

# The Food & You Survey Wave 4

**Technical Report**

# Acknowledgements

First and foremost our thanks go to all of the respondents who gave up their time to take part in the survey.

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The statistics presented in this bulletin meet the requirements of the UK Code of Practice for Official Statistics.

Further information on Official Statistics can be found on the UK Statistics Authority website.

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## Introduction

Our food system is complex and, over the next few decades, global population growth is set to make huge demands on food production around the world. This impacts on the food supply in the UK and the challenge is to ensure that our food remains safe, authentic, nutritious, affordable and sustainable.

The role of the Food Standards Agency (FSA) is to protect the interests of the 'consumer' and it does this through a range of activities including regulation of food businesses and developing and targeting messages and initiatives for the public. The FSA's Strategy and Strategic Plan 2015-2020<sup>1</sup> renews its commitment to put 'consumers' first. This is against a rapidly changing landscape in terms of the production, distribution and consumption of food, nationally and globally.

The Food and You survey is the FSA's principal source of methodologically robust and representative evidence on consumers' self-reported food-related activities and attitudes. Understanding the UK population's reported behaviour, attitudes and knowledge in relation to food issues is key to measuring the FSA's progress towards its strategic objectives, providing evidence that supports the FSA's communication activities, identifying topics for further research or action and identifying groups for future interventions (e.g. those most at risk or those among whom FSA policies and initiatives are likely to have the greatest impact).

## Role of the FSA

The FSA was created in 2000 as an independent non-ministerial government department, governed by a Board whose members have extensive knowledge and experience in a wide range of sectors relevant to the FSA. The FSA was set up to protect public health from risks which may arise in connection with the consumption of food (including risks caused by the way in which it is produced or supplied), and otherwise to protect the interests of 'consumers' in relation to food.

The FSA is responsible for food safety and hygiene in England, Wales and Northern Ireland, and is committed to ensuring

<sup>1</sup> [http://www.food.gov.uk/sites/default/files/FSA%20strategy%20document%202015-2020\\_April%202015\\_interactive%20%28%29.pdf](http://www.food.gov.uk/sites/default/files/FSA%20strategy%20document%202015-2020_April%202015_interactive%20%28%29.pdf)

the general public can have trust and confidence in the food they buy and eat.<sup>2</sup> The FSA also enforces standards through its regulatory responsibilities. The FSA provides guidance to consumers on best practices for food safety and hygiene in order to minimise the risk of food poisoning.<sup>3,4</sup> This includes advice on cleaning, cooking, cross-contamination and chilling (collectively known as the '4 Cs'). Guidance is also given on the use of date labels (such as 'use by' and 'best before' dates) and storage instructions on foods to help ensure safety of food eaten at home.

# The Food and You survey

## Background

Since its inception in 2000, the FSA has commissioned surveys to collect quantitative data on the public's reported behaviour, attitudes and knowledge relating to food and food safety. Between 2000 and 2007 the FSA ran the Consumer Attitudes Survey (CAS).<sup>5</sup> In 2008 FSA's Social Science Research Committee (SSRC) recommended that a new survey – Food and You – be developed.<sup>6</sup>

- 2 In April 2015, the FSA's responsibilities in Scotland were transferred to the new non-ministerial government department of the Scottish Government, Foods Standards Scotland (FSS).
- 3 Responsibility for food safety and nutrition in Scotland is the responsibility of Food Standards Scotland (FSS), a non-ministerial government department of the Scottish Government established by the Food Act 2015.
- 4 In 2010, responsibility for nutrition in England and Wales transferred to the Department of Health. From 1 April 2013, responsibility in England transferred to the Department of Health's Executive Agency, Public Health England (PHE) and in Wales, responsibility transferred to the Welsh Government. Responsibility for nutrition and healthy eating practices in Northern Ireland remain the responsibility of the FSA in NI.
- 5 Further information about the CAS can be found at: <http://tna.europarchive.org/20111116080332/http://www.food.gov.uk/science/socsci/surveys/foodsafety-nutrition-diet/>.
- 6 See SSRC 2008 report, Monitoring Public Attitudes and Behaviour – A Review of the Agency's Consumer Attitudes Surveys [http://ssrc.food.gov.uk/sites/default/files/mnt/drupal\\_data/sources/files/multimedia/pdfs/ssrc0822v1.pdf](http://ssrc.food.gov.uk/sites/default/files/mnt/drupal_data/sources/files/multimedia/pdfs/ssrc0822v1.pdf)

Food and You was set up as a biennial, cross-sectional survey of adults aged 16 years and over living in private households. Random probability sampling ensures that everyone in the included countries has an equal chance of being selected to take part, so the results are representative of the population. The first three waves of the survey were carried out by TNS BMRB (in 2010, 2012 and 2014 respectively). NatCen Social Research (NatCen), in collaboration with the Northern Ireland Statistics and Research Agency (NISRA), have been contracted to carry out Waves 4, 5 and 6 of the survey.

