

Food behaviours in the UK student population: Appendix

Co-creation session discussion guide summary

1. Welcome, team introductions and consent
2. Icebreaker
3. Introduction to 4C's
4. Activity1: mark food safety problem areas on kitchen image, group discussion and feedback
5. Activity 2: review draft questionnaire, develop new questions/adapt existing questions, group discussion and feedback
6. Wrap-up and final feedback

Online survey

[Introduction module]

[SHOW ALL]

The aim of the survey is to help the Food Standards Agency (FSA) and Food Standards Scotland (FSS) understand undergraduate student's attitudes and behaviour relating to food, including cooking, preparing, and storing food in shared kitchens. The findings will be used to inform policy decision-making and communication campaigns by identifying areas where action or further research is required.

We will ask you a series of questions about yourself, and your knowledge, attitudes, and behaviours about a range of food related topics. In addition, you have the option to send us a photo of your sink and the inside of your fridge.

As we are interested in your experiences of shared kitchens, please consider your term-time residence when completing the survey.

The survey should take less than 20 minutes to complete.

You can complete the survey on a desktop, laptop, smartphone or tablet.

You will receive XXX points for completing the survey, and an additional XXX points for providing a photo of the inside of your fridge and an additional XXX points for a photo of your sink.

[ASK ALL]

AGECHECK What is your age?

1. OPEN TEXT/DROP DOWN [under 17 years CLOSE]

IF CONSENT = 1 CONTINUE

[ASK ALL]

STUDENTCHECK Are an undergraduate student at a university in England, Scotland, Wales or Northern Ireland?

1. Yes, England
2. Yes, Scotland
3. Yes, Northern Ireland
4. No CLOSE

IF STUDENTCHECK = 1,2,3 CONTINUE

[ASK ALL]

KITCHEN Do you have access to a kitchen or food preparation area in your term-time accommodation?

1. Yes CONTINUE
2. No CLOSE

IF KITCHEN = 1 CONTINUE

[PHOTOS MODULE]

[ASK ALL]

PHOTOINTRO

Please take a photo of your sink area and the inside of your fridge.

There is no need to do a quick wipe down, tidy up or move anything around, we want to see your sink and fridge as they are right now!

You will receive XXX points for a photo of the inside of your fridge and XXX points for a photo of your sink.

[ASK ALL]

PHOTOFRIDGE

Please take a photo of the inside of the fridge in your kitchen. Aim to capture all the shelves and inside of the fridge door.

Remember - There is no need to do a quick wipe down, tidy up or move anything around, we want to see your fridge as it is right now!

If you have more than one fridge in your kitchen, please take a photo of the one which you typically use.

How to take a good photo of your fridge:

A good photo...

- Inside of whole fridge and door shown
- Good lighting
- In focus

Not so good...

- Only shows the fridge door
- Too dark
- Blurred image

[ASK ALL]

PHOTOSINK

Please take a photo of your sink area from above. Aim to capture the whole sink bowl, tap and draining board.

Remember - There is no need to do a quick wipe down, tidy up or move anything around, we want to see your sink as it is right now!

If you have more than one sink in your kitchen, please take a photo of the one which you typically use.

How to take a good photo of your sink:

A good photo...

- Shows whole sink area from above (include the draining board if you have one!)
- Good lighting
- In focus

Not so good...

- Only shows part of the sink area or taken from an angle
- Too dark
- Blurred image

[Demographics module]

We would like to start by asking a few questions about you.

[ASK ALL]

GENDER Which of the following describes how you think of yourself?

Please select one answer only

SINGLE-CODE

1. Male
2. Female
3. In another way
4. Prefer not to say

[ASK ALL]

ETHGRP Which one of the following best describes your ethnic group or background?

Please select one answer only

WHITE [drop down options below]

1. English/Welsh/Scottish/Northern Irish/British
2. Irish
3. Gypsy or Irish Traveller

4. Any other White background (please specify)

MIXED [drop down options below]

5. White and Black Caribbean

6. White and Black African

7. White and Asian

8. Any other mixed/multiple ethnic background (please specify)

ASIAN OR ASIAN BRITISH [drop down options below]

9. Indian

10. Pakistani

11. Bangladeshi 12. Chinese

13. Any other Asian/Asian British background (please specify)

BLACK OR BLACK BRITISH [drop down options below]

14. Caribbean

15. African

16. Any other Black/Black British background (please specify)

OTHER ETHNIC GROUP [drop down options below]

17. Arab

18. Any other ethnic group (please specify) [offer open text box for this]

19. PREFER NOT TO SAY

ANNUAL INCOME Thinking about your annual income, which of the following groups represents your total income before deductions for income tax, National Insurance etc? This includes your student loan, income from working, grants, and any money from your parents, relatives, or guardians.

Please select one answer only

Annual Income

1. Less than £13,000
2. £13,000-£18,999
3. £19,000-£25,999
4. £26,000-£31,999
5. £32,000-£47,999
6. £48,000-£63,999
7. £64,000-£95,999
8. More than £96,000
9. Prefer not to say
10. I don't know

[ASK ALL]

WHICHUNI Which university do you study at [list all universities]

[ASK ALL]

UNIYEAR Which year of undergraduate study are you currently in?

1. 1st Year
2. 2nd Year
3. 3rd Year
4. 4th Year
5. 5th Year
6. Placement or industry year
7. Other, please specify [OPEN TEXT]

[ASK ALL]

WHICHSUBJECT Which subject area do you study?

Please choose the subject area that is closest to your degree course. If you study more than one area please choose 'combined' at the end of this list.

Please select one answer

1. Architecture, building & planning
2. Biological sciences
3. Business & administrative studies
4. Creative arts & design
5. Eastern, Asiatic, African, American & Australasian languages, literature & related subjects
6. Education
7. Engineering
8. European languages, literature & related subjects
9. Historical & philosophical studies
10. Law
11. Linguistics, classics & related subjects
12. Mass communications & documentation
13. Mathematics
14. Medicine & dentistry
15. Physical sciences
16. Social studies
17. Subjects allied to medicine
18. Technologies
19. Veterinary sciences, agriculture & related subjects
20. Combined/general subject unspecified
21. Other

[ASK ALL]

MODE What is your mode of study?

1. Full-time
2. Part-time

[ASK ALL]

UKSTUDENT Are you a national or international student?

1. UK national student
2. International student

[ASK ALL]

HOUSING What type of housing do you usually live in during term-time?

1. Halls of residence without catering
2. Halls of residence with catering provided
3. Private rental (landlord/agency) e.g. house, flat or lodger
4. Own property
5. At parental/guardian home
6. Other [open text box]

[ASK ALL]

PARENTAL SEG Which of the following best describes the occupation of the chief income earner in your parental/guardian household?

