safe would you say the food that you eat is, compared to when you eat at home?

Inverted

- 1 A lot more safe when I eat out
- 2 A bit more safe when I eat out
- 3 About the same
- 4 A bit less safe when I eat out
- 5 A lot less safe when I eat out
- 6 It varies too much to say **Position fixed*
- 7 Don't know **Position fixed*

Q47 :

Multi coded

How do you judge the hygiene standards of the places you eat out at or buy food from?

(Please tick all that apply)

Random

- 1 Word of mouth
- 2 Reputation
- 3 Appearance of staff
- 4 General appearance of premises
- 5 Hygiene sticker
- 6 Hygiene certificate
- 7 Websites
- 8 Other (please write in) **Open *Position fixed*
- 9 Don't know **Exclusive *Position fixed*

Q48 :

Multi coded

[Show picture\(s\): SHOW FHIS LOGO/CERTIFICATE](#)**Have you seen any of these images before today, and if so where?**


- 1 Yes - food establishment window or door (e.g. restaurant/cafe)
- 2 Yes – on a website
- 3 Yes – in a newspaper/magazine
- 4 Yes – somewhere else
- 5 No, not seen

**Exclusive*[Scripter notes: SHOW FHIS LOGO/CERTIFICATE](#)

Q49 :

Single coded

[Show picture\(s\): SHOW FHIS CERTIFICATE](#)**This is a certificate for a food hygiene information scheme in Scotland.****In the last 12 months, have you used a food hygiene information scheme, like this one, to check an establishment's hygiene standards?****By food establishment, we mean restaurants, cafes, takeaways, hotels and food shops.**

- 1 Yes
 - 2 No
-  [GO TO Q52](#)

[Scripter notes: SHOW FHIS CERTIFICATE](#)

Q50 :

Single coded

Where did you check it on the most recent occasion?

- 1 Window or door (of restaurant/café or example)
- 2 On the internet
- 3 Somewhere else (please write in)

**Open*



Q51 :

Single coded

And on that occasion how much influence did it have on your decision on whether or not to use that establishment?

Inverted

- 1 It had a lot of influence
- 2 It had a little influence
- 3 It had no influence at all

Q52 :

Matrix

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

Random

	I definitely agree	I tend to agree	I neither agree nor disagree	I tend to disagree	I definitely disagree	Don't know
I am unlikely to get food poisoning from food prepared in my own home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Restaurants, cafés and takeaways and catering establishments should pay more attention to food safety and hygiene	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The information on food labels is clear and understandable	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about getting food poisoning when I eat out	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't know what campylobacter is	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'd like to know more about where the food I eat comes from	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's important to me that I try to buy food produced in Scotland when I can	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I trust the information on food labels	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It worries me that what's in my food might not be what's on the label	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: DYNAMIC GRID
INVERT SCALE DON'T KNOW FIXED

T5 :

Text

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

Q53 :

Single coded

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

Inverted

- 1 Very healthy
- 2 Quite healthy
- 3 Neither healthy nor unhealthy
- 4 Not very healthy
- 5 Not at all healthy
- 6 It varies too much to say

**Position fixed*

ASK ONLY IF Q5>1

Q54 :

Single coded

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?

Inverted

- 1 Very healthy
- 2 Quite healthy
- 3 Neither healthy nor unhealthy
- 4 Not very healthy
- 5 Not at all healthy
- 6 It varies too much to say

**Position fixed*

Scripter notes: ASK IF MORE THAN ONE PERSON IN THE HOUSE



Q55 :

Matrix

Please indicate how much each of these concerns you?

Random

	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"/>

Scripter notes: DYNAMIC GRID



FSS Food In Scotland Tracking – Wave One - Questionnaire

not a healthy weight for their age and height						
There are too many people who eat unhealthily in Scotland	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating healthy food makes me feel good about myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know that in Scotland, we have to make some significant changes to what we eat to be more healthy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It worries me that unhealthy foods seem to be on price promotion more often than healthy ones	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know I need to do something to eat more healthily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I know I eat too many 'treats' like cakes, biscuits, chocolates or sweets every day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Scripter notes: DYNAMIC GRID
SCRIPTING: STATEMENTS 4, 5 AND 8 SHOULD ONLY BE ASKED OF PARENTS DEFINED AS Q6 CODES 1-5
INVERT SCALE DON'T KNOW FIXED