Topics have reflected the priorities and interests of the FSA and the survey has been an important means of measuring progress against the FSA's Strategic Plan 2010-2015<sup>1</sup>, providing evidence to assess delivery across the FSA's strategic objectives.<sup>7</sup> The first wave of Food and You (2010) assessed consumer attitudes and behaviour to food-related issues falling under the FSA's remit. Following Wave 1, the questionnaire was reviewed extensively in light of responsibility for nutrition in England and Wales being transferred from FSA in 2010.<sup>4</sup>

Wave 2 (2012) focussed on food safety and hygiene issues and was carried out in 2012 and Wave 3 (2014) was designed to monitor changes since the previous two waves in attitudes and reported behaviour about food issues, to identify at-risk groups for food safety issues, and to explore public understanding of issues regarding the FSA's targets. For the first time at Wave 3, results from Food and You were published as an official statistic, reflecting the robust methodology of the survey and the development of a regular time series of data. Wave 4 of the Food and You Survey included new questions to cover affordability of food, choice, security and sustainability.

New questions and modifications to the Wave 4 questionnaire were tested using cognitive testing techniques. The questionnaire was piloted prior to the start of mainstage fieldwork. Full details are given in the Development report.

7 See the FSA Strategy to 2015  
<http://webarchive.nationalarchives.gov.uk/20120206100416/http://food.gov.uk/multimedia/pdfs/strategy20102015.pdf>

## Aims

Food and You provides data about the prevalence of different attitudes, reported behaviour and knowledge about ways in which food is purchased, stored, prepared and eaten. The aims of Wave 4 were to provide the FSA with data on food hygiene and food safety and other food-related issues in order to:

- explore public understanding and engagement with food safety
- assess knowledge of messages and interventions aimed at raising awareness and changing behaviour
- describe public attitudes to food production and the food system
- monitor trends in reported behaviour, attitudes and knowledge (compared with data from the previous three waves or from other sources)
- identify target groups for future interventions (e.g. those most at risk or those among whom FSA policies and initiatives are likely to have the greatest impact)
- provide indicators and evidence for tracking the FSA's strategic plans<sup>1</sup>

## About this report

This report provides background and methodological information for Wave 4, data collection for which was conducted between 27 May and 30 September 2016. Overall, 3,118 adults aged 16 years and above in England, Wales and Northern Ireland completed a face-to-face computer assisted personal interview (CAPI).

Separate reports are published on the development of the Wave 4 questionnaire, the key findings for England, Wales and Northern Ireland combined, and the findings for Northern Ireland and Wales.

Full data are available in the UK Data Archive.<sup>8</sup>

8 <http://data-archive.ac.uk/>



## Sampling frame and stratification

The sample was drawn from the Postcode Address File (PAF),<sup>9</sup> a list of all the addresses in the UK. In order to improve cost effectiveness, the addresses were clustered into Primary Sampling Units (PSUs), small geographical areas, based on postcode sectors, randomly selected from across England, Wales and Northern Ireland. A list of addresses was randomly selected from each PSU.

The primary sampling units (PSUs) were postcode sectors. Sectors with fewer than 500 addresses were grouped with a neighbouring sector and treated as a single PSU.

A multi-stage, random probability cross-sectional design incorporating the following stages was used:

- stratification<sup>10</sup>
- selection of:
  - primary sample units (PSUs)
  - addresses
  - dwelling unit,<sup>11</sup> where necessary

9 The sample was drawn from the 'small users' sub-file of the Postcode Address File (PAF), a computer list, prepared by the Post Office, of all the addresses (delivery points) which receive fewer than 25 articles of mail a day.

10 Prior to selection the PSU sampling frame was sorted by Government Office Region (GOR) with Wales and Northern Ireland both treated as separate regions. Within each GOR the PSUs were sorted by percentage of Household Reference Persons in a non-manual occupation (NS-SEC groups 1-3), the percentage of households with no car, and population density (persons per hectare). This ensured correct socio-economic representation when the PSUs were selected.

11 Dwelling units were defined as addresses or parts of addresses that have a lockable front door, and to which only the inhabitants have access. Most addresses selected from the PAF contain a single dwelling unit. However, a small number of addresses contain multiple dwelling units (such as flats or bedsits).

- households,<sup>12</sup> where necessary
- participants

Probability methods were applied at each stage, so that each adult had an equal probability of selection, as described in section 2.3.

Prior to selection of PSUs, the sampling frame<sup>13</sup> was sorted by region (Government Office Region, with Wales and Northern Ireland both treated as separate regions). Within each region the PSUs were sorted by the percentage of heads of households in a non-manual occupation (NS-SEC groups 1-3), the percentage of households with no car, and population density (persons per hectare). This was to ensure correct socio-economic representation when the PSUs were selected.

## Selecting addresses and participants

A total of 6,550 addresses were selected from 262 PSUs: 183 PSUs in England, 39 in Wales and 40 in Northern Ireland.<sup>14</sup>

At each address, the interviewer established the number of dwelling units and, in cases where there were two or more (e.g. different flats or bedsits), selected one dwelling unit at random using a Kish grid.<sup>15</sup>

Within each selected dwelling unit the interviewer enumerated the number of households and, in cases where there were two or more (e.g. house shares), selected one household at random, again using a Kish grid.<sup>15</sup>

12 Households were defined as groups of people who share cooking facilities and a living room, sitting room or dining room.

13 The most up-to-date (August 2014) Postcode sector file was used; this included a list of postcode sectors and the number of addresses registered within them.

14 A reserve sample of 350 addresses in 13 PSUs was also drawn: 9 in England, 2 in Wales and 2 in Northern Ireland). However these were not issued as the target response rate and numbers were achieved.

15 Using a Kish grid ensures that the unit (dwelling unit, household or household members) is selected without interviewer bias. The number of units is listed across the top of the grid, with a random number below to indicate which unit should be selected.

