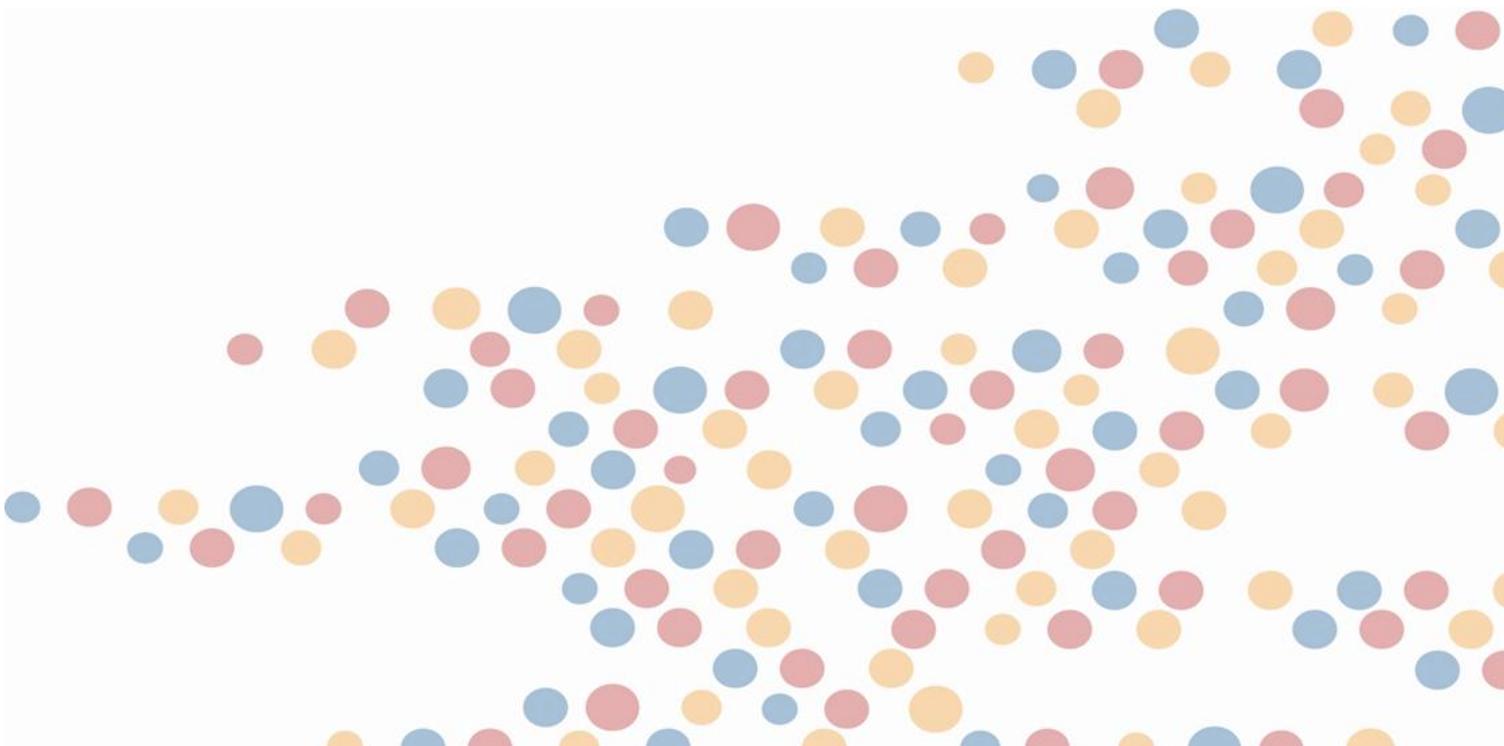




FSS Consumer Attitudes Survey – Wave 10 Questionnaire – Healthy Eating Module

Food Standards Scotland



Thank you for agreeing to take part in this national survey on food in Scotland. The survey should take around 30 minutes to complete, but you can pause the survey at any time and come back to complete it.

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

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

Do you voluntarily agree to participate in this study?

Yes, I agree to participate

No, I do not agree to participate

Q1: DEMOG1

Single coded

Are you?