Q57 :

Multi coded

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

- 1 Completely vegetarian
- 2 Partly vegetarian
- 3 Vegan
- 4 Allergic to certain foods or ingredients
- 5 On a diet trying to lose weight
- 6 On a diet trying to gain weight
- 7 On a diet due to diabetes
- 8 Reducing the amount of fat in my diet
- 9 Reducing the amount of sugar in my diet
- 10 Reducing the amount of starchy foods in my diet
- 11 Increasing the amount of protein in my diet
- 12 Increasing the amount of starchy foods in my diet
- 13 Avoid certain food for religious or cultural reasons
- 14 Avoid certain food for medical reasons other than a food allergy e.g. diabetes
- 15 Avoid certain foods for other reasons (e.g. foods that don't seem to agree with me)
- 16 Other (please write in) **Open *Position fixed*
- 17 None **Exclusive *Position fixed*

ASK Q58 ONLY IF 2+ HOUSEHOLD

Q58 :

Single coded

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

- 1 Yes
- 2 No
- 3 Don't know

ASK ONLY IF Q58=1

Q59 :

Single coded

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

- 1 Yes
- 2 No

ASK ONLY IF Q57=4 or Q58=1

Q60 :

Multi coded

What are you / someone in your household allergic to?*(Please tick all that apply)***Random**

- 1 Cereals containing gluten, e.g. wheat (including spelt and khorasan), rye, barley and oats and their hybridised strains
- 2 Crustaceans, e.g. prawns, crab and lobster
- 3 Eggs
- 4 Fish
- 5 Peanuts
- 6 Soybeans
- 7 Milk
- 8 Nuts, e.g. almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts
- 9 Celery (including celeriac)
- 10 Mustard
- 11 Sesame
- 12 Sulphur dioxide/sulphites (preservatives used in some foods and drinks) at levels above 10mg per kg or per litre
- 13 Lupin
- 14 Molluscs, e.g. clams, mussels, whelks, oysters, snails and squid
- 15 Other (specify) **Position fixed*

ASK ONLY IF Q57=4 or Q58=1

Q61 :

Single coded

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

- 1 Very easy
- 2 Quite easy
- 3 Neither
- 4 Quite difficult
- 5 Very difficult

ASK ONLY IF Q57=4 or Q58=1

Q62 :

Single coded

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?

Inverted

- 1 Very easy
- 2 Quite easy
- 3 Neither
- 4 Quite difficult
- 5 Very difficult

ASK ONLY IF Q57=4 or Q58=1

Q63 :

Multi coded

Where do you mainly get allergy information when shopping or eating out of the home?

(Please tick all that apply)

Random

- 1 Labels on food
- 2 Ask staff/people in shops/stalls for information
- 3 Information on menus
- 4 Other in-store information e.g. signs on the wall
- 5 Restaurant website
- 6 Other (namely)

**Position fixed*

Q75 :

Matrix

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.

(Please select one answer per action)

Rotated

	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"/>
Bought takeaway food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Prepared packed lunches	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bought snacks and treats on special offer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eaten leftover food	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Kept leftovers for longer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eaten food past its use by date	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eaten food past its best before date	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q76 :

Multi coded

You said that you had [INSERT ACTION] [INSERT IF MORE OR LESS] in the last 6 months. Why have you made this change?

(Please select all the reasons which apply below)

Rotated

- 1 To save money
- 2 It's healthier
- 3 For food safety reasons
- 4 To avoid waste
- 5 Other reason

*Position fixed

Scripter notes: SCRIPTING: THIS QUESTION TO BE REPEATED FOR EVERY ACTION WHICH HAS CHANGED AT Q75, WITH THE ACTION WHICH HAS CHANGED INSERTED INTO THE QUESTION TEXT ALONG WITH 'MORE' OR 'LESS'.



Q65 :

Single coded

Thinking about food/grocery shopping, which of these best describes the level of responsibility you have for the shopping in your household?

(Please tick one box only)

- 1 Responsible for all or most of the food/grocery shopping
- 2 Responsible for about half of the food/grocery shopping
- 3 Responsible for less than half of the food/grocery shopping
- 4 Not responsible for any of the food/grocery shopping

↪ **GO TO T6**

Q66 :

Matrix

Before you shop how often do you?