Within the selected household, one adult aged 16 years and over was selected to take part in the Food and You survey. In instances where there was more than one eligible adult within the household, the interviewer listed all members in alphabetical order of their first name and made a random selection using a Kish grid.<sup>15</sup>

# 2 Overview of fieldwork procedures and survey protocols

## Fieldwork

Fieldwork for Food and You Wave 4 was carried out between 27 May and 30 September 2016. NatCen carried out fieldwork in England and Wales; NISRA conducted fieldwork in Northern Ireland.

Fieldwork (both for NatCen and NISRA) was issued in three batches as follows:

Batch	Start date	End date
1	27th May 2016	7th July 2016
2	22nd June 2016	2nd August 2016
3	22nd July 2016	30th September 2016

An advance letter and leaflet describing the purpose of the survey and inviting households to participate was sent to all sampled addresses before the fieldwork start date. A few days later, interviewers visited the addresses to determine whether the address was private, residential and occupied. They then carried out the selection process.

Interviewers were required to make up to four attempts to contact each sampled address. These calls were made on different days of the week, and at different times of day. At least three calls were made on a weekday evening (after 6pm) or at a weekend to maximise the probability of contact with the household members.

## The questionnaire

Questionnaire development comprised:

- a review of the questions included in Wave 3 (to determine which should be retained, removed or amended and where new questions needed to be developed to meet new FSA strategic or policy-related interests)
- two rounds of cognitive testing to inform development of all new and any significantly altered questions, and

- a pilot study which, alongside identification of practical issues, supported development and final adjustments to questionnaire content and length

Detailed information about the design and administration of the cognitive testing and pilot study and the resulting findings is provided in the separate Development Report.

The final Wave 4 questionnaire comprised nine distinct modules, relating to a range of different behaviours, attitudes and knowledge pertaining to the FSA's policy interests:

- Information about household members
- Eating habits
- Shopping habits
- Food insecurity
- Food safety
- Food issues
- Healthy eating (Northern Ireland only)
- Health
- Demographics

The interview also identified the Household Reference Person (HRP)<sup>16</sup> in each household and asked questions about housing tenure, as well as his or her employment, to determine the socio-economic classification of the household.<sup>17</sup>

16 The 'Household Reference Person' (HRP) was defined as the householder (a person in whose name the property is owned or rented) with the highest income. If there was more than one householder and they had equal income, then the eldest was selected as the HRP.

17 Questions were asked to ascertain whether the HRP was in paid work at the time of the interview and, if not, whether they had ever had a paid job. If the HRP had ever worked, there were further questions about their current or most recent job in order to classify HRPs into the National Statistics Socio-economic Classification (NS-SEC) groupings.

The question module on healthy eating was asked of participants in Northern Ireland only, reflecting the FSA responsibility for nutrition policy in Northern Ireland. A small number of questions in other modules differed depending on country, as noted in the full version of the questionnaire, provided in the appendix.

Information was collected via face-to-face interviews using a Computer Assisted Personal Interview (CAPI) method. CAPI interviewing involves the interviewer reading questions from a laptop screen and entering the participants' responses into designated fields. This automated procedure allows quick and accurate interviewing and data transmission.

## Parent/guardian consent

If the randomly-selected respondent was aged 16 or 17 and lived with a parent or guardian, verbal consent was obtained from the parent or guardian before the interviewer approached the young person. Once the parent/guardian consent had been obtained, the survey was introduced to the selected young person in the usual way. If a resident parent or guardian could not be contacted, or refused consent, the interview with the young person was not attempted (and the case was deemed 'unproductive').

If the selected respondent was aged 16 or 17 but not living with a parent or guardian, then consent from a parent or guardian was not required.

## Interviewer briefings

All interviewers working on Food and You received a face-to-face briefing before undertaking interviews and were monitored during their assignment.<sup>18</sup> Interviewers were also issued with comprehensive written instructions covering survey procedures.

<sup>18</sup> Interviewers who had been briefed for and worked on the pilot study did not also attend a mainstage briefing. Instead, before starting work on the mainstage, pilot interviewers completed a practice interview using set scenarios to ensure that that ran through key elements of the questionnaire, especially questions or sections that had changed since the pilot.

The briefing sessions were designed to provide the interviewers with background to the survey and its aims, and to inform them of the procedural details of the data collection. Specifically, the areas covered were:

- an introduction to the Food and You survey
- an overview of the history, role and responsibilities of the FSA
- the aims, objectives and past uses of the Food and You data
- an overview of interviewer tasks and the survey documents
- instructions for the participant selection procedure
- discussion of methods for engaging potential participants, and
- a practice CAPI interview

## Advance Documents

Information describing the purpose of the survey and inviting households to take part was posted to all sampled addresses, planned to arrive a couple of days before the start of each of the three fieldwork periods.

An **advance letter**, printed on FSA and NatGen (or NISRA in Northern Ireland) headed paper, gave notice that an interviewer would call at the address and provided some background information about the survey. This emphasised the social relevance and value of the study, in order to encourage participation and maximise response rates. The letter also included answers to some potential frequently-asked questions. Participants were provided with a freephone telephone helpline and email address which they could contact for any queries about the survey or if they wished to opt out. The letter also included an unconditional £10 token of appreciation, redeemable for cash at any branch of the Post Office.

