

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

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.

The survey should take no more than 30 minutes to complete. If you are using a smartphone, please rotate to horizontal to make completion easier.

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

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?

- | | | |
|-------------------------------------|--|---|
| <input type="radio"/> Grampian | <input type="radio"/> Glasgow | <input type="radio"/> Central |
| <input type="radio"/> Highland | <input type="radio"/> Ayrshire | <input type="radio"/> Borders |
| <input type="radio"/> Perth/Tayside | <input type="radio"/> Lanarkshire | <input type="radio"/> Dumfries & Galloway |
| <input type="radio"/> Western Isles | <input type="radio"/> Argyll | <input type="radio"/> Do not live in Scotland |
| <input type="radio"/> Orkney | <input type="radio"/> Edinburgh & Lothians | |
| <input type="radio"/> Shetland | <input type="radio"/> Fife | |

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?

- Ensuring the food you buy is safe to eat
- Promoting food safety in the home
- Promoting and enabling healthy eating
- Ensuring food is sustainable - such as reducing green house emissions and reducing waste when producing food
- Overseeing inspections of restaurants and other food businesses for food hygiene
- Nutrition labelling information on food packaging
- Date labels, such as "best before" and "use by" labels
- Food authenticity – i.e. food is what it says it is on the packaging
- Country of origin labels, which identify where food comes from
- Working with the food industry and business to improve standards
- Other
- Don't know

What other issues?

Q11 How much do you agree or disagree with each of these statements?

| | 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"/> |

Q12 How confident are you about cooking meals from scratch (that is, cooking with a range of ingredients including raw ingredients)?

| | | | | | | | | | |
|--------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|--------------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| 1 = not at all confident | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 = extremely confident |

Q13 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 | <input type="radio"/> | <input type="radio"/> |
| Genetically Modified (GM) foods | <input type="radio"/> | <input type="radio"/> |
| The feed given to livestock | <input type="radio"/> | <input type="radio"/> |
| Animal welfare | <input type="radio"/> | <input type="radio"/> |

| | Causes concern | Does not cause concern |
|---|-----------------------|-------------------------------|
| The use of pesticides \ hormones \ steroids \ antibiotics in growing \ producing food | <input type="radio"/> | <input type="radio"/> |
| The use of additives (such as preservatives and colouring) in food products | <input type="radio"/> | <input type="radio"/> |
| Understanding the difference between date labels, such as “best before” and “use by” labels | <input type="radio"/> | <input type="radio"/> |
| Food hygiene when eating out | <input type="radio"/> | <input type="radio"/> |
| Food hygiene at home | <input type="radio"/> | <input type="radio"/> |

| | Causes concern | Does not cause concern |
|--|-----------------------|-------------------------------|
| Food prices | <input type="radio"/> | <input type="radio"/> |
| Food not being what the label says it is | <input type="radio"/> | <input type="radio"/> |
| Allergens – things in food that cause allergic reactions | <input type="radio"/> | <input type="radio"/> |
| Possibility of food supply shortages | <input type="radio"/> | <input type="radio"/> |
| Impact of environment on food production (e.g. carbon emissions, water scarcity) | <input type="radio"/> | <input type="radio"/> |
| People having an unhealthy diet | <input type="radio"/> | <input type="radio"/> |

Q14 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 being what it says it is on the label) | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q15 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"/> |

Q16 Have you seen or heard any advertising or publicity recently about any of the following food issues?

| | |
|--|--|
| <input type="checkbox"/> Preventing food poisoning | <input type="checkbox"/> How children's diets can affect their health later in life (e.g. Type 2 diabetes, heart attacks) |
| <input type="checkbox"/> Food safety when preparing and cooking food at home | <input type="checkbox"/> Products being recalled |
| <input type="checkbox"/> Food safety when cooking over the festive season | <input type="checkbox"/> Not washing chicken/poultry |
| <input type="checkbox"/> Food safety when eating out | <input type="checkbox"/> Washing hands before cooking |
| <input type="checkbox"/> Food labelling | <input type="checkbox"/> Eating rare burgers |
| <input type="checkbox"/> Food not being what the label says it is | <input type="checkbox"/> Eating cheese made from unpasteurised (raw) milk |
| <input type="checkbox"/> Having a healthy diet | <input type="checkbox"/> How to eat more healthily outside the home |
| <input type="checkbox"/> How to barbecue chicken properly | <input type="checkbox"/> Saying no to upsizing deals offered when buying food in restaurants, cafes, takeaways, petrol stations or cinemas |
| <input type="checkbox"/> Avoiding food poisoning when barbecuing | <input type="checkbox"/> Other |
| <input type="checkbox"/> Reducing the amount of treats and unhealthy snacks we eat | <input type="checkbox"/> Not seen/heard any advertising about food issues |
| <input type="checkbox"/> Changing what we eat now to avoid health problems later in life | |