1. A - Professional / higher managerial (e.g. doctor, lawyer, chairman or managing director of medium or large firm)
2. B - Manager / senior administrator (e.g. senior manager, owner of small business, head teacher)
3. C1 - Supervisor / clerical / skilled non-manual (e.g. teacher, secretary, junior manager, police constable)
4. C2 - Skilled manual worker (e.g. fireman, plumber, electrician, hairdresser)
5. D - Semi-skilled / unskilled manual worker (e.g. assembler, postman, shop assistant)
6. E - Receiving state benefits for sickness, unemployment, old age or any other reason
7. Other
8. Prefer not to say

[ASK ALL]

VEG Do you consider yourself to be any of the following?

Please select one answer only

1. Vegetarian [INFO BUTTON: a person who does not eat meat or fish]
2. Pescatarian [INFO BUTTON: a person who does not eat meat but does eat fish.]
3. Vegan [INFO BUTTON: a person who does not eat or use animal products.]
4. Mainly vegetarian but occasionally eat meat e.g. flexitarian
5. Omnivore [INFO BUTTON: a person who eats meat and/or fish]
6. Other [OPEN TEXT]
7. Prefer not to say

[ASK ALL]

FOODREAC Do you suffer from a bad or unpleasant physical reaction after consuming certain foods, or avoid certain foods because of the bad or unpleasant physical reaction they might cause?

[INFO BUTTON: This may include symptoms associated with food allergies and food intolerances, such as difficulties breathing and swallowing, skin rash, itching and swelling on the face or in the mouth, nausea, vomiting, abdominal pain, bloating or diarrhoea.]

Please select one answer only

1. Yes
2. No
3. Don't know
4. Prefer not to say

[ASK IF HAS NEGATIVE REACTION - FOODREAC = 1]

REACSOURCE Do you experience a bad or unpleasant physical reaction to any of the following

foods?

Please select all answers that apply

1. Peanuts
2. Other nuts for example, almonds, hazelnuts, walnuts, cashew nuts, pecans
3. Cow's milk and products made with cow's milk for example, butter, cheese, cream, yoghurt
4. Cereals containing gluten for example, wheat, rye, barley, oats
5. Eggs
6. Fish
7. Crustaceans for example, crabs, lobster, prawns, scampi
8. Molluscs for example, mussels, snails, squid, whelks, clams, oysters
9. Soya
10. Celery/celeriac
11. Mustard
12. Lupin
13. Sesame
14. Sulphur dioxide/sulphites
15. Other cereals for example, buckwheat, rice, corn (please specify)
16. Fruit (please specify)
17. Vegetables (please specify)
18. Other (please specify)
19. Prefer not to say [EXCLUSIVE]

[ASK FOR EACH FOOD TO WHICH PARTICIPANT HAS A NEGATIVE REACTION AT
REACSOURC – REACSOURC <> 19]

REACTYP How would you best describe your problem with {TEXT FILL WITH FOOD TYPE}?

REACSOURC_1 Peanuts

REACSOURC_2 Other nuts for example, almonds, hazelnuts, walnuts, cashew nuts, pecans

REACSOURC_3 Cow's milk and products made with cow's milk for example, butter, cheese, cream, yoghurt

REACSOURC_4 Cereals containing gluten for example, wheat, rye, barley, oats

REACSOURC_5 Eggs

REACSOURC_6 Fish

REACSOURC_7 Crustaceans for example, crabs, lobster, prawns, scampi

REACSOURC_8 Molluscs for example, mussels, snails, squid, whelks, clams, oysters

REACSOURC_9 Soya

REACSOURC_10 Celery/celeriac

REACSOURC_11 Mustard

REACSOURC_12 Lupin

REACSOURC_13 Sesame

REACSOURC_14 Sulphur dioxide/sulphites

REACSOURC_15 Other cereals for example, buckwheat, rice, corn

REACSOURC_16 Fruit

REACSOURC_17 Vegetables

REACSOURC_18 Other

Please select one answer only

1. Food allergy
2. Food intolerance
3. Coeliac disease
4. Other
5. Don't know
6. Prefer not to say

[ASK FOR EACH FOOD TO WHICH PARTICIPANT HAS A NEGATIVE REACTION AT REACSOURCE – REACSOURCE <> 19]

REACCOND How did you find out about your problem with {INSERT ITEM FROM REACSOURCE}?

REACCOND_1 Peanuts

REACCOND_2 Other nuts for example, almonds, hazelnuts, walnuts, cashew nuts, pecans

REACCOND_3 Cow's milk and products made with cow's milk for example, butter, cheese, cream, yoghurt

REACCOND_4 Cereals containing gluten for example, wheat, rye, barley, oats

REACCOND_5 Eggs

REACCOND_6 Fish

REACCOND_7 Crustaceans for example, crabs, lobster, prawns, scampi

REACCOND_8 Molluscs for example, mussels, snails, squid, whelks, clams, oysters

REACCOND_9 Soya

REACCOND_10 Celery/celeriac

REACCOND_11 Mustard

REACCOND_12 Lupin

REACCOND_13 Sesame

REACCOND_14 Sulphur dioxide/sulphites

REACCOND_15 Other cereals for example, buckwheat, rice, corn

REACCOND_16 Fruit

REACCOND_17 Vegetables

REACCOND_18 Other

Please select all answers that apply

1. I have been diagnosed by an NHS or private medical practitioner (for example, GP, dietician, allergy specialist in a hospital or clinic) [INFO BUTTON: Common diagnosis methods include patient history assessments, skin prick test, blood test, food challenge, patch tests and elimination tests]
2. I have been diagnosed by an alternative or complementary therapist (for example, homeopath, reflexologist, online or walk-in allergy testing service)
3. I have noticed that this food causes me problems, but I have not been formally diagnosed with a specific condition.
4. Other (please specify)

[SHARED KITCHEN MODULE]

Next, we are going to ask you some questions about your term-time kitchen.

[ASK ALL]

TOTALPEPS How many people in total (including yourself) use your kitchen area?

1. Only me
2. 2 people
3. 3-4 people
4. 5-6 people
5. 7-8 people
6. 9 or more people

[ASK ALL]

KITCHEQUP Which of the following items, if any, do you have access to in the kitchen

Please select all that apply

MULTICODE. RANDOMISE OPTIONS

KITCHEQUP_a Fridge

KITCHEQUP_b Freezer

KITCHEQUP_c Oven
KITCHEQUP_d Microwave
KITCHEQUP_e Kettle
KITCHEQUP_f Toaster
KITCHEQUP_g Hobs
KITCHEQUP_h Dishwasher
KITCHEQUP_i None of the above [exclusive]

FRIDGEAREA [ASK KITCHEQUP_a =1]

Do you have an allocated area in the fridge?

1. Yes
2. No

FRIDGEALLOCATED [ASK KITCHEQUP_a =1]

Typically, where in the fridge do you store your food?