An accompanying **advance leaflet** was provided to complement the letter by providing an engaging insight into the important work of the FSA, as well as the social value of the survey. The leaflet provided more detail about the types of questions that would be asked and how the findings from the survey would be used by the FSA to support its work.

Both documents included contact details (post, telephone and email) for NatCen (and NISRA in Northern Ireland) and the FSA, in case the recipient had any concerns or further questions. The documents also contained links to the FSA and participant websites should the participant wish to find out more about the FSA and its work and/or additional background information about the survey.

## Interviewer field documents

Interviewers were provided with copies of the advance letter and leaflet. In addition they were provided with:

- a comprehensive set of **project instructions**
- a **pre-labelled Address Record Form (ARF)** for each **address** in their assignment to record details of the address, selections, contact attempts and the outcome of the visit (for example whether or not the selected individual was willing to take part).
- a **doorstep laminate** displaying infographics relating to food issues for use as a visual aid to encourage interest in the content and value of the findings of the survey.



- a set of **show cards** for use during the interview. Interviewers were prompted to show respondents the relevant show card which displayed the possible answers to particular questions, and the relevant code for the interviewers to input. For a number of questions, alternative versions of showcards with response options in the reverse order were produced, to be shown to a random 50% of respondents. This was done to minimise potential bias from response option ordering.<sup>19</sup>
- a set of **cards for the Eatwell Guide task** consisting of a blank version of the Eatwell Guide and corresponding cards representing different food groups (Northern Ireland only)
- **thank-you letters** providing information on sources of advice regarding food hygiene, safety practices and insecurity, as well as organisation contacts at NatCen (and NISRA in Northern Ireland) and the FSA.

## Participant website

A website dedicated to providing information for potential participants about Food and You was hosted on the NatCen website. This contained information about who NatCen are, the purpose and aims of the study, how they have been chosen and reasons to take part: <http://www.natcen.ac.uk/foodandyou>.

## Food and You helpline

A freephone survey helpline was set up and hosted by NatCen; the advance letter included the freephone number, which participants could call if they had any queries about the study. The helpline was answered during office hours with an answer phone operating out of hours. Advance documents also contained FSA contact details, in case participants had any queries for the FSA.

<sup>19</sup> Note that in Food & You Wave 3 were shown the computer screen with randomised response options.

## Welsh language requirements

In order to comply with the Welsh Language Act 1993, as well as the FSA's own Welsh language policy, Welsh-language versions of the advance letter and leaflet were sent to addresses in Wales, alongside the English-language versions. Welsh-language options were produced for the NatCen participant website, as well as for the NatCen telephone helpline, ensuring respondents would have their calls returned by a Welsh-language speaker.

Welsh-speaking interviewers were available to carry out interviews in Welsh on request, and all respondents in Wales were issued with a Welsh-language version of the post-interview thank-you letter, alongside the English-language version.

## Response rates

The table below shows response rates achieved overall and in the individual countries. For Wave 4 overall, the response rate was 52.6% and 50.4% in England, 58.4% in Wales, 57.8% in Northern Ireland.

	Country			
	England	Wales	Northern Ireland	Overall
Issued Addresses (n)	4575	975	1000	6550
Ineligible (n)	390	131	93	614
Eligible	4185	844	907	5936
Unproductive (n)	2077	351	383	2811
Fully productive Interview (n)	2105	492	521	3118
Partially productive interview (n) <sup>a</sup>	3	1	3	7
<b>Response rate (%)</b>	<b>50.4</b>	<b>58.4</b>	<b>57.8</b>	<b>52.6</b>

<sup>a</sup> The seven partially productive individuals started but did not complete the interview. These cases did not count towards the response rate and were not included in the analysis dataset.

# 3 Data preparation

All aspects of coding and data preparation were carried out by specialist staff at NatCen. Personal information was handled securely and in accordance with the Data Protection Act (1998).

## Coding and editing

Checks were built into CAPI programme to allow issues (e.g. unlikely or incorrect answers) to be resolved during the interview where possible.

Collected data were then checked during an office edit and coding stage. Data were submitted to a comprehensive edit which checked valid ranges and routing and all interviewer notes opened during the interview were scrutinised.

Experienced coders examined a number of open-ended questions on a question-by-question basis in order to maximise coding consistency. The answers were examined to determine whether they could be back-coded into one of the pre-codes. If these answers did not fit into any of the existing codes and similar themes were coming up, then new codes were raised; otherwise the answers were coded as 'other'.

Participants were asked about the industry in which the HRP<sup>16</sup> was employed and their occupation. If the HRP was not currently in employment the question was asked about their most recent job; for those with more than one job, details were collected about their main job. The occupations of HRPs were coded to sub-major groups using the Standard Occupational Classification (SOC 2010) and Standard Industrial Classification of Economic Activities (SIC).

## Weighting

The weighting procedure for Wave 4 followed procedures applied in the first three waves of the study, and included:

**Calculation of selection (design) weights.** These were applied to correct for the lower selection probabilities of adults aged 16+ in multi-adult households/dwellings, as well as for the selection

of one dwelling unit/household if two or more were found at the selected address. The design weight also corrected for the over-representation of Wales and Northern Ireland relative to England (as a result of the boosted samples in those countries).