What else have you seen?

Q17 **Which of these best describes the level of responsibility you have for cooking and preparing food in your household?**

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

Q18 **At the moment, how often do you eat or prepare and cook the following at home?**

| | 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"/> |
| | More than once a week | Once a week | Less often than once a week | Never |
| 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"/> |
| Game, such as Pheasant, Duck and Venison | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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

Q19 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)

| | 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 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 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"/> |
| | Never | Sometimes | Most of the time | Always | Not applicable |
| Eat burgers or sausages 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 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"/> |
| Use the same utensils for moving / cutting raw meat and for vegetables | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Regularly change / wash dish cloths / tea towels | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | Never | Sometimes | Most of the time | Always | Not applicable |
| Allow pets on to kitchen surfaces | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Clean worktops before preparing food

Completely fill my fridge

Turn down the temperature to make my fridge colder when it is full

Q20

What are your views on washing raw poultry (chicken, turkey, etc)? Even if you never eat or cook it we are interested in what you think (*Please tick all that apply*)

Washing raw poultry has a bad effect on the quality of the cooking

It has already been washed so you don't need to wash it

Washing poultry can mean you splash water containing harmful bacteria around the kitchen

You need to wash raw poultry to remove the chemicals/pesticides

You need to wash it to get any dirt off

You should wash any raw food that has been handled to avoid eating germs or bacteria

Other

Don't know

What are your views?

Q21

Which method do you usually use to defrost frozen meat? (Please tick one box only)

- Placing it in water
- Leave it at room temperature (e.g. on the worktop whether on a plate, in a container or in its packaging)
- Leave it in the fridge
- Leave it in a cool place (other than fridge)
- Defrosting it in the microwave
- Other
- Do not defrost meat or fish

What method do you use?

Q22

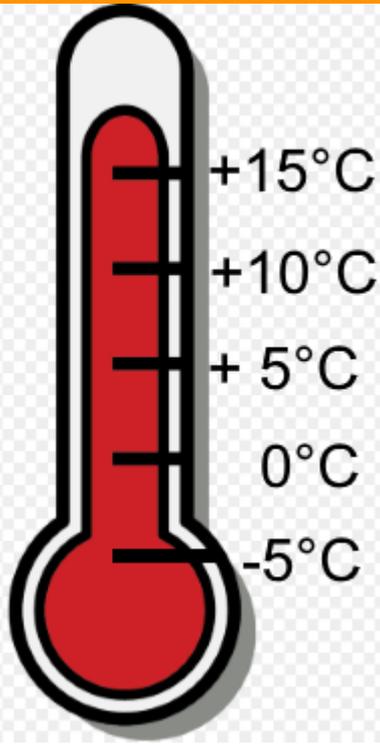
How do you normally check the temperature in your fridge? (Please tick any that apply)

- Check the setting / gauge of fridge
- Check the temperature display/ thermometer built into the fridge
- Put a thermometer in the fridge and check
- Look inside/check for ice/condensation
- Feel food inside to see if it is cold
- Other
- Never check fridge temperature
- Don't have a fridge

How do you check it?

Q23

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



Q24

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

- Anywhere
- On the bottom shelf of the fridge
- At the top of the fridge
- In a separate compartment e.g. a meat drawer or salad tray
- In the middle of the fridge
- Wherever there is space
- Other
- Don't store raw meat/poultry in the fridge
- Don't buy or store meat or poultry at all

Where?