(Please tick one box for each)

Random

	Always	Most of the time	Sometimes	Never	Don't know
Check your cupboards, fridge or freezer to see what you have already and what you might need	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Make a list of things to buy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Plan your/your family's meals in advance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Q67 :

Single coded

Where do you get **most** of your food and grocery shopping? This could be where you go every week for a main shop or where you buy from on a frequent basis

(Please select one answer only)

- 1 Large supermarket
- 2 Mini supermarket e.g. Metro/Local
- 3 Local/corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's markets)
- 10 Farm
- 11 Home delivery – from a supermarket
- 12 Home delivery (including vegetable boxes) – not from a supermarket
- 13 Other shop

*Position fixed

Q68 :

Single coded

How often do you do a main shop for your household food shopping?

- 1 Every day
- 2 2-3 times per week
- 3 About once a week
- 4 2-3 times a month
- 5 Once a month
- 6 Less often
- 7 Never

Q69 :

Multi coded

Which, if any, of the following types of raw meat (including poultry) do you usually buy?*(Please tick all that apply)*

- 1 Minced or diced
- 2 Meat portion (e.g. steak or chops)
- 3 Skinless chicken portions
- 4 Skin-on chicken portions
- 5 Processed (e.g. sausages or bacon)
- 6 Joints (e.g. of beef, lamb, pork, etc.)
- 7 Whole chicken or other poultry
- 8 Other type of raw meat **Position fixed*
- 9 Do not buy raw meat **Exclusive *Position fixed*

T6 :

Text

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

Q70 :

Single coded

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

- 1 Yes
- 2 No
- 3 Don't know **Position fixed*
- 4 Refused **Position fixed*

Q71 :

Single coded

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

- 1 Self employed full time (30+ hours per week)
- 2 Self employed part-time (less than 30 hours per week)
- 3 In paid full-time employment (30+ hours per week)
- 4 In paid part-time employment (less than 30 hours per week)
- 5 Unemployed
- 6 Retired from paid work altogether
- 7 On maternity/paternity leave
- 8 Looking after family or home
- 9 Full-time student/ at school
- 10 Long term sick or disabled
- 11 Unable to work because of short-term illness or injury
- 12 On a government training scheme
- 13 Doing something else (please write in)
- 14 Would prefer not to say

Open *Position fixed*Position fixed*

Q72 : Ethnicity

Single coded

What is your ethnic group?

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

- 1 White (HEADER ONLY DO NOT SHOW AS CODE)
- 2 Scottish
- 3 Other British
- 4 Irish
- 5 Gypsy/Traveller
- 6 Polish
- 7 Any other White ethnic group
- 8 Mixed or Multiple ethnic groups (HEADER ONLY DO NOT SHOW AS CODE)
- 9 Any Mixed or Multiple ethnic groups
- 10 Asian, Asian Scottish or Asian British (HEADER ONLY DO NOT SHOW AS CODE)
- 11 Pakistani, Pakistani Scottish or Pakistani British
- 12 Indian, Indian Scottish or Indian British
- 13 Bangladeshi, Bangladeshi Scottish or Bangladeshi British
- 14 Chinese, Chinese Scottish or Chinese British
- 15 Any other Asian
- 16 African (HEADER ONLY DO NOT SHOW AS CODE)
- 17 African, African Scottish or African British
- 18 Any other African
- 19 Caribbean or Black (HEADER ONLY DO NOT SHOW AS CODE)
- 20 Caribbean, Caribbean Scottish or Caribbean British
- 21 Black, Black Scottish or Black British
- 22 Any other Caribbean or Black
- 23 Other ethnic group (HEADER ONLY DO NOT SHOW AS CODE)
- 24 Arab, Arab Scottish or Arab British
- 25 Any other ethnic group
- 26 Would prefer not to say

Q73 :

Single coded

This study is being funded by the Food Standards Scotland (FSS). Would you be willing for FSS, or an organisation acting on their behalf, to re-contact you to ask further questions about the survey or invite you to take part in future research on this subject? There would be no obligation for you to take part.

- 1 Yes
- 2 No



Q74 : Postcode

Alpha

Please type in your full postcode in the box below? This is for analysis purposes only and will not be used to identify you personally.

T7 :

Text

THANK YOU VERY MUCH FOR TAKING PART IN THIS IMPORTANT PIECE OF RESEARCH

(J131370: 2016)