- 1 Male
- 2 Female
- 3 Prefer to self-describe (_____)
- 4 Prefer not to say

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

Q2: DEMOG2

Single coded

Which of the following age groups do you fall into?

- 1 Under 16 - CLOSE
- 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 - CLOSE

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

Q3: DEMOG3

Single coded

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 based on previous occupation

(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: DEMOG4

Single coded

Which of these best describes where in Scotland you live?*Please select one answer only*

- 1 Grampian
- 2 Highland
- 3 Perth/Tayside
- 4 Western Isles
- 5 Orkney
- 6 Shetland
- 7 Glasgow
- 8 Ayrshire
- 9 Lanarkshire
- 10 Argyll
- 11 Edinburgh & Lothians
- 12 Fife
- 13 Central
- 14 Borders
- 15 Dumfries & Galloway
- 16 Do not live in Scotland - CLOSE

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

Q5: DEMOG5

Numeric

[Min = 1](#) | [Max = 20](#)**How many people are there in your household altogether, including any children and yourself?****Q6: DEMOG6**

Multi coded

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

- 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: FSS1

Single coded

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?**

- 1 Yes - *Go to Q8*
- 2 No - *Go to Q12*

Q8: FSS1A ASK IF YES (CODE 1) AT Q7

Single coded

How well do you feel you understand Food Standards Scotland's role/remit?

- 1 Very well
- 2 Quite well
- 3 Not very well
- 4 Not at all well
- 5 Unsure

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

Please select all that apply.

ROTATE

- 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 Ensuring food is authentic – what it says it is on the packaging
- 9 Country of origin labels, which identify where food comes from
- 10 Allergen labelling on all food packaging
- 11 Working with the food industry and business to improve standards
- 12 Tackling food crime and food fraud
- 13 Making sure the food we eat in Scotland is of a high quality
- 14 Making sure food is produced ethically and that animal welfare is protected
- 15 Working with food businesses to improve the nutritional value of the food we eat
- 16 Other (please write in) *Open *Position fixed
- 17 Don't know *Position fixed *Exclusive

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

Q11: FSS4 ASK IF YES (CODE 1) AT Q7

Matrix

How do you rate Food Standards Scotland in terms of?

ROTATE

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

Q12: INFOCONC7

Matrix

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?

ROTATE

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

Q13: INFOCONC5

Matrix

Do you have clear information on...?

ROTATE

	Yes	No
Eating a healthy balanced diet	<input type="checkbox"/>	<input type="checkbox"/>
How to prepare and cook food safely and hygienically	<input type="checkbox"/>	<input type="checkbox"/>
What the labels on the food that I buy mean	<input type="checkbox"/>	<input type="checkbox"/>
Ingredients in food which could cause allergic reactions		

Q14: INFOCONC6

Multi coded

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

- 1 Preventing food poisoning
- 2 Food safety when preparing and cooking food at home
- 3 Reducing the amount of treats and unhealthy snacks we eat
- 4 Changing what we eat now to avoid health problems later in life
- 5 Having a healthy diet
- 6 Food allergies
- 7 Healthy eating and food safety teaching resources
- 8 How to report food crime
- 9 Food poisoning from campylobacter
- 10 Other (specify) **Position fixed*
- 11 Not seen/heard any advertising about food issues **Position fixed *Exclusive*

HEALTHYEATINTRO

Text

I am now going to ask you some questions about healthy eating. Please think about the last 3 months when answering.**Q15: HEALTHEAT1**

Single coded

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

- 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*

Q16: HEALTHEAT2 ASK ONLY IF CHILDREN IN HOUSEHOLD (CODES 2-5 AT Q6)

Single coded

And thinking about the kinds of foods your children eat and drink at the moment (both for meals and snacks), how healthy do you feel these are?