Q25

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

- Away from cooked foods
- Covered with film \ foil
- In a covered container
- In its packaging
- On a plate
- Other

How do you store it?

Q26

What happens to the food in your fridge if the temperature is too high?

Q27

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)

- | | |
|---|---|
| <input type="radio"/> How it looks (e.g. mould, discolouration) | <input type="radio"/> Best before date |
| <input type="radio"/> How it smells | <input type="radio"/> Use by date |
| <input type="radio"/> How it tastes | <input type="radio"/> Sell by or display until date |
| <input type="radio"/> What it feels like / the texture | <input type="radio"/> Other date |
| <input type="radio"/> Whether it has been stored correctly | <input type="radio"/> Other |
| <input type="radio"/> Whether it's packaged properly | |

What do you look for?

Q28 **Which of these is the best indicator of whether food is safe to eat? (Please tick one box only)**

- Use by date
- Best before date
- Sell by date
- Display until date
- Don't know

Q29 **Do you check use-by dates when you are buying food? (Please tick one box only)**

- Yes, always
- Yes, depending on the food type
- Sometimes
- Never

Q30 **Do you check use-by dates when you are about to cook or prepare food? (Please tick one box only)**

- Yes, always
- Yes, depending on the food type
- Sometimes
- Never

Q31 **If a food label says 'use by 15 January' what is the last date you should eat it? (Please tick one box only)**

- | | | |
|----------------------------------|----------------------------------|---|
| <input type="radio"/> 13 January | <input type="radio"/> 17 January | <input type="radio"/> No specific date |
| <input type="radio"/> 14 January | <input type="radio"/> 18 January | <input type="radio"/> It depends on the condition of the food |
| <input type="radio"/> 15 January | <input type="radio"/> 19 January | <input type="radio"/> Don't know |
| <input type="radio"/> 16 January | <input type="radio"/> 20 January | |

Q32

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

- | | | |
|----------------------------------|----------------------------------|---|
| <input type="radio"/> 13 January | <input type="radio"/> 17 January | <input type="radio"/> No specific date |
| <input type="radio"/> 14 January | <input type="radio"/> 18 January | <input type="radio"/> It depends on the condition of the food |
| <input type="radio"/> 15 January | <input type="radio"/> 19 January | <input type="radio"/> Don't know |
| <input type="radio"/> 16 January | <input type="radio"/> 20 January | |

Q33

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)

- | | |
|--|---|
| <input type="radio"/> Up to one day | <input type="radio"/> More than five days |
| <input type="radio"/> Up to two days | <input type="radio"/> Follow the storage information on the product |
| <input type="radio"/> Up to three days | <input type="radio"/> Look at the use-by date |
| <input type="radio"/> Up to four days | <input type="radio"/> Not applicable – don't ever eat or use this food item |
| <input type="radio"/> Up to five days | |

Q79

How do you usually tell that food has been cooked properly? (Please tick all that apply)

- Taste it
- Check it's an even temperature throughout
- Put hand over it/touch it
- Use a thermometer/probe
- Use a timer to ensure it has been cooked for a certain amount of time
- It looks hot / is bubbling / sizzling / steaming
- Other
- I don't check
- Don't know

How would you check?

Q34 **How many times would you consider re-heating food after it was cooked for the first time? (Please tick one box only)**

- Not at all
- Once
- Twice
- Three times
- More than three times
- Don't know

Q35 **And how do you usually tell that food has been re-heated properly? (Please tick all that apply)**

- Taste it
- Check it's an even temperature throughout
- Put hand over it/touch it
- Use a thermometer/probe
- Use a timer to ensure it has been cooked for a certain amount of time
- It looks hot / is bubbling / sizzling / steaming
- Other
- I don't check
- Don't know

How would you tell?

