

**FOODS (1000 ADULTS)  
ALL ADULTS AGED 16+ SECTION ANSWERED --- 01 ASK Q1**

Now for a series of questions regarding foods.

**Q,1a SHOW COLOURCARDS FOODS** Which, if any, of the following bought foods or ingredients have you eaten or used within the last month? Please think only about foods that have been bought and the images/descriptions on these cards represent only those brands which we are interested in. So for example if you have eaten a naan bread but the brand is not shown on the card please do not answer yes to that item. **INTERVIEWER: ALLOW RESPONDENT TO LOOK THROUGH THE CARDS AND CODE ALL MENTIONS.**

**ASK ALL WHO HAVE EATEN ANY OF THE LISTED FOODS IN THE LAST MONTH (ANY CODES 01-64) AT Q.1a. OTHERS GO TO Q.4**

**Q,1b SHOW COLOURCARDS FOODS AGAIN.** And how many times have you eaten or used this food in the last month? **INTERVIEWER: READ OUT ALL ITEMS CODE ALL THAT APPLY. CAPI: SHOW REDUCED LIST OF ALL THOSE CODED AT Q.1a**

Food Type	Q1a Eaten/used in last month	Q.1b No. of times eaten/used in the last month														DK		
		1	2	3	4	5	6	7	8	9	10	11	12	13	14		15+	
<b>1-2 BREADS/LOAVES</b>																		
Cinnamon Bagel	01	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Naan Bread	02	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Fruit loaf	03	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>3-4 CAKES</b>																		
Carrot Cake	04	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Fruit Cake Containing Apple and/or spices	05	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>5 BISCUITS/COOKIES</b>																		
Gingerbread Man Biscuit	06	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Lotus Original Caramelised Biscuits	07	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>5 BUNS</b>																		
Oaties	08	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Hot Cross Bun	09	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Chelsea Bun	10	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>5-6 PIES/PASTRIES</b>																		
Mince Pie	11	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Cinnamon Swirl or Cinnamon Whirl	12	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Apple Pie	13	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Apple or Spiced Fruit Muffin	14	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>7 BREAKFAST CEREALS/MUSELI</b>																		
Cinnamon Flavoured Breakfast Cereal	15	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Cinnamon Flavoured Muesli	16	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>8 CEREAL BARS</b>																		
Apple or Raisin Cereal Bar	17	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>9 COOKED SNACKS/CRISPS</b>																		
Vegetable/Meat Samosa	18	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Onion Bhaji	19	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Vegetable/Meat Spring Roll	20	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Cinnamon flavoured potato crisps	21	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>9 DESSERTS</b>																		
Cinnamon flavoured ice-cream	22	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Cinnamon flavoured rice pudding	23	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
<b>10-15 TEAS/BEVERAGES</b>																		
Herbal/Spiced Tea Containing Cinnamon	24	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Chai /Masala Chai Tea	25	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Chai Coffee Latte/Cinnamon Spiced Coffee	26	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	
Cinnamon flavoured chocolate drink	27	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	

<b>15-18 Rice Dishes</b>			
Fish/Meat/Plain/Vegetable Pilau Rice	28		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Biryani	29		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>18-19 VEGETABLE DISHES</b>			
Masala Dhal	30		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Vegetable Curry	31		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>19-35 MEAT DISHES</b>			
Chicken Korma	32		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken Dopiazza	33		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken Jalfrezi	34		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Beef Madras	35		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Lamb Rogan Josh	36		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Vegetable/Prawn Tikka Masala	37		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Prawn/Lamb Bhuna	38		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>35-36 Tandoori Dishes</b>			
Tandoori Chicken	39		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>36-38 CURRY DISHES</b>			
Chicken/Beef/Prawn Curry	40		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>38-39 SAUSAGES</b>			
Sausages	41		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>39-40 READY TO EAT TIKKA</b>			
Chicken Tikka sliced/Chunks/Kiev	42		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Quorn fillets	43		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>41-48 COOKING SAUCES</b>			
Korma Cooking Sauce	44		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Rogan Josh Cooking Sauce	45		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Jalfrezi Cooking Sauce	46		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Bhuna Cooking Sauce	47		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tikka Masala Cooking Sauce	48		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Madras Cooking Sauce	49		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Balti Cooking Sauce	50		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Dopiazza Sauce	51		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Barbeque Sauce	52		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Curry sauce	53		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Vindaloo Sauce	54		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>48-59 SPICES</b>			
Cinnamon Powder	55		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Cinnamon Sticks	56		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Mixed Spices	57		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Biryani Spice	58		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Garam Masala Spice	59		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Curry Spice/Powder	60		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Korma Spice	61		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Madras Spice	62		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tikka spice	63		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Moroccan Spice	64		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tandoori Spice	65		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Rogan Josh Spice	66		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Jerk Spice	67		01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
None of these	68		
Don't know	69		