- 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*

Q17: HEALTHEAT3

Matrix

Please indicate how much each of these concerns you?**ROTATE**

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

Q18: HEALTHEAT4

Matrix

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

ROTATE

	I definitely agree	I tend to agree	I neither agree nor disagree	I tend to disagree	I definitely disagree	Don't know <i>*Position fixed</i>
I get confused over what's supposed to be healthy and what isn't	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
As long as you take enough exercise you can eat whatever you want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that an unhealthy diet can cause lots of health problems, like cancer and heart disease	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I tend to eat more unhealthily at home than when eating takeaways/delivery food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm worried about the types of food my child(ren) is/are eating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating things like cakes, biscuits, chocolates or sweets makes me feel good	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are too many people who eat unhealthily in Scotland	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating healthy food makes me feel good about myself	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know that in Scotland, we have to make some significant changes to what we eat to be more healthy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know I need to do something to eat more healthily	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I know I eat too many 'treats' like cakes, biscuits, chocolates or sweets every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthy eating is too expensive						
Most people lack time to make healthy meals						
Healthy eating isn't appealing						
I'm confident I know what makes up a healthy balanced diet						

**Scripter notes: SCRIPTING: STATEMENT 5 SHOULD ONLY BE ASKED OF PARENTS DEFINED AS Q6 CODES 1-5
INVERT SCALE, DON'T KNOW FIXED AT END**

Q19: HEMOD1

Matrix

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

ROTATE

	Always or nearly always	Mostly	Sometimes	Rarely	Never	Don't eat/buy/not applicable
Eat at least 5 portions of a variety of fruit and vegetables each day	<input type="checkbox"/>					
Drink at least 6 to 8 cups or glasses of fluid every day (for example water, tea or coffee, etc.)	<input type="checkbox"/>					
Look at the front of pack traffic light, or colour coded labelling which shows how many calories, sugar, salt and saturated fats are in package foods	<input type="checkbox"/>					

Q20: HEMOD16

Matrix

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

ROTATE

	Very important	Quite important	Not very important	Not at all important	Don't know
Eating at least 5 portions of a variety of fruit and vegetables each day	<input type="checkbox"/>				
Only choosing foods that are high in fat, salt or sugars (e.g. confectionery, biscuits, cakes) occasionally and in small amounts	<input type="checkbox"/>				
Look at the front of pack traffic light, or colour coding labelling which shows how many calories, sugar, salt and saturated fats are in package foods	<input type="checkbox"/>				
Eating less meat					

Q21: HEMOD17

Matrix

Please look at the following and select whether you think each statement is True or False.

ROTATE

	True	False	Don't know
Beans and fruit and vegetables are all good sources of fibre	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It is a healthy choice to avoid carbohydrates such as bread, pasta, rice and potatoes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eating too much sugar and fat can lead to obesity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Too much salt can raise your blood pressure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foods, such as biscuits, cakes, confectionery and savoury snacks should only be eaten occasionally and in small amounts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You should avoid sugary drinks such as colas or lemonade	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The natural sugars in fruit juice are good for you	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Calories in alcoholic drinks don't count	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
You should avoid eating oily fish as it is too fatty			
Tinned fruit does not count as 1 of your 5 a day			
Full fat dairy products are better for you than lower fat			

Q22: HEMOD9

Open

How many calories should an average man have per day?

99 don't know *Position fixed *Exclusive

Scripter notes: This is set up as an open numeric question - respondents allowed to give an answer of up to 5 digits.

Q23: HEMOD10

Open

How many calories should an average woman have per day?

99 don't know *Position fixed *Exclusive

Scripter notes: This is set up as an open numeric question - respondents allowed to give an answer of up to 5 digits.

Q24: HEMOD11

Single coded

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

- 1 Yes – every time I drink them
- 2 Yes – some of the time when I drink them
- 3 No – never think of the calories when I drink them
- 4 I don't drink alcoholic drinks
- 99 don't know *Position fixed *Exclusive

Q25: HEMOD19

Text

Now we want you to think about the food you have been ordering from takeaways or online delivery services over the past 3 months.**Q26: TWAY1**

Single coded

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

- 1 More than once a week
- 2 Once a week
- 3 2-3 times per month
- 4 Once a month
- 5 Less than once a month
- 6 Haven't had a takeaway in the past 3 months **SKIP TO Q30**

Q27: HEMOD22

Matrix

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

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
I don't want to think about healthy choices when I order takeaway/delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are not enough healthy choices when ordering takeaway/delivery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Portion sizes of takeaways/delivery food are too big	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having calories for meals displayed on a menu would make me more likely to choose to eat there	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to say no when I'm asked if I want to go large, make it a meal deal or add sides or extras	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There is enough information provided about allergens in foods when ordering a takeaway						
All takeaways should display calories on their menus						
All takeaways should display allergens on their menus						