Q36

Have you personally ever had food poisoning and if so when was the last occasion? (Please tick one box only)

- Yes, in the last year
- Yes, more than a year ago
- I think so but I'm not sure it was food poisoning
- No
- Don't know

Q37

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

- From something you ate in a café/restaurant
- From a take-away
- From a barbeque
- From a meal prepared at home
- From a meal prepared by family/friend in their home
- From something you ate past its use by date
- From food that was not cooked properly
- From food that was not stored properly
- Other
- Don't know

Did you confirm with your GP or local doctor's surgery that you had had food poisoning, and if so, did they tell you what type of food poisoning you had? (Please tick one box only)

- No – never visited GP/Doctor's surgery
- Yes, told me it was campylobacter
- Yes, told me it was salmonella
- Yes, told me it was e-coli
- Yes, told me it was listeria
- Yes, told me it was something else (not listed above)
- No, not told by my GP/not confirmed
- Don't know

The next few questions are about food labels.

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

- Ingredients
- Cooking instructions
- Allergy information
- Colour coded (traffic light) nutrition information on the front of the pack
- Number of calories
- Storage information
- Use-by dates / best before dates
- Country of origin
- Organic / sustainable / Fairtrade
- Other
- I never look at labelling on food products

What information?

| |
|--|
| |
|--|

Q40

Where would you go for information about food hygiene, and how to prepare and cook food safely at home? (Please tick all that apply)

- | | |
|---|--|
| <input type="checkbox"/> Family and friends | <input type="checkbox"/> Other food websites |
| <input type="checkbox"/> School / college / a course | <input type="checkbox"/> TV / radio campaigns |
| <input type="checkbox"/> Work | <input type="checkbox"/> Books |
| <input type="checkbox"/> Retailers (e.g. supermarkets) | <input type="checkbox"/> Internet search engine |
| <input type="checkbox"/> Newspapers | <input type="checkbox"/> Social media |
| <input type="checkbox"/> News websites | <input type="checkbox"/> Product packaging |
| <input type="checkbox"/> Food TV shows / cooking programmes | <input type="checkbox"/> Doctor / GP |
| <input type="checkbox"/> Food magazines | <input type="checkbox"/> Other |
| <input type="checkbox"/> Cookery books | <input type="checkbox"/> I don't look for information on food safety |
| <input type="checkbox"/> Food Standards Scotland website | |

Where would you go for information?

Q41

Have you seen or heard any advertising or publicity / media coverage recently about upsizing when eating out?

That is offers where you are encouraged to upgrade or add to your order, or to buy food and drink that you might not have originally intended to buy.

- Yes
- No
- Don't know

Q42

Where did you see or hear this advertising or publicity / media coverage?

Please select all that apply

- | | |
|---|--|
| <input type="checkbox"/> TV advertising | <input type="checkbox"/> Advertising on the internet |
| <input type="checkbox"/> Advertising on catch-up TV (e.g. STV player, All 4) | <input type="checkbox"/> Advertising / posts on Facebook |
| <input type="checkbox"/> TV programmes | <input type="checkbox"/> Advertising / posts on Twitter |
| <input type="checkbox"/> Radio advertising | <input type="checkbox"/> Advertising on Snapchat |
| <input type="checkbox"/> Radio features/programmes | <input type="checkbox"/> Advertising on Instagram |
| <input type="checkbox"/> Newspaper / magazine advertising | <input type="checkbox"/> Advertising on Youtube |
| <input type="checkbox"/> Newspaper / magazine article | <input type="checkbox"/> At a stand / display in a shopping centre |
| <input type="checkbox"/> Billboards / outdoor posters / digital posters at bus stops / railway stations | <input type="checkbox"/> Other |
| <input type="checkbox"/> Posters somewhere else | <input type="checkbox"/> Not seen or heard any advertising or publicity / media coverage |
| <input type="checkbox"/> Article on a website / blog / online | <input type="checkbox"/> Don't know |

Where did you hear or see it?

Q43

Please describe the advertising or publicity / media coverage you have seen or heard about up-sizing? What did it show and what did it say? PLEASE TYPE YOUR ANSWER BELOW GIVING AS MUCH DETAIL AS POSSIBLE

The next questions are about eating out.

Q44

During the past 7 days, have you eaten any meals prepared in the following places? Please select all that apply.

- Restaurant / sit-in café (not fast food)
- Fast food - takeaway
- Fast food - sit-in
- Canteen/cafeteria at workplace, University or College
- Bakery
- Sandwich shop / deli
- Retail / grocery shop / supermarket - 'meal deal'
- Retail / grocery shop / supermarket - not 'meal deal'
- Coffee shop
- Vending machine
- None of the above

Q45

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?