**ASK ALL WHO HAVE EATEN ANY OF THE LISTED FOODS IN THE LAST MONTH (ANY CODES 01-64) AT Q.1a. OTHERS GO TO Q.7**

**Q,2a SHOW COLOURCARDS FOODSA AGAIN** And which, if any, of these bought foods/ingredients that you have eaten or used in the last month have you eaten/used within the last 7 days? Again please think only about foods that have been bought and only about the brands on these cards. **INTERVIEWER: READ OUT THE REDUCED LIST OF ALL ITEMS MENTIONED AT Q.1a. ALLOW RESPONDENT TO REFER BACK TO CARDS IF NECESSARY. CODE ALL THAT APPLY. CAPI: SHOW ALL THOSE CODED AT Q.1a**

**Q,2b** And how many times within the last 7 days, have you eaten/used this food? **INTERVIEWER: READ OUT THE REDUCED LIST OF ALL ITEMS MENTIONED AT Q.2a. CAPI: SHOW ALL THOSE CODED AT Q.2a**

Food Type	Q.2a Eaten/used in last week?	Q.2b Number of times eaten/used in last week?								
		1	2	3	4	5	6	7	8+	Don't know
<b>1-2 BREADS/LOAVES</b>										
Cinnamon Bagel	01	01	02	03	04	05	06	07	08	09
Naan Bread	02	01	02	03	04	05	06	07	08	09
Fruit loaf	03	01	02	03	04	05	06	07	08	09
<b>3-4 CAKES</b>										
Carrot Cake	04	01	02	03	04	05	06	07	08	09
Fruit Cake Containing Apple and/or Spices	05	01	02	03	04	05	06	07	08	09
<b>5 BISCUITS/COOKIES</b>										
Gingerbread Man Biscuit	06	01	02	03	04	05	06	07	08	09
Lotus Original Caramelised Biscuits	07	01	02	03	04	05	06	07	08	09
<b>5 BUNS</b>										
Oaties	08	01	02	03	04	05	06	07	08	09
Hot Cross Bun	09	01	02	03	04	05	06	07	08	09
Chelsea Bun	10	01	02	03	04	05	06	07	08	09
<b>5-6 PIES/PASTRIES</b>										
Mince Pie	11	01	02	03	04	05	06	07	08	09
Cinnamon Swirl or Cinnamon Whirl	12	01	02	03	04	05	06	07	08	09
Apple Pie	13	01	02	03	04	05	06	07	08	09
Apple or Spiced Fruit Muffin	14	01	02	03	04	05	06	07	08	09
<b>7 BREAKFAST CEREALS/MUSELI</b>										
Cinnamon Flavoured Breakfast Cereal	15	01	02	03	04	05	06	07	08	09
Cinnamon Flavoured Muesli	16	01	02	03	04	05	06	07	08	09
<b>8 CEREAL BARS</b>										
Apple or Raisin Cereal Bar	17	01	02	03	04	05	06	07	08	09
<b>9 COOKED SNACKS/CRISPS</b>										
Vegetable/Meat Samosa	18	01	02	03	04	05	06	07	08	09
Onion Bhaji	19	01	02	03	04	05	06	07	08	09
Vegetable/Meat Spring Roll	20	01	02	03	04	05	06	07	08	09
Cinnamon flavoured potato crisps	21	01	02	03	04	05	06	07	08	09
<b>9 DESSERTS</b>										
Cinnamon flavoured ice- cream	22	01	02	03	04	05	06	07	08	09
Cinnamon flavoured rice pudding	23	01	02	03	04	05	06	07	08	09
<b>10-15 TEAS/BEVERAGES</b>										
Herbal/Spiced Tea Containing Cinnamon	24	01	02	03	04	05	06	07	08	09
Chai /Masala Chai Tea	25	01	02	03	04	05	06	07	08	09
Chai Coffee Latte/Cinnamon Spiced Coffee	26	01	02	03	04	05	06	07	08	09
Cinnamon flavoured chocolate drink	27	01	02	03	04	05	06	07	08	09