Scripter notes: RANDOMISE STATEMENTS

Q28: HEMOD20

Single coded

How easy or difficult is it for you to eat healthily when ordering a takeaway or delivery?*Please select one answer*

- 1 Very easy
- 2 Quite easy
- 3 Quite difficult
- 4 Very difficult

Q29: HEMOD21

Multi coded

Which, if any, of the following would make it easier for you to eat healthily when ordering a takeaway or delivery?*Please select all that apply***ROTATE**

- 1 Showing the calories in food on menus
- 2 Smaller portion sizes
- 3 More healthy options
- 4 Better promotion of healthy options
- 5 Being able spot healthy options quickly and easily
- 6 Lower prices for healthy options
- 7 Fewer promotions on unhealthy options
- 8 Not being asked if I want to go large, make it a meal deal, or if I want to add sides or extras
- 9 Other (write in) *Open *Position fixed
- 10 Nothing/none *Position fixed
- 11 Don't know *Position fixed

ASK ALL**Q30: CHANGE1**

Matrix

Looking at the list below, please indicate whether you have done each of these more or less in the last 3 months, or whether you have not changed these.*(Please select one answer per action)***ROTATE**

	More	Less	No change
Eaten at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cooked at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had takeaway food direct from a restaurant/takeaway	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had home delivery from a fast food outlet or restaurant	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had takeaway food from ordering delivery service e.g. Just Eat, Deliveroo, UberEats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eaten snacks and treats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bought snacks and treats on special offer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

ASK ALL

Q31: HEMOD23

Single coded

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

- 1 Very serious
- 2 Fairly serious
- 3 Not very serious
- 4 Not at all serious
- 5 Don't know **Position fixed*

Q32: HEMOD33

Single coded

Do you believe there is a definite link between your diet and the likelihood of getting some types of cancer?

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

Q33: HEMOD18

Matrix

These statements are about food and drink in the shops and/or online food shops. Please indicate how much you agree or disagree with each one of these.**ROTATE**

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
Promotional offers on foods high in fat, sugar and salt should be banned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standard portion sizes of items such as chocolate bars, savoury snacks, crisps, sweets, cakes, muffins should be reduced	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
It worries me that unhealthy foods seem to be on price promotion more often than healthy ones						

Q34: PROMO3

Single coded

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

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

Q35: HEMOD33

Multi coded

Food Standards Scotland launched the Eatwell Guide in March 2016. The Eatwell Guide shows the proportions in which different types of foods are needed to have a well-balanced and healthy diet.

Have you seen the Eatwell Guide?

Please tick all that apply

ROTATE SHOW EATWELL GUIDE IMAGE

- 1 Yes, online / on a website
- 2 Yes, in medical centre/GP/hospital/dentist
- 3 Yes, in school
- 4 Yes, at college/university
- 5 Yes, at workplace
- 6 Yes, at an event I attended
- 7 Yes, somewhere else (please write in) **Open *Position fixed*
- 8 No, not seen **Position fixed *Exclusive – SKIP TO Q38*
- 9 Don't know **Position fixed *Exclusive – SKIP TO Q38*

Q36: EATWELL1 ASK UNLESS NO/DK AT Q35 (CODES 8 OR 9)

Single coded

How well do you feel you understand the Eatwell Guide?

- 1 Very well
- 2 Fairly well
- 3 Not very well
- 4 Not at all well
- 5 Don't know **Position fixed*

Q37: EATWELL2 ASK UNLESS NO/DK AT Q35 (CODES 8 OR 9)

Single coded

Have you personally used the Eatwell guide?

- 1 Yes
- 2 No

Q38: EATWELL3 ASK ALL

Single coded

To what extent would further guidance on eating a healthy balanced diet be useful for you personally?

- 1 Very useful
- 2 Fairly useful
- 3 Not very useful
- 4 Not at all useful
- 5 Don't know **Position fixed*

COVIDINTRO

Text

The next set of questions are about the coronavirus pandemic. Please think about the period since 'lockdown' when answering.

Q39 COVID1

Multi coded

Since the coronavirus pandemic began, people have been affected in different ways. Looking at the list below, which, if any, have you been affected by as a result of the coronavirus?