In order to ensure the results from each country were representative of that country's population, the achieved interviews were calibrated separately for each country to known population distributions of:

- in England: working status by gender, age by gender, and region
- in Wales/Northern Ireland: working status by gender, and age group

This accounted for differential non-response on these variables. The calibration results within each country were combined to create *cweight* – to be used for the analysis within country.

The Wave 4 population totals for age, gender and region were obtained from the ONS 2016 Mid-Year Population Estimates. The employment status data was gathered from the latest available Labour Force Survey (LFS) data released in November 2016.<sup>20</sup> Employment data for individuals aged 16+ was split into four categories as follows:

- female in employment
- female not in employment
- male in employment
- male not in employment<sup>21</sup>

20 In the first three waves of Food&You the Annual Population Survey (APS) was used as the source of population totals of working status. As the Labour Force Survey (LFS) data was considered to be a more reliable source of population estimates, this was adopted for Wave 4. The 2016 working status numbers from LFS and APS are comparable, hence no bias is expected to be introduced as a result of this change.

21 In the first three waves Food&You, the following categories of employment status by gender were used: male full time, male not full time, women working, and women not working. For Wave 4, men and women are treated similarly and are split into two groups: in employment and not in employment.

Finally, the countries were scaled to their correct proportion and combined to calculate a weight for analysis of the whole dataset (*ukweight*).

**Design Effect.** The design effect<sup>22</sup> caused by weighting of the sample was also calculated. In conducting significance tests it is assumed that the achieved sample is a simple random sample from the survey population. The overall design effect for the whole dataset is 1.81. The actual sample size divided by the design effect equals the effective sample size: 1,719 cases.

## Profile of the achieved sample

Tables below show the profile of the unweighted and weighted Wave 4 sample for a range of variables used in weighting. These are compared to the population totals.

<sup>22</sup> The design effect takes into account the actual complexity of the sample design. This is the ratio of the actual variance, under the sampling method used, to the variance computed under the assumption of simple random sampling.

	Population Totals		Food and You unweighted sample		Food and You weighted sample	
	n	%	n	%	n	%
<b>Employment status by gender</b>						
Men in employment	15,676,464	32.4	672	21.6	1007	32.3
Men not in employment	7,976,513	16.5	561	18.0	515	16.5
Women in employment	13,703,319	28.3	906	29.1	884	28.4
Women not in employment	11,035,135	22.8	979	31.4	712	22.8
<b>Age (years)</b>						
16-24	6,776,417	14.0	223	7.2	434	13.9
25-34	8,110,971	16.8	421	13.5	522	16.7
35-49	11,943,267	24.7	745	23.9	771	24.7
50-64	10,932,607	22.6	788	25.3	706	22.6
65+	10,628,169	22.0	941	30.2	686	22.0
<b>Government Office Region</b>						
North East	2,159,604	4.5	117	3.8	139	4.5
North West	5,820,624	12.0	302	9.7	376	12.0
Yorkshire and Humber	4,371,577	9.0	190	6.1	280	9.0
East Midlands	3,815,349	7.9	205	6.6	246	7.9
West Midlands	4,628,624	9.6	231	7.4	299	9.6
South West	4,513,700	9.3	242	7.8	291	9.3
East of England	4,919,174	10.2	252	8.1	317	10.2
London	6,909,128	14.3	231	7.4	444	14.2
South East	7,243,433	15.0	335	10.7	467	15.0
Wales	2,543,797	5.3	492	15.8	164	5.3
Northern Ireland	1,466,421	3.0	521	16.7	94	3.0

## Data files

After completion of the coding and editing process, quality control checks and data cleaning were undertaken by the Data Manger to ensure the structural integrity and content of the data were intact and as expected. The Data Manager also produced derived variables required for reporting; these were independently checked before being added to the master files.

The dataset was produced using IBM SPSS and is available in full via the UK Data Archive and [www.data.gov.uk](http://www.data.gov.uk).



# 4 Appendix - survey documents

## English versions

The final questionnaire

Advance letter –England, Wales version

Advance leaflet –Northern Ireland version

Advance leaflet

Interviewer doorstep laminate

Thank you letter - England, Wales version

Thank you letter - Northern Ireland version

Eatwell Guide

## Welsh versions

The final questionnaire

Advance letter

Advance leaflet

Thank you letter

**FACE TO FACE: CAPI QUESTIONNAIRE**

<b>Name of survey</b>	<b>Food and You Wave 4</b>
<b>Questionnaire Version Number</b>	<b>MAIN STAGE FINAL V13</b>
<b>Authors</b>	Nina Sal (NatCen); Edward Eaton (FSA)

<b>Methodology</b>	Face-to-face
<b>If face-to-face</b>	Home
<b>Questionnaire</b>	CAPI
<b>Duration</b>	45 minutes (England and Wales) & 60 minutes (Northern Ireland)
<b>Sample Description</b>	Random probability

**PART 1 HOUSEHOLD INFORMATION**

**NB. NO ROTATION OF ANSWER SCALES. STATEMENTS ROTATED WHERE INDICATED**

**Intro1**

Thank you for agreeing to take part in Food and You. Before we begin, I just want to remind you that everything you tell me today will be treated in confidence. No personal details will be passed on to anyone else unless you give your explicit permission.

**Info1**

First I'd like to ask you a few questions about your accommodation and who lives here with you.

**RespName**

Can I just check, what is your first name?

**OPEN BOX**

**RespSex**

PLEASE CODE SEX OF RESPONDENT

Male

Female

**Q1\_2a1**

**Date of Birth**

What is your date of birth?