1. On an allocated shelf
2. In an allocated drawer
3. In the door of the fridge
4. Wherever there is space (exclusive)
5. I store different types of food in specific areas of the fridge i.e. ready-to-eat foods on the top shelf, raw meat and fish on the bottom shelf, fruit and vegetables stored in the bottom drawer. (exclusive)
6. Other, please specify (open text)

KITSPACECHILL

In your kitchen area to what extent do you agree or disagree that there is enough space to store your food in the

KITSPACECHILL _a fridge [ASK KITCHEQUP_a =1]

KITSPACECHILL _b freezer [ASK KITCHEQUP_b =1]

KITSPACECHILL _c cupboards [ASK ALL]

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree

[ASK ALL]

KITSPACECOOK In your kitchen area to what extent do you agree or disagree that there is enough space for

KITSPACECOOK _a Food preparation

KITSPACECOOK _b Food storage

KITSPACECOOK _c Eating food

KITSPACECOOK _d cooling or defrosting food

1. Strongly agree
2. Agree
3. Neither agree nor disagree
4. Disagree
5. Strongly disagree

KITLIMITCOOK [ASK ALL]

Is the type or quantity of food you purchase, prepare or cook ever limited by the availability of the following facilities?

Please select all that apply

KITLIMITCOOK _a food preparation area

KITLIMITCOOK _b fridge space

KITLIMITCOOK _c freezer space

KITLIMITCOOK _d cupboard space

KITLIMITCOOK _d eating area

KITLIMITCOOK _e cooking area

KITLIMITCOOK _f equipment such as pans and sharp knives

KITLIMITCOOK _g None of the above [exclusive]

[ASK if KITLIMITCOOK _a/b/c/d/e/f =1]

Please explain how the availability of ...[insert KITLIMITCOOK _a/b/c/d/e/f] limits the type or quantity of food you purchase, prepare or cook [Open text]

EQUIPLOCATIONS [ASK ALL]

[randomise order except EQUIPLOCATIONS _m]

Do you ever do any of the following activities in your bedroom or a non-kitchen area in your accommodation? Select all that apply.

EQUIPLOCATIONS _a Store non-perishable food for example, canned foods, pasta, rice

EQUIPLOCATIONS _b Store food at room temperature which should be kept in a fridge for example, milk, yogurt

EQUIPLOCATIONS _c Store food at room temperature which should be frozen e.g. frozen chicken nuggets, frozen peas

EQUIPLOCATIONS _d Store food in a fridge for example, mini-fridge in bedroom

EQUIPLOCATIONS _e Store food in a freezer for example, mini-freezer in bedroom

EQUIPLOCATIONS _f Store clean cutlery, crockery, pots or pans

EQUIPLOCATIONS _g Store dirty cutlery, crockery or pans

EQUIPLOCATIONS _h Cook food

EQUIPLOCATIONS _i Eat food

EQUIPLOCATIONS _j Prepare food

EQUIPLOCATIONS _k Defrost or cool food

EQUIPLOCATIONS _l Wash dirty cutlery, crockery or pans

EQUIPLOCATIONS _m None of the above (exclusive)

[ASK KITCHEQUP _a =1]

FRIDGECONTENT Does your fridge ever contain the following items, this can include food which belongs to other people:

FRIDGECONTENT _a Food past the use-by date

FRIDGECONTENT _b Uncovered raw or cooked meat

FRIDGECONTENT _c Leftovers that have been left for longer than 2 days

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

[ASK ALL]

WHOCLEAN Who is responsible for cleaning the kitchen area?

(Please select all that apply)

WHOCLEAN _a Cleaner

WHOCLEAN _b Residents

WHOCLEAN _c Both cleaner and residents

WHOCLEAN_d Other, please specify (OPEN TEXT)

GRID (RANDOMISE)

Who is usually responsible for cleaning each of the following in the kitchen:

1. Sink
2. Hob/cooker top
3. Oven
4. Microwave
5. Fridge
6. Floors
7. Table and chairs
8. Worktop/kitchen surfaces

WHOCLEAN_a Cleaner

WHOCLEAN_b Residents

WHOCLEAN_c Both cleaner and residents

WHOCLEAN_d Other

[ASK ALL]

LIGHTCLEAN How often does the kitchen get a light clean? For example, surfaces wiped down

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Don't know

[ASK ALL]

DEEPCLEAN How often does the kitchen get a deep clean? For example, floors cleaned, oven cleaned, microwave cleaned, fridge cleaned.

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Don't know

[ASK ALL] **WHATWASH** (randomise apart from exclusive codes)

What do you usually use to wash dishes?

Please select all that apply

WHATWASH_a Dish sponge or cloth

WHATWASH_b Dish brush

WHATWASH_c Stainless steel scourer

WHATWASH_d Washing-up liquid

WHATWASH_e Hot water

WHATWASH_f Handwash or hand soap
WHATWASH_g Hands only (no sponge or cloth)
WHATWASH_h Dishwasher
WHATWASH_i Other, please specify [OPEN TEXT] (exclusive)
WHATWASH_j I do not wash dishes (exclusive)

[If WHATWASH_a = 1]

SPONGEREP How often do you usually replace the dish sponge or cloth?

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Don't know

[ASK ALL]

TOWELREP If you use a tea towel, how often is the tea towel usually replaced with a clean one?

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. I do not use a tea towel
10. Don't know

[ASK ALL]

BINSEMPY How often does the main bin in your kitchen usually get emptied?

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Can't remember
10. Other, please specify (OPEN TEXT)

[ASK ALL]

SINK How often, if at all, do you experience the following issues with your kitchen sink?

SINK_a Sink filled with dirty dishes, pots or pans

SINK_b Old food left in sink or sink trap

SINK_c Sink is dirty, grimy, or greasy

1. Every day
2. Most days

3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Can't remember

[Food Safety Module]

Now we would like to ask you some questions about cooking and eating at your term-time residence.

[ASK ALL]

EVCOOK Do you ever do any food preparation or cooking in your term-time kitchen?

Please select one answer only

1. Yes
2. No

[ASK ALL]

COOKSCRATCH Can you cook a meal from scratch/basic ingredients? For example, using unprocessed fruit, vegetables, eggs, meat or rice without the use of readymade sauces, spice mixes, or processed meat such as chicken nuggets or burgers.

1. Yes
2. No

[IF COOKSCRATCH=1]

COOKSCRATCHOFTEN How often do you cook a meal from scratch/from basic ingredients at your term-time residence? For example, using unprocessed fruit, vegetables, eggs, meat or rice without the use of readymade sauces, spice mixes, or processed meat such as chicken nuggets or burgers.

Please select one answer only

1. At least daily
2. 2-3 times a week
3. Once a week
4. Less than once a week but more than once a month
5. Once a month
6. Less often than once a month, but more than four times a year
7. Less than 4 times a year
8. Never
9. Don't know

[IF DOES ANY COOKING – EVCOOK = 1]

STEAMHOT How often, if at all, do you cook food until it is steaming hot and cooked all the way through?

Please select one answer only

1. Always
2. Most of the time
3. About half the time
4. Occasionally

5. Never
6. Don't know

[IF DOES ANY COOKING – EVCOOK = 1]

FOODREH When reheating food, how do you know when it is ready to eat?

RANDOMISE ANSWER OPTIONS. 11, 12 and 13 in same place

Please select all that apply.