(Please select all that apply)

ROTATE

- 1 Working from home
- 2 Being put on the government scheme known as 'furloughing'
- 3 Having a reduced income
- 4 Seeking help to afford food from family and/or friends
- 5 Seeking help to afford food from emergency support such as a foodbank
- 6 I am shielding (I am vulnerable and not leaving my home and minimising all non-essential contact within my home)
- 7 None of these
- 8 Prefer not to say

Q40 COVID2

Single code

To what extent, if at all, are you worried about there being enough food available for you/your household to buy in the next month?

(Please select one answer only)

ROTATE

- 1 Very worried
- 2 Somewhat worried
- 3 Not very worried
- 4 Not at all worried
- 5 Don't know
- 6 Prefer not to answer

Q41 COVID3

Single code

To what extent, if at all, are you worried you/your household will not be able to afford food in the next month?

(Please select one answer only)

ROTATE

- 1 Very worried
- 2 Somewhat worried
- 3 Not very worried
- 4 Not at all worried
- 5 Don't know
- 6 Prefer not to answer

Q42: COVID4

Matrix

Since the start of the coronavirus outbreak, to what extent, if at all, are you doing more or less of the following?

ROTATE

	Much more	A little more	There has been no difference	A little less	Much less	Don't know <i>*Position fixed</i>	N/A <i>*Position fixed</i>
Cooking meals from scratch,	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating longer shelf life foods (such as tinned, dried or frozen foods)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating fruit and vegetables (fresh, frozen or tinned)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating cakes and biscuits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating savoury snacks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating confectionery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating ice cream	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Eating ready meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Drinking alcohol							
Spending on grocery food shopping							
Watching portion sizes							
Eating together as a family*							
The amount of indoor physical activity you are doing							
The amount of outdoor physical activity you are doing							
Eating more out of boredom							
Had an online food delivery from a supermarket							
Purchased food from a local supplier (i.e. farm shop, veg box etc) either direct or online							
Visiting the supermarket							
Meal planning							

***ASK ONLY IF Q5>1**

Q43: COVID5

Matrix

Thinking about the issues below, to what extent have they got better or got worse since the coronavirus outbreak?

ROTATE

	Much better	A little better	No change	A little worse	Much worse
Your diet	<input type="checkbox"/>				
The diet of people in your family*	<input type="checkbox"/>				
Your physical activity levels	<input type="checkbox"/>				
Physical activity levels of people in your family*	<input type="checkbox"/>				
Your mental wellbeing [ADD PREFER NOT TO SAY OPTION FOR THIS CODE ONLY]	<input type="checkbox"/>				

***ASK ONLY IF Q5>1**

Q44: COVID6

Matrix

How concerned, if at all, are you about each of the following issues at the moment?**ROTATE**

	Very concerned	Somewhat concerned	A little concerned	Not concerned at all	Don't know
Your body weight	<input type="checkbox"/>				
The body weight of people in your family*	<input type="checkbox"/>				
Your diet	<input type="checkbox"/>				
The diet of people in your family*	<input type="checkbox"/>				
Your levels of physical activity	<input type="checkbox"/>				
The levels of physical activity in your family*					
Your mental wellbeing [ADD PREFER NOT TO SAY OPTION]					
The mental wellbeing of your family [ADD PREFER NOT TO SAY OPTION]*					

ASK ONLY IF Q5>1*Q45: COVID7 ASK ALL WHO SAY THEIR DIET HAS GOT BETTER OR WORSE AT Q43**

Single code

You said your diet was [INSERT ANSWER FROM Q43] since the coronavirus outbreak. Do you expect your diet to change over the next 6-12 months?