FOR MONTH NOT GIVEN....ENTER 6 FOR MONTH

FOR DAY NOT GIVEN....ENTER 15 FOR DAY

ENTER THE DATE USING THE FORMAT: DD/MM/YYYY

**OPEN BOX**

**IF YEAR OF BIRTH NOT GIVEN**

**Q1\_2b1**

What was your age last birthday?

**IF REFUSE TO GIVE AGE AT Q1\_2B**

**Q1\_2c1**

**SHOW CARD A1**

Looking at this card, which age band do you belong to?

1. Under 3
2. 3-5
3. 6-10
4. 11-15
5. 16-17
6. 18-19
7. 20-24
8. 25-34
9. 35-44
10. 45-54
11. 55-64
12. 65+

Refused **CODE NOT SHOWN**

**Q1\_0**

Thinking now of everyone living in this household, including children, including yourself, how many people live here regularly as members of this household?

CHECK INTERVIEWER MANUAL FOR DEFINITION OF HOUSEHOLD IF NECESSARY. NOTE THAT THIS MAY BE DIFFERENT TO THE DWELLING UNIT YOU ENUMERATED FOR THE SELECTION. IF YOU DISCOVER THAT YOU WERE GIVEN THE WRONG INFORMATION FOR THE RESPONDENT SELECTION ON THE ARF

DO NOT REDO THE ARF SELECTION PROCEDURE

DO ENTER THE CORRECT INFORMATION HERE

DO USE <CTRL + M> TO MAKE A NOTE OF WHAT HAPPENED.

**NUMERIC 1-29**

**IF Q1\_0>1**

**Q1\_1**

I would like to ask you a few details about the other (TEXTFILL: people/person) in this household. What is the name of the <TEXTFILL: First/second/third etc.) person?

Please note that the names of other people in your household will not be stored with any of the answers that you give, they will only be used for this interview to help us ask some questions relating to your household.

INTERVIEWER: HH MEMBERS CAN BE ENTERED IN ANY ORDER  
**FIRST NAME ONLY**

**OPEN BOX**

**Q1\_2a**

**Date of Birth**

What is their date of birth?

FOR MONTH NOT GIVEN....ENTER 6 FOR MONTH

FOR DAY NOT GIVEN....ENTER 15 FOR DAY

ENTER THE DATE USING THE FORMAT: DD/MM/YYYY

**OPEN BOX**

Ref **CODE NOT SHOWN**

**IF YEAR OF BIRTH NOT GIVEN**

**Q1\_2b**

What was their age last birthday?

**NUMERIC 0-120**

Ref **CODE NOT SHOWN**

**IF REFUSE TO GIVE AGE AT Q1\_2B**

**Q1\_2c**

**SHOW CARD A1**

Looking at this card, which age band does NAME belong to?

1. Under 3
2. 3-5
3. 6-10
4. 11-15
5. 16-17
6. 18-19
7. 20-24
8. 25-34
9. 35-44
10. 45-54
11. 55-64
12. 65+

Refused **CODE NOT SHOWN**

**NOTE: ANSWERS AT Q1\_2C TO BE KEPT SEPARATE FROM Q1\_2A AND Q1\_2B**

**NEED TO INSERT NEW DUMMY QUESTION WHICH TAKES THE AGE OF EACH PERSON FROM Q1\_2A, Q1\_2B OR Q1\_2C – THIS SHOULD BE USED FOR VERIFICATION & ROUTING**

**Q1\_3**

**Gender**

CODE FIRST THAT APPLIES

1. Male
2. Female

**Q1\_6**

**SHOW CARD A2**

What is the relationship of <**TEXTFILL**: name> to you?

**SINGLE CODE**

**REPEAT FOR EACH MEMBER OF THE HOUSEHOLD OTHER THAN RESPONDENT**

1. Spouse
2. Cohabiting partner
3. Son/daughter (incl. adopted)
4. Step-son/daughter
5. Foster child
6. Son-in-law/daughter-in-law
7. Parent/guardian
8. Step-parent
9. Foster parent
10. Parent-in-law
11. Brother/sister (incl. adopted)
12. Step-brother/sister
13. Foster brother/sister
14. Brother/sister-in-law
15. Grand-child
16. Grand-parent
17. Other relative
18. Other non-relative

19. Civil partner  
Refused **CODE NOT SHOWN**

**REPEAT Q1\_1 TO Q1\_6 FOR EACH HOUSEHOLD MEMBER OTHER THAN RESPONDENT**

**ASK ALL**

**Q1\_4a**

LIVING ARRANGEMENTS

Are you...

ASK OR RECORD

CODE FIRST THAT APPLIES

INTERVIEWER: THE AIM IS TO OBTAIN THE LEGAL MARITAL STATUS, IRRESPECTIVE OF ANY DE FACTO ARRANGEMENT

1. single, that is never married and never registered a same-sex civil partnership
2. married and living with husband/wife
3. in a registered same-sex civil partnership and living with your partner
4. separated, but still legally married
5. divorced
6. widowed?
7. [spontaneous only] separated, but still legally in a same-sex civil partnership
8. [spontaneous only] formerly a same sex civil partner, the civil partnership now legally dissolved
9. [spontaneous only] a surviving civil partner: his/her partner having since died

Refused **CODE NOT SHOWN**

**IF (Q1\_0>1) AND (Q1\_4A=1,4,5,6,7,8,9)**

**Q1\_4b**

May I just check, are you living with someone in this household as a couple?