<b>15-18 Rice Dishes</b>			01	02	03	04	05	06	07	08	09
Fish/Meat/Plain/Vegetable Pilau Rice	28		01	02	03	04	05	06	07	08	09
Biryani	29		01	02	03	04	05	06	07	08	09
<b>18-19 VEGETABLE DISHES</b>			01	02	03	04	05	06	07	08	09
Masala Dhal	30		01	02	03	04	05	06	07	08	09
Vegetable Curry	31		01	02	03	04	05	06	07	08	09
<b>19-35 MEAT DISHES</b>			01	02	03	04	05	06	07	08	09
Chicken Korma	32		01	02	03	04	05	06	07	08	09
Chicken Dopiaza	33		01	02	03	04	05	06	07	08	09
Chicken Jalfrezi	34		01	02	03	04	05	06	07	08	09
Chicken/Beef Madras	35		01	02	03	04	05	06	07	08	09
Chicken/Lamb Rogan Josh	36		01	02	03	04	05	06	07	08	09
Chicken/Vegetable/Prawn Tikka Masala	37		01	02	03	04	05	06	07	08	09
Chicken/Prawn/Lamb Bhuna	38		01	02	03	04	05	06	07	08	09
<b>35-36 Tandoori Dishes</b>			01	02	03	04	05	06	07	08	09
Tandoori Chicken	39		01	02	03	04	05	06	07	08	09
<b>36-38 CURRY DISHES</b>			01	02	03	04	05	06	07	08	09
Chicken/Beef/Prawn Curry	40		01	02	03	04	05	06	07	08	09
<b>38-39 SAUSAGES</b>			01	02	03	04	05	06	07	08	09
Sausages	41		01	02	03	04	05	06	07	08	09
<b>39-40 READY TO EAT TIKKA</b>			01	02	03	04	05	06	07	08	09
Chicken Tikka sliced/Chunks/Kiev	42		01	02	03	04	05	06	07	08	09
Quorn fillets	43		01	02	03	04	05	06	07	08	09
<b>41-48 COOKING SAUCES</b>			01	02	03	04	05	06	07	08	09
Korma Cooking Sauce	44		01	02	03	04	05	06	07	08	09
Rogan Josh Cooking Sauce	45		01	02	03	04	05	06	07	08	09
Jalfrezi Cooking Sauce	46		01	02	03	04	05	06	07	08	09
Bhuna Cooking Sauce	47		01	02	03	04	05	06	07	08	09
Tikka Masala Cooking Sauce	48		01	02	03	04	05	06	07	08	09
Madras Cooking Sauce	49		01	02	03	04	05	06	07	08	09
Balti Cooking Sauce	50		01	02	03	04	05	06	07	08	09
Dopiaza Sauce	51		01	02	03	04	05	06	07	08	09
Barbeque Sauce	52		01	02	03	04	05	06	07	08	09
Curry sauce	53		01	02	03	04	05	06	07	08	09
Vindaloo Sauce	54		01	02	03	04	05	06	07	08	09
<b>48-59 SPICES</b>			01	02	03	04	05	06	07	08	09
Cinnamon Powder	55		01	02	03	04	05	06	07	08	09
Cinnamon Sticks	56		01	02	03	04	05	06	07	08	09
Mixed Spices	57		01	02	03	04	05	06	07	08	09
Biryani Spice	58		01	02	03	04	05	06	07	08	09
Garam Masala Spice	59		01	02	03	04	05	06	07	08	09
Curry Spice/Powder	60		01	02	03	04	05	06	07	08	09
Korma Spice	61		01	02	03	04	05	06	07	08	09
Madras Spice	62		01	02	03	04	05	06	07	08	09
Tikka spice	66		01	02	03	04	05	06	07	08	09
Moroccan Spice	64		01	02	03	04	05	06	07	08	09
Tandoori Spice	65		01	02	03	04	05	06	07	08	09
Rogan Josh Spice	66		01	02	03	04	05	06	07	08	09
Jerk Spice	67		01	02	03	04	05	06	07	08	09
None of these	68										
Don't know	69										

Q.3 **SHOWCARD FOODA.** And how many servings of these foods have you eaten or used in the last week by this I mean the number of portions you have had? The portion sizes for each type of food are shown on this card. **INTERVIEWER: READ OUT THE REDUCED LIST OF ALL ITEMS MENTIONED AT Q.2a. CAPI: SHOW ALL THOSE CODED AT Q.2a**