1. I can see steam coming from it
2. I taste it
3. I stir it
4. I check the middle is hot
5. I check it's an even temperature throughout
6. I put my hand over it/touch it
7. I use a thermometer/probe
8. I use a timer to ensure it has been cooked for a certain amount of time
9. I can see it's bubbling
10. I follow the instructions on the label
11. Other, please specify [OPEN TEXT] [EXCLUSIVE]
12. I don't check [EXCLUSIVE]
13. I don't reheat food [EXCLUSIVE]

[ASK IF FOODREH 1-10]

FOODREH2 How many times would you consider reheating food after it was cooked for the first time?

SINGLE CODE

1. Not at all
2. Once
3. Twice
4. More than twice
5. Don't know

[ASK IF NOT VEGAN, VEGETARIAN OR PESCITARIAN. VEG=4,5 or 6,]

EATPINK1 How often, if at all, do you do the following...

EATPINK1_a Eat chicken or turkey when the meat is pink or has pink or red juices

EATPINK1_b Eat red meat when it is pink or has pink or red juices

EATPINK1_c Eat duck when it is pink or has pink or red juices

Please select one answer only for each statement

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. I don't eat that type of meat
7. Don't know

[ASK IF NOT VEGAN, VEGETARIAN OR PESCITARIAN. VEG=4,5 or 6,]

EATPINK2 How often, if at all, do you do the following...

EATPINK2_a Eat beef burgers when the meat is pink or has pink or red juices

EATPINK2_b Eat sausages when the meat is pink or has pink or red juices

EATPINK2_c Eat whole cuts of pork or pork chops when the meat is pink or has pink or red juices

Please select one answer only for each statement

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. I don't eat that type of meat
7. Don't know

[ASK IF PREPARES / COOKS – EVCOOK=1] [ASK IF NOT VEGAN OR VEGETARIAN.
VEG=2,4,5 or 6,]

HOWDEF Typically, how do you defrost frozen meat or fish?

SINGLE CODE. RANDOMISE ANSWER. EXCLUDE 5, 6 and 7 from RANDOMISATION

Please choose the method you use most often.

1. Place the meat or fish in water
2. Leave the meat or fish at room temperature (e.g. on the worktop on a plate, in a container or in its packaging)
3. Leave the meat or fish in the fridge
4. Defrost the meat or fish in the microwave oven
5. Some other way, please specify [OPEN TEXT]
6. I never defrost meat or fish
7. Don't know

[ASK ALL]

LEFTOVER1 Generally, what do you do with any leftovers following a meal?

SINGLE CODE. RANDOMISE ANSWER

Please select one answer only

1. I throw them away in the regular bin
2. I put them in a dedicated food waste bin
3. I leave them at room temperature and eat them later the same day
4. I leave them at room temperature and eat them the next day
5. I put them in the fridge
6. I put them in the freezer
7. I don't have leftovers [EXCLUDE FROM RANDOMISATION]

[ASK IF PUT LEFTOVERS IN THE FRIDGE OR FREEZER. LEFTOVER1= 5 or 6]

LEFTOVER2 Typically, how soon after cooking do you put any leftovers in the fridge or freezer?

Please select one answer only

1. Straight away
2. Within 1 hour of cooking
3. 1-2 hours after cooking
4. More than 2 hours after cooking
5. Don't know

[ASK ALL]

LEFTOVER3 When is the latest you would consume any leftovers stored in the fridge?

Please select one answer only

1. The same day
2. Within 1-2 days
3. Within 3-5 days

4. More than 5 days later
5. It varies too much
6. Don't know

[ASK IF PREPARES / COOKS –EVCOOK=1] [RANDOMISE EXCEPT CODE 6,7&8]

HOWCHOP Typically, how do you use chopping boards when preparing a meal with raw meat?
Please select one answer only

1. I use a different chopping board for raw meat and other foods
2. I wash the chopping board with soap and hot water between preparing raw meat and other foods
3. I turn the chopping board over between preparing raw meat and other foods
4. I use the same chopping board for preparing raw meat and other foods (without washing the board)
5. I rinse the chopping board with water (not soap) between preparing raw meat and other foods
6. I don't use chopping boards
7. I don't cook with raw meat [EXCLUSIVE]
8. Other, please specify [OPEN TEXT]

[ASK IF USES SAME CHOPPING BOARD – HOWCHOP = 4]

WHENCHOP When you use the same chopping board to prepare raw meat and other foods, in which order do you prepare food?
Please select one answer only

1. I prepare raw meat before other foods
2. I prepare other foods before raw meat
3. I don't think about the order I prepare foods
4. Don't know

[ASK IF PREPARES / COOKS –EVCOOK=1,]

[FOLLOWING COMPRISES 2 QUESTIONS WITH COMMON STEM AND FREQUENCY SCALE]

How often, if at all, do you do the following... WASHCHIC

...wash raw chicken?

WASHTUR ...wash raw turkey?

WASHDUC ...wash raw duck or goose?

WASHRAW ... wash raw lamb, beef or pork?

WASHFISH ...wash raw fish and seafood?

Please select one answer only

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. Don't know
7. I don't cook with this type of meat / fish

[ASK ALL]

FOODUSE Which of these shows when food is no longer safe to eat?

Please select all that apply

MULTICODE

1. Use by date
2. Best before date
3. Sell by date
4. Display until date
5. It depends [EXCLUSIVE]
6. None of these [EXCLUSIVE]
7. Don't know [EXCLUSIVE]

[ASK IF PREPARES / COOKS –EVCOOK=1]

COOKDATES How often, if at all, do you check use by dates when you are about to cook or prepare food?

Please select one answer only

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. It varies too much to say
7. Don't know

[ASK ALL]

FREQUSE In the last month have you eaten any of the following foods that has gone past its use by date?

RANDOMISE ROWS.

Please select one answer for each food.

FREQUSE_a

Cooked meats for example, ham [ASK IF VEG=4,5 or 6]

FREQUSE_b Smoked fish [ASK IF VEG=2,4,5 or 6]

FREQUSE_c Bagged salads [ASK ALL]

FREQUSE_d Cheese [ASK IF VEG=1,2,4,5 or 6]

FREQUSE_e Milk [ASK IF VEG=1,2,4,5 or 6]

FREQUSE_f Tofu or meat substitutes for example, Quorn, Beyond Burger [ASK ALL]

FREQUSE_g Plant-based milk alternative for example, soy milk, oat milk, almond milk [ASK ALL]

FREQUSE_h Raw meats for example, chicken, mince [ASK IF VEG=4,5 or 6]

1. Yes, this happened every week
2. Yes, this happened some weeks but not every week
3. Yes, this happened in one week in the last month
4. No, never
5. Don't know/can't remember
6. I haven't {IF a-d, f: eaten; IF e, g: drunk} this in the last month
7. Prefer not to say

[ASK ALL]

FOODUSEBY When food you have bought is about to go past its use by date, which of the following do you usually do?

RANSOMISE CODES 1-4.

Please select one answer only

1. I eat it by the use by date
2. I freeze it by the use by date
3. I throw it away (after the use by date)
4. I keep it and eat it after the use by date

5. It varies too much to say
6. I don't check use by dates

[ASK ALL]

STOROPEN

Some foods have an instruction to eat the food within a few days of opening on the label (e.g., "consume within 3 days of opening").