ASK OR RECORD

ONLY RESPONDENTS WHO ARE LIVING WITH THEIR PARTNER IN THIS HOUSEHOLD SHOULD BE CODED AS LIVING TOGETHER AS A COUPLE.

YOU MAY CODE NO WITHOUT ASKING THE QUESTION ONLY IF ALL MEMBERS OF THE HOUSEHOLD ARE TOO CLOSELY RELATED FOR ANY TO BE LIVING TOGETHER IN A DE FACTO MARITAL RELATIONSHIP.

1. Yes
2. No
3. SPONTANEOUS ONLY - same sex couple (but not in a formal registered civil partnership)

**FOR ALL MEMBERS OF HOUSEHOLD AGED 16 OR OVER (USE THE DUMMY QUESTION WHICH COMBINES Q1\_2A, Q1\_2B AND Q1\_2C FOR THIS)**

**Q1\_5**

**WORKING STATUS**

**SHOW CARD A3**

Please look at this card and tell me which best describes <**TEXTFILL**: your/name's> main current activity?

**CODE ONE 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 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 GIVE DETAILS**)
- Ref **CODE NOT SHOWN**

## **PART 2 EATING HABITS**

### **EatHalnt**

I'd now like to ask you some questions about your eating habits.

### **CkRes**

#### **SHOW CARD B1**

Over a typical week, which of these best describes the level of responsibility you have for preparing and cooking food in your household?

#### **SINGLE CODE**

INTERVIEWER NOTE: THIS IS ONLY ABOUT PREPARING AND COOKING FOOD, WE WILL BE ASKING ABOUT SHOPPING FOR FOOD SEPARATELY LATER ON.

1. Responsible for all or most of the preparing/cooking of food
2. Responsible for about half of the preparing/cooking of food
3. Responsible for less than half of the preparing/cooking of food
4. Not responsible for any of the preparing/cooking of food
5. Each person is responsible for preparing/cooking their own food

**IF CkRes = 1, 2, 3, 4 AND IF HH SIZE > 1**

### **CkOth**

And over a typical week, are any other household members responsible for any of the preparing and cooking of food in your household?

INSERT OTHER HOUSEHOLD MEMBERS, SELECT ALL THAT APPLY  
No one else (SINGLE CODE ONLY)

**FOR EACH INDIVIDUAL NAMED AT CkOth**

### **CkResO**

#### **SHOW CARD B2**

Over a typical week, which of these best describes <<INSERT NAMES>>'s level of responsibility for preparing and cooking food in your household?

#### **SINGLE CODE**

1. Responsible for all or most of the preparing/cooking of food.
2. Responsible for about half of the preparing/cooking of food.
3. Responsible for less than half of the preparing/cooking of food.
4. Not responsible for any of the preparing/cooking of food

**[SOFT CHECK: IF (CookRes=1 AND CkResO=1 or 2) OR IF (CookRes=2 AND CkResO=1) OR IF (1 SELECTED MORE THAN ONCE AT CkResO) OR IF (2 SELECTED MORE THAN TWICE AT CkResO) THEN**

The level of responsibility stated does not add up, please verify with the respondent and amend if necessary.

### **ASK ALL**

#### **CkResEIs**

And can I check, on a typical week, does anyone who doesn't live with you have any responsibility for any of the preparing and cooking of food for <you/your household>?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY.



PROMPT: This could be a friend, relative, carer or catering service. Please only include them if they prepare food or cook food for <you/your household> on a regular basis.

INTERVIEWER: DO NOT ACCEPT SOMEONE ALREADY NAMED IN LIST OF HOUSEHOLD MEMBERS.

INTERVIEWER: ONLY INCLUDE CATERING SERVICE IF FOOD ARRIVES READY TO EAT, AND IS NOT COOKED BY SOMEONE IN THE HOUSEHOLD

1. Friend/non co-habiting partner
2. Relative
3. Carer
4. Catering service (e.g. meals on wheels)
5. Other (please specify)
6. No one (SINGLE CODE ONLY)

**SOFT CHECK: IF (CkRes = 4) AND (CkOth = 'No one else') AND (CkResEls = 6) THEN**

You indicated that neither you nor anyone else inside or outside of the household is responsible for any of the preparing or cooking of food, can I just check this is correct?

**CkFreq**

**SHOW CARD B3**

How often do you cook or prepare food for yourself, or others?

**SINGLE CODE**

- At least once a day
- 5-6 times a week
- 3-4 times a week
- Once or twice a week
- Once a fortnight
- Once a month
- Less than once a month
- Never
- It varies too much to say

**Q2\_7**

Which, if any, of the following applies to you? Please state all that apply.

**SHOW CARD B4**

**MULTICODE**

- Completely vegetarian
- Partly vegetarian
- Vegan
- Avoid certain food for religious or cultural reasons
- None (**SINGLE CODE ONLY**)

**IF Q2\_7 = Completely Vegetarian**

**VegeChk**

Can I just check, do you eat any meat, fish, poultry or dishes that contain these?

- 1 Yes
- 2 No

**IF Q2\_7 = Vegan**

**VeganChk**

Can I just check, do you eat any foods of animal origin. That is meat, fish, poultry, milk, milk products, eggs or any dishes that contain these?