- A lot more healthy when I eat out
- A bit more healthy when I eat out
- About the same
- A bit less healthy when I eat out
- A lot less healthy when I eat out
- It varies too much to say
- Don't know

Q46 How much do you agree or disagree with each of these statements?

| | I definitely agree | I tend to agree | I neither agree nor disagree | I tend to disagree | I definitely disagree | Don't know |
|---|-----------------------|-----------------------|------------------------------|-----------------------|-----------------------|-----------------------|
| There is enough information provided about allergens in foods when eating out | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| All restaurants, cafes and takeaways should display calories on their menus / products | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| All restaurants, cafés and takeaways should display allergens on their menus / products | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q47 How do you judge the hygiene standards of the places you eat out at or buy food from? Please tick all that apply

- Word of mouth
- Reputation
- Appearance of staff
- General appearance of premises
- Hygiene sticker
- Hygiene certificate
- Websites
- Other
- Don't know

How do you judge the hygiene standards?

Food
hygiene
information
scheme

PASS

This establishment was inspected by Council in accordance with current food hygiene legislation and passed the inspection on

DATE ISSUED

SIGNED ON BEHALF OF THE ISSUING AUTHORITY

This certificate remains the property of the issuing authority, which reserves the right to remove it at any time.

Food
hygiene
information
scheme

Have you ever seen any of these images before today, and if so where?

Yes - food establishment window or door (e.g. restaurant/cafe)

Yes – on a website

Yes – in a newspaper/magazine

Yes – somewhere else

No, not seen



Food
hygiene
information
scheme

PASS

This establishment was inspected by Council in accordance with current food hygiene legislation and passed the inspection on

DATE ISSUED

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Q49 **This is a certificate for a food hygiene information scheme in Scotland.**

In the last 12 months, have you used this food hygiene information scheme to check a food establishment's hygiene standards?

Yes

No

Q50 **Where did you check it on the most recent occasion?**

Window or door (of restaurant/café or example)

On the internet

Somewhere else

Where?

Q51 **And on that occasion how much influence did it have on your decision on whether or not to use that establishment?**

It had a lot of influence

It had a little influence

It had no influence at all

| | | | | | | |
|--|---------------------------|------------------------|-------------------------------------|---------------------------|------------------------------|-----------------------|
| 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"/> |
| | | | I neither agree nor disagree | | I definitely disagree | |
| | I definitely agree | I tend to agree | | I tend to disagree | | Don't know |
| I am happy to eat burgers that are pink in the middle | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| There are serious health risks to young children and the elderly from food prepared at home | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| No one gets very ill from food they have prepared in their own kitchen | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| There are lots of easy things to do in the kitchen to reduce the risks of getting food poisoning | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | | | I neither agree nor disagree | | I definitely disagree | |
| | I definitely agree | I tend to agree | | I tend to disagree | | Don't know |
| I use the 5 second rule sometimes as a way of deciding if something is safe to eat/cook i.e. it can be used if it I pick it up from the floor in under 5 seconds | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Restaurants, bars and cafes usually provide enough information to allow me to check that the food I am eating is safe | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| I always follow use by dates | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Q54 **Have you seen or heard any advertising or publicity recently on the subject of how to avoid food poisoning in the home?**

- Yes
- No
- Don't know

Q55 **Where did you see or hear this advertising or publicity? Please tick all that apply**

- | | |
|--|---|
| <input type="checkbox"/> TV advertising | <input type="checkbox"/> On websites |
| <input type="checkbox"/> TV programme | <input type="checkbox"/> On Facebook |
| <input type="checkbox"/> Advertising on the radio | <input type="checkbox"/> On Twitter |
| <input type="checkbox"/> Features / programmes on the radio | <input type="checkbox"/> On Instagram |
| <input type="checkbox"/> Advertising in newspapers / magazines | <input type="checkbox"/> On Snapchat |
| <input type="checkbox"/> PR / News / Newspaper article | <input type="checkbox"/> Other internet / social media channels |
| <input type="checkbox"/> On posters | <input type="checkbox"/> Other |
| <input type="checkbox"/> On YouTube | <input type="checkbox"/> Don't know / can't remember |

Where did you see / hear it?