How often, if at all, do you follow instructions on food packaging which tells you how long food should be stored once opened?

Please select one answer for each food

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. Don't know

RANDOMISE ROWS

STOROPEN_a Cooked meats [ASK IF VEG=4,5 or 6]

STOROPEN_b Smoked fish [ASK IF VEG=2,4,5 or 6]

STOROPEN_c Bagged salads [ASK ALL]

STOROPEN_d Cheese [ASK IF VEG=1,2,4,5 or 6]

STOROPEN_e Milk [ASK IF VEG=1,2,4,5 or 6]

STOROPEN_f Tofu or meat substitutes for example, Quorn, Beyond Burger [ASK ALL]

STOROPEN_g Plant-based milk alternative for example, soy milk, oat milk, almond milk [ASK ALL]

STOROPEN_h Raw meats for example, chicken, mince [ASK IF VEG=4,5 or 6]

[ASK IF VEG=4,5 or 6 & EVCOOK=1]

FRIDGERAW1 How, if at all, do you store raw meat and poultry in the fridge?

RANDOMISE CODES 1-5

Please select all that apply

1. Away from cooked foods
2. Covered with film / foil
3. In a sealed container
4. In its original packaging
5. On a plate
6. I don't buy or store meat or poultry [EXCLUSIVE]
7. I don't store raw meat/poultry in the fridge [EXCLUSIVE]
8. I don't have a fridge [EXCLUSIVE]
9. Don't know

[ASK IF STORE RAW MEAT IN THE FRIDGE. FRIDGERAW=1-5]

FRIDGERAW2 Where in the fridge do you store raw meat and poultry?

Please select all that apply

1. Wherever there is space [EXCLUSIVE]
2. At the top of the fridge
3. In the middle of the fridge
4. At the bottom of the fridge
5. Don't know [EXCLUSIVE]

[ASK IF VEG=4,5 or 6 & EVCOOK=1]

FROCHICEAT

Have you cooked and eaten any coated frozen chicken products in the last 12 months at your term time residence?

[INFO BUTTON]By 'coated frozen chicken products' we mean any cook-from-frozen chicken products that are usually breaded or battered. You would find these products in the freezer aisle. This might include for example:

- frozen chicken nuggets
- frozen chicken goujons
- frozen chicken dippers
- frozen chicken popsters
- frozen breaded or battered chicken fillets
- frozen chicken poppers
- frozen popcorn chicken
- frozen chicken kiev
- frozen chicken-burgers

1. Yes, I have cooked and eaten these products at my term time residence in the last 12 months
2. No, I have not cooked and eaten these products at my term time residence in the last 12 months
3. Don't know

[ASK IF VEG=4,5 or 6] [ASK if FROCHICEAT=1]

FROCHICSTORE

How do you typically store uncooked coated frozen chicken products at your term-time residence? [INFORMATION BUTTON]

1. In a freezer
2. In a fridge
3. At room temperature (such as a cupboard)
4. Other, please specify [OPEN TEXT]

[ASK IF VEG=4,5 or 6] [ASK if FROCHICEAT=1]

FROCHICDEFROST

We'd like you to think about when you cook coated frozen chicken products. Do you usually defrost the product before cooking? [INFORMATION BUTTON]

1. Yes, I usually defrost the products before cooking
2. No, I usually cook the products from frozen
3. It depends
4. Don't know/Can't remember

[ASK IF VEG=4,5 or 6] [ASK if FROCHICEAT=1]

FROCHICCOOK

How often, if at all, do you pre-heat the oven, to the instructed temperature, before placing coated frozen chicken products in the oven? [INFORMATION BUTTON]

1. Always
2. Often
3. Sometimes
4. Never
5. Don't know
6. Use other method to cook products

[SEE ROUTING INSTRUCTIONS BELOW]

COOKSAFE1 How do you tell whether it is safe to eat or cook with...

RANDOMISE ANSWERS APART FROM EXCLUSIVE CODES

COOKSAFE1_a) ...Raw meat like beef, lamb, pork or poultry [ASK IF VEG=4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Use by date
5. Other, please specify [OPEN TEXT]
6. I don't eat / cook that food [EXCLUSIVE]

COOKSAFE1_b) ... Milk and yoghurt [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Use by date
5. Best before date
6. Following the instructions on the packaging (e.g. eat within 3 days of opening)
7. I don't eat / cook that food [EXCLUSIVE]

COOKSAFE1_c) ...Cheese [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Use by date
5. Best before date
6. Following the instructions on the packaging (e.g. eat within 3 days of opening)
7. Other, please specify [OPEN TEXT]
8. I don't eat / cook that food [EXCLUSIVE]

COOKSAFE2_a) ...Eggs [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Best before date
5. If it doesn't float in water
6. Other, please specify [OPEN TEXT]
7. I don't eat / cook that food [EXCLUSIVE]

COOKSAFE2_b) ...Fish, excluding shellfish [ASK IF VEG=2, 4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Use by date
5. Other, please specify [OPEN TEXT]

6. I don't eat or cook that food [EXCLUSIVE]

COOKSAFE2_c).....Dried or cured meats (for example, chorizo) [ASK IF VEG=4,5 or 6]

Please select all that apply.

1. How it looks
2. How it smells
3. How it tastes
4. Use by date
5. Following the instructions on the packaging (for example, eat within 3 days of opening)
6. Other, please specify [OPEN TEXT]
7. I don't eat / cook that food [EXCLUSIVE]

[ASK ALL]

FRIDGECH1 Do you, or anyone else, ever check your fridge temperature at your term-time residence?

Please select one answer only

1. Yes
2. No
3. Don't know
4. I don't need to – it has an alarm if it is too hot or cold
5. I don't have a fridge

[ASK HH CHECKS FRIDGE. FRIDGECH1=1]

FRIDGECH2 How often, if at all, do you or someone else check the temperature of the fridge at your term-time residence?

Please select one answer only

1. At least daily
2. 2-3 times a week
3. Once a week
4. Less than once a week but more than once a month
5. Once a month
6. Less often than once a month but more often than four times a year
7. Less often than four times a year
8. Never
9. Don't know

[ASK HH CHECKS FRIDGE. FRIDGECH1=1]

FRIDGECH3 How do you, or someone else, normally check the temperature of the fridge at your term-time residence?

RANDOMISE APART FROM EXCLUSIVE CODES

Please select one answer only

1. I check the setting/gauge
2. I check the temperature display built into the fridge
3. I put a thermometer in the fridge and check
4. I check for ice or condensation
5. I feel food inside to see if it is cold
6. Don't know [EXCLUSIVE]
7. Other, please specify [OPEN TEXT] [EXCLUSIVE]

[ASK ALL]

FRIDGECH4 What do you think the temperature inside of a fridge should be?

