

Survey of Cinnamon Consumption in the UK

Date: / /2009

Participant Code:

I am a staff of the University of Leeds, School of Food Science and Nutrition and conducting a survey to find out the level of cinnamon (**also known as *dal-chini, darchini or dhall cheene***) consumption in the UK. This project is funded by the Food Standards Agency (FSA), UK.

I am looking for people of South Asian (India, Pakistan, Bangladesh and Sri-Lanka) and African descendants who use cinnamon in cooking at home and also purchased cinnamon-containing foods and drinks. If you usually use cinnamon in your home cooking and purchase cinnamon-containing foods and drinks, I would be very grateful if you could spare about 10 minutes to answer the following questions. Any information you provide will be treated with the utmost confidentiality. All completed questionnaires will be number coded and you will not be identified as having taken part. If you decide to take part in the survey, as an appreciation for your time, you will receive a £5 gift voucher to spend at any Morrisons food store.

If you have any questions or require further clarification, you can contact me Dr. Tanefa A. Apekey by email at t.apekey@leeds.ac.uk OR on telephone number 0113 3432974. Thank you for making the time to read this information.

In order to send you the gift voucher when you have completed the questionnaire, please provide your full name and address:.....
.....
.....

Background:

Please provide brief information about yourself by circling the appropriate response and providing additional information where necessary.

1. Gender:

- (a) Male (b) Female

2. Age (in years):

- (a) 18-19 (b) 20-29 (c) 30-39 (d) 40-49 (e) 50-59 (f) 60 and over

3. Ethnicity:

- (a) Asian British-Pakistan (b) Asian British-Indian (c) Asian British-Bangladeshi

- (d) Mixed- White and Asian (e) Black British (f) Black Caribbean

- (g) Mixed- White and African (h) Other (specify)

4. How many people live in your household (those you share meals with)?

- (a) 1 (b) 2-4 (c) 5-7 (d) 8- 10 (e) 11 and over

Use of Cinnamon (*dal-chini*, *darchini* or *dhall cheene*) in Home Cooking:

Tick if you use **Cinnamon** ((also known as *dal-chini*, *darchini* or *dhall cheene*) OR **Cassia** OR **Mixed spice** in making any of the foods listed below as well the quantity you use.

| Name of Food or Drink | Tick which one(s) you use for each food or drink and the quantity in teaspoonful or sticks | | | | | | | |
|---|--|---------------------|------------------|--------|---------------------|------------------|-------------|---------------------|
| | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Dessets/Sweets/Mithai | | | | | | | | |
| Barfi | | | | | | | | |
| Ladoo | | | | | | | | |
| <u>Rasgulla</u> | | | | | | | | |
| <u>Jilabee/Jalebi</u> | | | | | | | | |
| Halwa | | | | | | | | |
| Sevyiaan | | | | | | | | |
| List other Dessets/Sweets/Mithai | | | | | | | | |
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Tick if you use **Cinnamon** ((also known as *dal-chini*, *darchini* or *dhall cheene*) OR **Cassia** OR **Mixed spice** in making any of the foods/drinks in the following tables as well the quantity you use.

| Food Name | Tick which one(s) you use for each food or drink and the quantity in teaspoonful or sticks | | | | | | | |
|-----------------------------------|--|---------------------|------------------|--------|---------------------|------------------|-------------|---------------------|
| | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Bakery | | | | | | | | |
| Naan Bread | | | | | | | | |
| Chapatti | | | | | | | | |
| Roti | | | | | | | | |
| Cakes | | | | | | | | |
| Sponge | | | | | | | | |
| Biscuits | | | | | | | | |
| Cookies | | | | | | | | |
| Bread | | | | | | | | |
| Bagel | | | | | | | | |
| Buns | | | | | | | | |
| Tarts | | | | | | | | |
| Muffins | | | | | | | | |
| Fruit Pies | | | | | | | | |
| Scones | | | | | | | | |
| List other bakery products | | | | | | | | |
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| Fish Dishes | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Biryani | | | | | | | | |
| Jalfrezi | | | | | | | | |
| Masala | | | | | | | | |
| Madras | | | | | | | | |
| Curry | | | | | | | | |
| Dopiaza | | | | | | | | |
| Korma | | | | | | | | |
| Rogan Josh | | | | | | | | |
| Bhuna | | | | | | | | |
| Tandoori | | | | | | | | |
| Balti | | | | | | | | |
| Vindaloo | | | | | | | | |
| Tikka | | | | | | | | |
| Kashmiri | | | | | | | | |
| List other fish dishes | | | | | | | | |
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| Name of Food or Drink | Tick which one(s) you use for each food or drink and the quantity in teaspoonful or sticks | | | | | | | |
|---|--|---------------------|------------------|--------|---------------------|------------------|-------------|---------------------|
| | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Vegetables Dishes (Subji/Dahl) | | | | | | | | |
| Vegetable Pilau rice | | | | | | | | |
| Cowpea Dahl | | | | | | | | |
| Mixed Dahl | | | | | | | | |
| Korma | | | | | | | | |
| Curry | | | | | | | | |
| Masala | | | | | | | | |
| Madras | | | | | | | | |
| Rogan Josh | | | | | | | | |
| Jalfrezi | | | | | | | | |
| Onion bajji | | | | | | | | |
| Pakora | | | | | | | | |
| Samosa | | | | | | | | |
| Palak Paneer | | | | | | | | |
| Palak Dahl | | | | | | | | |
| List other vegetable dishes (Subji/Dahl) | | | | | | | | |
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| Meat Dishes (Beaf/Lamb/Chicken) | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Jalfrezi | | | | | | | | |
| Masala | | | | | | | | |
| Madras | | | | | | | | |
| Curry | | | | | | | | |
| Dopiaza | | | | | | | | |
| Korma | | | | | | | | |
| Rogan Josh | | | | | | | | |
| Briyani | | | | | | | | |
| Bhuna | | | | | | | | |
| Tandoori | | | | | | | | |
| Balti | | | | | | | | |
| Vindaloo | | | | | | | | |
| Tikka | | | | | | | | |
| Kashmiri | | | | | | | | |
| Khebab | | | | | | | | |
| List other meat dishes | | | | | | | | |
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| Name of Food or Drink | Tick which one(s) you use for each food or drink and the quantity in teaspoonful or sticks | | | | | | | |
|-----------------------|--|---------------------|------------------|--------|---------------------|------------------|-------------|---------------------|
| | Cinnamon | Number of teaspoons | Number of sticks | Cassia | Number of teaspoons | Number of sticks | Mixed Spice | Number of teaspoons |
| Teas & Beverages | | | | | | | | |
| Chai/Milky Tea | | | | | | | | |
| Black/English Tea | | | | | | | | |
| Milk Shake | | | | | | | | |
| Lassi/Yogurt Drink | | | | | | | | |
| Cappuccino/Coffee | | | | | | | | |
| Herbal Tea | | | | | | | | |
| Fruit Tea | | | | | | | | |
| Green Tea | | | | | | | | |
| List other beverages | | | | | | | | |
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Please write in the table below cinnamon-contaminating foods and drinks you usually purchase.

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|----|--|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

Please return the completed questionnaire to me at your earliest convenience using the stamped address envelope provided.

Thank you!

For Official Use

Voucher issued? Y/N

Date of Issue: / /2009