- 1 Yes, it will get better
- 2 Yes, it will get worse
- 3 No change
- 4 Don't know

Q46: COVID8

Single code

Which of the following best describes your approach to taking vitamin D supplements? ONE ANSWER ONLY**ROTATE**

- 1 I usually take a vitamin D supplement
- 2 I have started taking a vitamin D supplement since the coronavirus pandemic
- 3 I do not take a vitamin D supplement

Q47: COVID9

Single code

Have you seen any information about taking vitamin D supplements during the coronavirus 'lockdown' period?**ROTATE**

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

Q48: COVID10

Matrix

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

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
Eating a healthy diet can help boost your immune system	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coronavirus can be more severe for people who are overweight or obese	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
I am personally unlikely to catch coronavirus	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Coronavirus can be more severe for people who have conditions like Type 2 Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Taking a vitamin D supplement is especially important at the moment						
I understand the benefits of taking a vitamin D supplement						

ALLERGYINTRO

Text

The next few questions are about diet and food allergies

Q49: ALLERGY1

Multi coded

Which, if any, of the following applies to you?

(Please tick all that apply)

- 1 Completely vegetarian
- 2 Pescetarian (eat a vegetarian diet which also includes fish but no meat)
- 3 Flexitarian (actively reducing the amount of meat and dairy in my diet)
- 4 Vegan
- 5 Allergic to certain foods or ingredients
- 6 On a diet trying to lose weight
- 7 On a diet trying to gain weight
- 8 On a diet due to diabetes
- 9 Reducing the amount of fat in my diet
- 10 Reducing the amount of sugar in my diet
- 11 Reducing the amount of starchy foods in my diet
- 12 Increasing the amount of protein in my diet
- 13 Increasing the amount of starchy foods in my diet
- 14 Avoid certain food for religious or cultural reasons
- 15 Avoid certain food for medical reasons other than a food allergy e.g. diabetes
- 16 Avoid certain foods for other reasons (e.g. foods that don't seem to agree with me)
- 17 Other (please write in) *Open *Position fixed
- 18 None *Position fixed *Exclusive

Q50: ALLERGY4A ASK ONLY IF Q49=4**Multi coded****What are you allergic to? (Please tick all that apply)****ROTATE**

- 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)
- 13 Lupin (Lupin flour and seeds can be used in some types of bread, pastries, pasta etc.)
- 14 Molluscs, eg clams, mussels, whelks, oysters, snails and squid
- 15 Other (specify) *Position fixed

Q51: ALLERGY2 ASK ONLY IF Q5 > 1**Multi coded****Does anyone in your household, other than you, have a food allergy?**

- 1 Yes, an adult aged 18+ – **GO TO Q52**
- 2 Yes, a young person aged 12-17years – **GO TO Q52**
- 3 Yes, a child aged 11 years or under – **GO TO Q52**
- 4 No – **SKIP TO Q53**
- 5 Don't know - **Go to Q53**

Q52: ALLERGY4B ASK ONLY IF Q51=(1,2,3)**Multi coded****What is this person in your household allergic to? (Please tick all that apply)****ROTATE**

- 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)
- 13 Lupin
- 14 Molluscs, eg clams, mussels, whelks, oysters, snails and squid
- 15 Other (specify) *Position fixed

Q53: ALLERGY5 ASK ONLY IF Q49=4 OR Q51=(1,2,3) AND NOT Q26=6

Single coded

How easy or difficult is it to find allergy information about foods when ordering a takeaway?

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

Q54: ALLERGY7 ASK ONLY IF Q49=4 OR Q51=(1,2,3) AND NOT Q26=6

Multi coded

Where do you mainly get food allergy information when ordering a takeaway? (Please tick all that apply)

ROTATE

- 1 Ask staff for information
- 2 Information on menus
- 3 Other in-store information e.g. signs on the wall
- 4 Takeaway website
- 5 Other (namely) *Position fixed

ASK ALL

Q55: ALLERGY10

Single coded

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

ROTATE

	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know *Position fixed
Food allergies can be life-threatening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I don't believe that all the people who say they have a food allergy really do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Having a food allergy is nothing to be embarrassed about	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I always check if people I'm cooking for have a food allergy						
Food intolerances are a myth						

CLASSINTRO

Text

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

Q54: CLASSIF1

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

Q55: CLASSIF2

Single coded

Which best describes your usual 'pre coronavirus' 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) *Open *Position fixed
- 14 Would prefer not to say *Position fixed

Q56: CLASSIF3

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

Q57: CLASSIF5

Single coded

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.

1 Yes

2 No

Q58: CLASSIF4

Alpha

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

TYPE IN BOX

CLOSE

Text

Thank you very much for taking part in this important piece of research.