Please select one answer only

1. Less than 0 degrees C (less than 32 degrees F)
2. Between 0 and 5 degrees C (32 to 41 degrees F)
3. More than 5 but less than 8 degrees C (42 to 46 degrees F)
4. 8 to 10 degrees C (47 to 50 degrees F)
5. More than 10 degrees C (over 50 degrees F)
6. Other, please specify [OPEN TEXT]
7. Don't know

[FOR STATEMENT C ASK ALL. / FOR STATEMENTS A AND B ASK IF DOES ANY COOKING – EVCOOK = 1, FOR STATEMENT D ASK IF FROCHICEAT=1]

HANDWASH When you are at your term-time residence how often, if at all, do you...

HANDWASH_a ...Wash your hands before starting to prepare or cook food

HANDWASH_b ...Wash your hands immediately after handling raw meat, poultry or fish

HANDWASH_c ...Wash your hands before eating

HANDWASH_d ...wash your hands immediately after handling frozen chicken products for example, chicken nuggets, goujons, burgers, kiev

Please select one answer only for each statement

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. I don't cook meat, poultry or fish [ASK ONLY FOR HANDWASH_b, d]
7. Don't know

[ASK ALL]

HOWWASH When you are at your term-time residence, how do you usually wash your hands?

Please select one answer only

1. With water only
2. With soap/handwash and warm water
3. With soap/handwash and cold water
4. With hand sanitising wipes or gel
5. It depends on what I am doing
6. Other, please specify [OPEN TEXT]
7. I never wash my hands

[ASK ALL]

[INFORMATION BUTTON] Symptoms of food poisoning include:

- feeling sick (nausea)
- diarrhoea
- being sick (vomiting)
- stomach cramps
- a high temperature of 38C or above
- feeling generally unwell – such as feeling tired or having aches and chills

The symptoms usually start within a few days of eating the food that caused the infection. Sometimes they start after a few hours or not for a few weeks.

POISLSTYR As far as you know, have you had food poisoning in the last year?

Please select one answer only

1. Yes, more than once
2. Yes, once
3. I think so but I'm not sure it was food poisoning
4. No
5. Don't know

[ASK IF HAD/OR THINK THEY HAD FOOD POISONING –POISLSTYR=1-3]

POISDOC Thinking about the most recent occasion you had food poisoning, what do you think caused the food poisoning?

Please select one answer only

1. Food prepared at residence outside of term-time /home
2. Food prepared at your term-time residence
3. Pre-prepared food bought in a shop (for example, sandwiches, salads, sushi)
4. Food from a restaurant, café or takeaway
5. Other please specify [OPEN TEXT]
6. Don't know

ASK IF HAD/OR THINK THEY HAD FOOD POISONING –POISLSTYR=1-3]

POISDOC2 Thinking about the most recent occasion you had food poisoning, did you see a doctor or go to hospital because of it?

Please select one answer only

1. Yes
2. No
3. Don't know/can't remember

[ASK IF HAD/OR THINK THEY HAD FOOD POISONING – POISLSTYR=1-3]

POISACT In response to your most recent occasion you had food poisoning, did you do any of the following?

RANDOMISE ANSWER OPTIONS – EXCLUDE 9 AND 10 FROM RANDOMISATION. 10 IS EXCLUSIVE

Please select all that apply

1. I tried to get more information about the issue
2. I checked use-by dates more
3. I followed instructions on food packaging more
4. I have taken greater care when preparing and cooking food at my term-time residence
5. I have stopped eating certain foods
6. I have stopped eating at certain cafés, restaurants or takeaways
7. I have checked Food Hygiene Rating Scheme scores when eating out
8. I have taken greater care when storing food
9. I have done something else, please specify (open text)
10. I didn't do anything

[ASK ALL]

FOODINFO If you needed information about how to prepare and cook food safely (i.e. to prevent you getting ill), where would you go for information?

MULTICODE. RANDOMISE OPTIONS (BAR EXCLUSIVE CODES AND OTHER SPECIFY)

Please select all answers that apply

1. Family and friends

2. TV or radio programmes for example, cooking shows
3. Food Standards Agency/Food Standards Scotland website
4. Recipes – in books, magazines or online
5. Internet search engine
6. Social media
7. Product packaging
8. From a food hygiene / safety course or training previously attended
9. The Tab
10. Other, please specify [OPEN TEXT]
11. I don't need information on food safety [EXCLUSIVE]
12. I don't cook or prepare food [EXCLUSIVE]
13. Don't know [EXCLUSIVE]

[ASK IF ATTEND ASTON UNIVERSITY]

ASTONSTUDY Have you taken part, or plan to take part, in a research project based at Aston university which involves analysing the microbiology of chopping boards?

1. Yes, I have taken part already
2. Yes, I plan to take part
3. No

[Food Shopping Module]

Next, we will ask you some questions about buying food.

[ASK ALL]

WHOSHOP Generally, who does the food shopping at your term-time residence? Please include both online and in store food shopping

Please select one answer only

1. I do all or most of the food shopping
2. I share the responsibility with someone else
3. Someone else in my term-time residence does it (for example, housemate)
4. Someone else outside of my term-time residence (for example, a relative or carer) does it
5. Each person does their own food/grocery shopping
6. Don't know

[IF WHOSHOP =3,4, 6] EVSHOP Do you ever do any food shopping at your term-time residence? Please select one answer only

1. Yes
2. No

[IF WHOSHOP 1,2,5 OR EVSHOP=1]

SHOPTYP1 How often, if at all, do you ...(list of shops types for example, supermarket, convenience)

SHOPTYP1 How often, if at all, do you ...

SHOPTYP1_a ... shop for food in store at a supermarket (including mini supermarkets like Metro/Local)?

SHOPTYP1_b ... shop for food at independent greengrocers, butchers, bakers or fishmongers?

SHOPTYP1_c ... shop at local / corner shops, newsagents or garage forecourts?

SHOPTY1_d ... shop for food using an online marketplace for example, Amazon, Etsy, Gumtree, Facebook Marketplace?

SHOPTY1_e ...get food through a food sharing app for example, Olio

Please select one answer only for each statement

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Can't remember

[IF WHOSHOP 1,2,5 OR EVSHOP=1]

SHOPTY2 How often, if at all, do you ... SHOPTY2_a

... get a delivery to your term-residence from a supermarket? [INFO BUTTON: This includes food ordered online that is delivered to you]

SHOPTY2_b ... shop at a local market, farmers market or farm shop [INFO BUTTON: this includes farm deliveries for example, vegetable boxes]?

SHOPTY2_c ... get a recipe box delivered (for example, Hello Fresh, Gousto)? [INFO BUTTON: This includes recipe boxes ordered online that are delivered to you]

SHOPTY2_d ...get food from supermarket or shop waste area or bins for example, freegan

Please select one answer only for each statement

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Can't remember

[IF WHOSHOP 1,2,5 & EVSHOP=1]

FOODCHK1 When shopping for food, how often, if at all, do you check ...(list of options for example, use-by)

FOODCHK1_a ...use by dates? [INFO BUTTON: a use by date on food is about safety. Foods can be eaten until the use by date but not after. You will see use by dates on food that goes off quickly, such as meat products or ready-to-eat salads]

FOODCHK1_b ...best before dates? [INFO BUTTON: The best before date, sometimes shown as best before end (BBE), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Best before dates appear on a wide range of foods including frozen, dried and tinned foods]

FOODCHK1_c ...list of ingredients?