Food Type	Serving size	Q.3 No. of servings in the last week															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15+	DK
<b>1-2 BREADS/LOAVES</b>																	
Cinnamon Bagel	1 bagel	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Naan Bread	1 mini naan/½ regular naan	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Fruit loaf	1 slice	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>3-4 CAKES</b>																	
Carrot Cake	1 cake/slice	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Fruit Cake Containing Apple and/or spices	1 cake/slice	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>5 BISCUITS/COOKIES</b>																	
Gingerbread Man Biscuit	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Lotus Original Caramelised Biscuits	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>5 BUNS</b>																	
Oaties	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Hot Cross Bun	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Chelsea Bun	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>5-6 PIES/PASTRIES</b>																	
Mince Pie	1 small pie/slice large pie	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Cinnamon Swirl or Cinnamon Whirl	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Apple Pie	1 small pie/slice large pie	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Apple or Spiced Fruit Muffin	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>7 BREAKFAST CEREALS/MUSELI</b>																	
Cinnamon Flavoured Breakfast Cereal	1 medium bowl	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Cinnamon Flavoured Muesli	1 medium bowl	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>8 CEREAL BARS</b>																	
Apple or Raisin Cereal Bar	1 bar	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>9 COOKED SNACKS/CRISPS</b>																	
Vegetable/Meat Samosa	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Onion Bhaji	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Vegetable/Meat Spring Roll	1	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Cinnamon flavoured potato crisps	1 bag	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>9 DESSERTS</b>																	
Cinnamon flavoured ice-cream	2 scoops	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Cinnamon flavoured rice pudding	1/2 tin	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>10-15 TEAS/BEVERAGES</b>																	
Herbal/Spiced Tea Containing Cinnamon	1 cup	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Chai /Masala Chai Tea	1 cup	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Chai Coffee Latte/Cinnamon Spiced Coffee	1 cup	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Cinnamon flavoured chocolate drink	1 cup	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>15-18 Rice Dishes</b>																	
Fish/Meat/Plain/Vegetable Pilau Rice	1 pouch/packet	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Biryani	1 pouch/packet	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>18-19 VEGETABLE DISHES</b>																	
Masala Dhal	1 packet	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Vegetable Curry	1 tin/ Packet/Pouch	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
<b>19-35 MEAT DISHES</b>																	
Chicken Korma	1 pouch/packet	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16
Chicken Dopiaza	1 pouch/packet	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16

Chicken Jalfrezi	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Beef Madras	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Lamb Rogan Josh	1 tin/ Packet/Pouch	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Vegetable/Prawn Tikka Masala	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Chicken/Prawn/Lamb Bhuna	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>35-36 Tandoori Dishes</b>		
Tandoori Chicken	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>36-38 CURRY DISHES</b>		
Chicken/Beef/Prawn Curry	1 tin/ Packet/Pouch	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>38-39 SAUSAGES</b>		
Sausages	1 sausage	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>39-40 READY TO EAT TIKKA</b>		
Chicken Tikka sliced/Chunks/Kiev	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Quorn fillets	1 pouch/packet	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>41-48 COOKING SAUCES</b>		
Korma Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Rogan Josh Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Jalfrezi Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Bhuna Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tikka Masala Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Madras Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Balti Cooking Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Dopiazza Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Barbeque Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Curry sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Vindaloo Sauce	1 tablespoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
<b>48-59 SPICES</b>		
Cinnamon Powder	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Cinnamon Sticks	1 stick	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Mixed Spices	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Biryani Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Garam Masala Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Curry Spice/Powder	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Korma Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Madras Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tikka spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Moroccan Spoce	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Tandoori Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Rogan Josh Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16
Jerk Spice	½ teaspoon	01 02 03 04 05 06 07 08 09 10 11 12 13 14 15 16

**ASK Q.4 IF RESPONDENT HAS USED CINNAMON POWDER IN THE LAST MONTH (CODE 55) AT Q.1a. OTHERS GO TO INSTRUCTION AT Q.5**

Q.4 **SHOWCARD FOODB** And which of these did you prepare using cinnamon powder? **CODE ALL THAT APPLY**

Teas/coffee/drinks-----01  
Baking -----02  
Dishes/meals -----03  
Desserts-----04  
Other -----05

**ASK Q.5 IF RESPONDENT HAS USED CINNAMON STICKS IN THE LAST MONTH (CODE 56) AT Q.1a. OTHERS GO TO INSTRUCTION AT Q.6**

Q.5 **SHOWCARD FOODB (AGAIN)** And which of these did you prepare using cinnamon powder? **CODE ALL THAT APPLY**

Teas/coffee/drinks-----01  
Baking -----02  
Dishes/meals -----03  
Desserts-----04  
Other -----05

**ASK Q.6 IF RESPONDENT HAS USED MIXED SPICE IN THE LAST MONTH (CODE 57) AT Q.1a. OTHERS GO TO Q.7**

Q.6 **SHOWCARD FOODB (AGAIN)** And which of these foods or beverages did you prepare using mixed spice? **CODE ALL THAT APPLY**

Teas/coffee/drinks-----01  
Baking -----02  
Dishes/meals -----03  
Desserts-----04  
Other -----05

**ASK ALL**

And now just a couple of questions to end this section...

**CAPI: USE STANDARD HEIGHT/WEIGHT QUESTIONS**

Q.7 What is your height? (in feet and inches or metres/centimetres)

Q.8 And what is your weight? (in stones/pounds or kilograms)