Q56 **Please describe to me the advertising or publicity you have seen or heard about food poisoning in the home? What did it show and what did it say?**

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

Q57 **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

Q58

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

I am now going to ask you some questions about food crime.

Food crime is a term that covers a number of areas such as:

- Food fraud: Swapping or adding cheaper, lower quality or dangerous ingredients.
- Mislabelling: Deliberately falsifying information on food labels, for example, saying it's Scottish produce, free range, or organic when it's not.
- Illicit goods: Selling a product as something it isn't, such as fake vodka or wine being sold as genuine.
- Unfit food: Allowing food to be sold that could be a risk to consumers: from putting animal by-products back into the food chain, to changing use-by dates
- Illegal slaughter: Slaughtering farmed and wild animals under conditions which don't meet animal welfare or hygiene standards
- Document fraud: Fraudulently using the identity of a genuine food business or using falsified documents to assure the quality of a product.

Q59

How serious a problem do you think food crime is in Scotland?

- Very serious
- Quite serious
- Neither serious nor not serious
- Not very serious
- Not at all serious
- Unsure

Q60

If you became aware of a food crime, what would you do? (Please tick all that apply)

- Report it to the police
- Report it to my local authority / council
- Complain to the place the food / drink was bought
- Search online (e.g. Google) what to do
- Contact Food Standards Scotland
- Phone the Scottish Food Crime Hotline
- Something else
- I wouldn't know what to do
- Nothing

What would you do?

Q61

Have you ever suspected that something you have eaten or drunk isn't what it said it was on the label?

- Yes
- No

Q62

Before today, had you heard of the Scottish Food Crime Hotline?

- Yes
- No

Q63

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 applies?

Q64

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

- Yes
- No
- Don't know

Q65

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

- Yes
- No

Q66

What are you / someone 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"/> Nuts, e.g. almonds, hazelnuts, walnuts, pecan nuts, Brazil nuts, pistachio, cashew, macadamia nuts or Queensland nuts |
| <input type="checkbox"/> Crustaceans, e.g. prawns, crab and lobster | <input type="checkbox"/> Celery (including celeriac) |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Mustard |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Sesame |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> Sulphur dioxide/sulphites (preservatives used in some foods and drinks) |
| <input type="checkbox"/> Soybeans | <input type="checkbox"/> Lupin |
| <input type="checkbox"/> Milk | <input type="checkbox"/> Molluscs, eg clams, mussels, whelks, oysters, snails and squid |
| | <input type="checkbox"/> Other |

What?

Q67

Do you carry an Epipen or other auto-injector with you when you are eating out?

- Yes, always
- Yes, sometimes
- No
- I don't have / need an Epipen / auto-injector

Q68 **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

Q69 **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

Q70 **Where do you mainly get 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 do you get allergy information?

Q71

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*)

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

Q72

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

- Minced or diced
- Meat portion (e.g. steak or chops)
- Skinless chicken portions
- Skin-on chicken portions
- Processed (e.g. sausages or bacon)
- Joints (e.g. of beef, lamb, pork, etc.)
- Whole chicken or other poultry
- Other type of raw meat
- Do not buy raw meat

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

Q73

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

Q74

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:

| |
|--|
| |
|--|

Q75 **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"/> Arab, Arab Scottish or Arab British |
| <input type="radio"/> Pakistani, Pakistani Scottish or Pakistani British | <input type="radio"/> Any other ethnic group |
| <input type="radio"/> Indian, Indian Scottish or Indian British | <input type="radio"/> Would prefer not to say |
| <input type="radio"/> Bangladeshi, Bangladeshi Scottish or Bangladeshi British | |

Q76 **This study is being funded by 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.**

- Yes
- No

Q77 **Please enter your contact details:**

Name:

Email:

Q78 **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. Please type xx9 9xx if you do not want to enter your postcode.**

THANK YOU VERY MUCH FOR TAKING PART IN THIS IMPORTANT RESEARCH