FOODCHK1_d ...allergen information?

FOODCHK2_a ...nutritional information (for example, calories, fat, sugar, salt)?

Please check one answer only for each statement

1. Always
2. Most of the time
3. About half the time
4. Occasionally
5. Never
6. Don't know

[Eat out and takeaway]

[ASK ALL]

EATOUTTERM In the last 4 weeks, how often have you eaten food...?

Please select all that apply

MULTI CODE. RANDOMISE APART FROM 13

1. In a restaurant
2. In a pub/ bar
3. From a café, coffee shop or sandwich shop (either to eat in or take out)
4. From a canteen for example, at work, school, university, or hospital)
5. In a hotel, B&B or guesthouse
6. Ordered a takeaway directly from a takeaway shop or restaurant
7. Ordered a takeaway from an online food delivery company (for example, Just Eat, Deliveroo, Uber Eats)
9. From a fast food outlet (either to eat in or take out)
10. From a mobile food van or stall
11. From an entertainment venue (for example, cinema, bowling alley, sports club)
12. From an online marketplace (for example, Amazon, Etsy, Gumtree, Facebook Marketplace)
13. From a food-sharing app (for example, Olio or Too Good To Go)

None of these [EXCLUSIVE]

1. Several times a week
2. About once a week
3. About 2-3 times a month
4. About once a month
5. Less than once a month
6. Never
7. Can't remember

[STUDENTCHECK 1,3] FHRS1 Have you heard of the Food Hygiene Rating Scheme?

1. Yes, I've heard of it and know quite a lot about it
2. Yes, I've heard of it and know a bit about it
3. Yes, I've heard of it but don't know much about it
4. Yes, I've heard of it but don't know anything about it
5. No, I've never heard of it

[ASK IF HAVE AWARENESS OF FHRS FHRS1= 1-4]

FHRS6 In the last 12 months, have you checked the hygiene rating of a food business? You may have checked a rating at the business premises, online, in leaflets or menus; whether or not you decided to purchase food from there.

1. Yes, I have checked the Food Hygiene Rating of a food business
2. No, I have not checked the Food Hygiene Rating of a food business
3. Don't know

[IF STUDENTCHECK = 2] FHRS1 Have you heard of the Food Hygiene Information Scheme?

1. Yes, I've heard of it and know quite a lot about it
2. Yes, I've heard of it and know a bit about it
3. Yes, I've heard of it but don't know much about it
4. Yes, I've heard of it but don't know anything about it
5. No, I've never heard of it

[ASK IF HAVE AWARENESS OF FHRS1 = 1-4]

FHRS6 In the last 12 months, have you checked the hygiene rating of a food business? You may have checked a rating at the business premises, online, in leaflets or menus; whether or not you decided to purchase food from there.

1. Yes, I have checked the Food Hygiene Information Scheme rating of a food business
2. No, I have not checked the Food Hygiene Information Scheme rating of a food business
3. Don't know

[HEALTHY EATING MODULE]

INTRO: We are now going to ask you some questions about healthy eating.

[ASK ALL]

HEALTHY

SINGLE CODE

Overall, would you say that what you usually eat is...

1. ...very healthy,
2. ...fairly healthy,
3. ...neither healthy nor unhealthy,
4. ...fairly unhealthy or,
5. ...very unhealthy?
6. Don't know
7. Prefer not to say

[ASK ALL]

LAYOUT: QUESTION ABOUT VEGETABLES ASKED FIRST, THEN FRUIT ON THE SAME SCREEN.

PORTION Thinking about what you ate and drank yesterday. How many portions of...

PORTION_VEG Vegetables did you eat yesterday?

A portion is around 3 heaped tablespoons of beans or pulses or cooked vegetables such as carrots or peas, a handful of cherry tomatoes or a bowl of salad. Please include salad, fresh, frozen or tinned vegetables but do not include potatoes.

[OPEN BOX]

98. Don't know

PORTION_FRUIT Fruit did you eat yesterday?

A portion is one slice of large fruit such as a pineapple or melon, an apple, banana or pear, two small pieces of fruit such as satsumas or plums, a handful of grapes or 1 tablespoon of dried fruit. Please include fresh, frozen, tinned or dried fruit.

Do not include fruit juice as we will ask you about that next.

[OPEN BOX]

98. Don't know

[ASK ALL]

FJUICE

Did you drink fruit juice or smoothie yesterday?

That is 150ml or 5 fluid ounces. Please include pure juice, 100% freshly squeezed, fruit smoothies or juice from concentrate but do not include squash or diluted juice drinks.

Please select one answer

1. Yes – a small glass (150ml/5 fluid ounces)
2. Yes – a larger glass (more than 150ml/5 fluid ounces)
3. Yes – but I drank less than a small glass (150ml/5 fluid ounces)
4. No – I did not drink any fruit juice/smoothie yesterday
5. Don't know

[ASK ALL] [DEFRA BARRIERS]

FRUITMORE What, if anything, stops you from eating more fruit at the moment?

Please select all that apply

PROGRAMMING INSTRUCTIONS: RANDOMISE.

1. I eat enough fruit already [EXCLUSIVE]
2. I don't want to eat more fruit / I've cut back on how much fruit I eat [EXCLUSIVE]
3. I am allergic to certain types of fruit / some fruits
4. I prefer other types of food
5. Other people in my term-time residence prefer other types of food
6. I don't like fruit / some types of fruit
7. Where I shop doesn't have affordable fruit
8. Running out of fruit before my next shop
9. Difficulty travelling to find fruit which meet my needs
10. Other people in my term-time residence do the shopping
11. Lack of variety or quality of fruit where I shop
12. I can't afford to buy fruit
13. I do not have the time to buy fruit
14. I do not have facilities or space to store fruit
15. Fruit tends to go bad before I have eaten it
16. I find healthy eating messages conflicting and confusing
17. Other reasons, please specify [OPEN TEXT]
18. None of the above [EXCLUSIVE]
19. Prefer not to say [EXCLUSIVE]

[ASK ALL]

VEGMORE What, if anything, stops you from eating more vegetables at the moment?

Please select all that apply

RANDOMISE.

1. I eat enough vegetables already [EXCLUSIVE]
2. I am allergic to certain types of vegetables / some vegetables [EXCLUSIVE]
3. I prefer other types of food
4. Other people in my term-time residence prefer other types of food
5. I don't like vegetables / some types of vegetables
6. Where I shop doesn't have affordable vegetables
7. Running out of vegetables before my next shop
8. Difficulty travelling to find vegetables which meet my needs
9. Other people in my term-time residence do the shopping
10. Lack of variety or quality of vegetables where I shop
11. I can't afford to buy vegetables
12. I do not have the time to buy vegetables
13. I do not have facilities or space to store vegetables
14. Vegetables tend to go bad before I have eaten them
15. I find healthy eating messages conflicting and confusing
16. I do not have the right kitchen utensils or equipment to prepare or cook vegetables
17. The time it takes to prepare vegetables
18. I do not know how to cook or prepare vegetables
19. Other reasons (please specify)
20. None of the above [EXCLUSIVE]
21. Prefer not to say [EXCLUSIVE]

[ASK CONSUMEMEAT IF VEG =4,5,6, OTHERWISE ASK ALL]
 [FOR THE FOLLOWING PLEASE USE CAROUSEL GRID FORMAT]

CONSUME

How often do you...

CONSUMEMEAT ...eat processed meat products (e.g. sausages, burgers, meat and chicken pies)?

CONSUMESWEETS ...eat sweets and chocolate?

CONSUMEFIZZY ...drink sugary fizzy drinks and diluted squash?

CONSUMECHIPS...eat chips and other fried foods?

CONSUMEFV ...eat fruit and vegetables?

Please select one answer only for each statement

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month
7. Less than once a month
8. Never
9. Can't remember

[Food Security module]

[NEW SCREEN]

The following questions ask about your personal situation.

[ASK ALL]

[FOR THE FOLLOWING PLEASE USE CAROUSEL GRID FORMAT]

FOODSEC Please say whether the statement below was often true, sometimes true or never true for you at your term-time residence, in the last 12 months.

FOODSEC_1 I worried whether my food would run out before I got money to buy more.

FOODSEC_2 The food that I bought just didn't last, and I didn't have money to get more.

FOODSEC_3 I couldn't afford to eat balanced meals.

Please select one answer only for each statement

1. Often true
2. Sometimes true
3. Never true
4. Don't know or prefer not to say

ASK IF FOODSEC_1=1 or 2 FOODSEC_2=1 or 2 FOODSEC_3=1 or 2]

SKIPMEAL At your term-time residence, in the last 12 months, did you ever cut the size of your meals or skip meals because there wasn't enough money for food?

Please select one answer only

1. Yes
2. No
3. Don't know or prefer not to say

[IF SKIPMEAL = 1]

SKIPFREQ How often did this happen at your term-time residence, in the last 12 months – almost every month, some months but not every month, or in only 1 or 2 months?

Please select one answer only

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months
4. Don't know or prefer not to say

[ASK IF FOODSEC_1=1 or 2 FOODSEC_2=1 or 2 FOODSEC_3=1 or 2]

EATLESS At your term-time residence in the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

Please select one answer only

1. Yes
2. No
3. Don't know or prefer not to say

[ASK IF FOODSEC_1=1 or 2 FOODSEC_2=1 or 2 FOODSEC_3=1 or 2]

HUNGRY At your term-time residence in the last 12 months, were you ever hungry but didn't eat because there wasn't enough money for food?

Please select one answer only

1. Yes
2. No
3. Don't know or prefer not to say

[ASK IF FOODSEC_1=1 or 2 FOODSEC_2=1 or 2 FOODSEC_3=1 or 2]

LOSTWT At your term-time residence in the last 12 months, did you lose weight because there wasn't enough money for food?

Please select one answer only

1. Yes
2. No
3. Don't know or prefer not to say

[ASK IF SKIPMEAL =1 and/or EATLESS =1 and or HUNGRY =1 and/or LOSTWT =1]

NOTEAT At your term-time residence in the last 12 months, did you ever not eat for a whole day because there wasn't enough money for food?

SINGLE CODE

Please select one answer only

1. Yes
2. No
3. Don't know or prefer not to say

[ASK IF DIDN'T EAT FOR WHOLE DAY IN LAST 12 MONTHS – NOTEAT = 1]

NOTEATFREQ How often did this happen at your term-time residence – almost every month, some months but not every month, or in only 1 or 2 months -?

Please select one answer only

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months
4. Don't know or prefer not to say

[ASK ALL]

CHANGE Have you made any of these changes to your eating habits in the last 12 months at your term-time residence?

MULTICODE. RANDOMISE ANSWERS APART FROM CODES 14 AND 15

Please select all that apply.

1. Eaten at your term-time residence more
2. Cooked at your term-time residence more
3. Eaten fewer takeaways
4. Eaten out less
5. Made packed lunches more
6. Bought items that were on special offer more
7. Changed where you buy food for cheaper alternatives
8. Changed the food you buy to cheaper alternatives
9. Prepared food that could be kept as leftovers more
10. Kept leftovers for longer before eating
11. Eaten food past its use by date more
12. Bought food close to its use by date more
13. Used a food bank/emergency food provider
14. Other (please specify)
15. No, I/we haven't made any changes

[ASK IF MADE AT LEAST ONE CHANGE IN THE LAST 12 MONTHS –CHANGE= 1-13]

CHANGE2 Thinking about the changes to eating habits that you have made in the last 12 months, at your term-time residence, why did you make these changes?

RANDOMISE ANSWERS APART FROM 6 AND 7

Please select all that apply

1. Financial reasons
2. Health reasons
3. Food safety reasons (for example, to avoid food poisoning)

4. Due to the bad or unpleasant physical reaction that certain foods cause (for example, allergy, intolerance or other food hypersensitivity)
5. Because of lockdown/COVID-19
6. Going to/returning to university
7. Other (please specify)
8. Prefer not to say

[ASK ALL]

FOODBANK At your term-time residence in the last 12 months, have you received a free parcel of food from a food bank or other emergency food provider?

Please select one answer only

1. Yes
2. No
3. Prefer not to say

[ASK IF CHANGE=13 or FOODBANK=1]

FBANKFREQ At your term-time residence how often in the past 12 months, have you received a free food parcel from a food bank or other emergency food provider?

Please select one answer only

1. Only once in the last year
2. Two or three times in the last year
3. Four to six times in the last year
4. More than six times but not every month
5. Every month or more often
6. Don't know
7. Prefer not to say

[ASK ALL][

[Recontact]

The FSA/FSS may wish to carry out follow up research on this topic sometime within the next two years. If you agree, we will pass your name and email address to the FSA/FSS so they can invite you to take part in follow up research. The FSA/FSS may share these details with research agencies appointed to carry out this follow up research on their behalf. The full privacy policy can be found here [\[insert link\]](#).

Would you be willing for Yoothsight to share your name, email address and your survey responses with the FSA/FSS to allow them and their agents to contact you again for follow up research?

Please select one answer only

1. Yes
2. No

[ASK IF RC1 = 1]

RC3 What is your name (forename and surname)? Please write your names in the box below

[Provide suitable standard space and format for this to be entered] [{If they try to move on without entering details or with just one letter in a field: Error message: If you are willing to be re-contacted about this study or follow up research we need your full name in order to contact you}]

[ASK IF RC1=1]

RC4 What is your email address? INFO BUTTON: What will you use my email address for? If you provide us with your email address, this may be used to contact you to ask questions about this study or invite you to take part in follow up research on the topic. 99. Do not wish to give email address [if try to move on]

[IF RC1 = 1]

RC5 What is your postal address? INFO BUTTON: What will you use my postal address for? If you provide us with your postal address, this may be used to contact you to ask questions about this study or invite you to take part in follow up research on the topic. 99. Do not wish to give postal address [if try to move on]