- 1 Yes
- 2 No

**AdReac**

Do you ever suffer from an adverse reaction after consuming certain foods?

**SINGLE CODE**

- 1. Yes
- 2. No

**AvoidFd**

Do you avoid any particular foods because of the adverse reaction they might cause?

**SINGLE CODE**

- 1. Yes
- 2. No

**IF AdReac = 1 AND/OR AvoidFd = 1**

**FdReac**

Do you experience an adverse reaction to any of the following foods?

**SHOW CARD B5**

**MULTICODE**

INTERVIEWER: ONLY CODE 1-14 IF RESPONDENT EXPERIENCES AN ADVERSE REACTION TO THE GENERAL FOOD TYPE. IF ONLY A SINGLE ITEM WITHIN A FOOD GROUP (e.g. almonds, or bread) THEN CODE OTHER.

PROMPT: And do you ever experience an adverse reaction to any other type of food not listed here?

IF MULTIPLE ITEMS UNDER 'OTHER', CODE AS SEPARATE ITEMS.

- 1. Peanuts
- 2. Other nuts  
e.g. almonds, hazelnuts, walnuts, cashew nuts, pecans
- 3. Cow's milk and products made with cow's milk  
e.g. butter, cheese, cream, yoghurt
- 4. Cereals containing gluten  
e.g. wheat, rye, barley, oats

5. Eggs
6. Fish
7. Crustaceans  
e.g. crabs, lobster, prawns, scampi
8. Molluscs  
e.g. mussels, snails, squid, whelks, clams, oysters
9. Soya
10. Celery/celeriac
11. Mustard
12. Lupin
13. Sesame
14. Sulphur dioxide/sulphites
15. Other (please specify)

**IF (FdReac = OTHER) THEN**

**FdReacO**

Ask and separately record other food types the respondent experiences an adverse reaction to.

WHEN ALL FOOD TYPES/ITEMS HAVE BEEN ENTERED PRESS PgDn

**10 x open text box**

**FOR EACH ITEM IDENTIFIED AT FdReac AND FdReacO**

**ReactTyp**

**SHOW CARD B6**

How would you best describe your problem with <INSERT ITEM>?

**SINGLE CODE**

INTERVIEWER NOTES:

- A FOOD ALLERGY IS A FAST AND POTENTIALLY SERIOUS RESPONSE TO FOOD BY YOUR IMMUNE SYSTEM, TRIGGERING SYMPTOMS SUCH AS A RASH, WHEEZING AND ITCHING.

1. Food allergy
2. Food intolerance
3. Coeliac disease
4. Non-coeliac gluten sensitivity
5. Gluten intolerance
6. Lactose intolerance
7. Cow's milk intolerance
8. Food protein-induced enterocolitis syndrome (FPIES)
9. Other (please specify)

**FOR EACH ITEM IDENTIFIED AT FdReac AND FdReacO**

**Diagnose**

**SHOW CARD B7**

How did you find out about your condition relating to <INSERT ITEM FROM FdReac>?

## MULTI CODE

1. I have been diagnosed by an NHS or private medical practitioner (e.g. GP, dietician, allergy specialist in a hospital or clinic)
2. I have been diagnosed by an alternative or complementary therapist (e.g. 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)

## FOR EACH ITEM IDENTIFIED AT FdReac

### ReacAge

How old were you when you first started experiencing an adverse reaction to this food?

PROMPT: If you are uncertain as to the exact age please provide your best estimate.

## INSERT NUMERICAL VALUE

### IF Q1\_0>1

#### Q2\_19

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

Yes

No

Don't know

#### Q2\_7a

I would now like to ask you a few questions about eating at home and eating out. In the last 7 days, that is since last (**INSERT NAME OF DAY 7 DAYS AGO**), on how many days out of that seven did you eat BREAKFAST AT HOME?

### NUMERIC 0-7

SPONTANEOUS: Never eat breakfast

Don't know **CODE NOT SHOWN**

## IF Q2\_7A=1-7 AND NORTHERN IRELAND ONLY

#### Q2\_8a

### SHOW CARD B8

Thinking about all the times you were eating your breakfast in the last 7 days AT HOME, did you mainly eat alone or with other people?

INTERVIEWER – IF WITH OTHER PEOPLE: “Which other people did you mainly eat with?”

### (MULTICODE)

#### CODE ALL THAT APPLY

- 1 Ate alone (**SINGLE CODE ONLY**)
- 2 Partner
- 3 Child(ren)
- 4 Parent(s)/guardian(s)
- 5 Brother(s)/sister(s)
- 6 Other family members
- 7 Friends
- 8 Someone else (specify)

9 Don't know **CODE NOT SHOWN**

**Q2\_7b**

In the last 7 days, that is since last (**INSERT NAME OF DAY 7 DAYS AGO**), on how many days out of that seven did you eat LUNCH AT HOME?

**NUMERIC 0-7**

SPONTANEOUS: Never eat lunch

Don't know **CODE NOT SHOWN**

**IF Q2\_7B=1-7 AND NORTHERN IRELAND ONLY**

**Q2\_8c**

**SHOW CARD B8**

Thinking about all the times you were eating your lunch in the last 7 days AT HOME, did you mainly eat alone or with other people?

INTERVIEWER – IF WITH OTHER PEOPLE: “Which other people did you mainly eat with?”

**MULTICODE**

CODE ALL THAT APPLY

- 1 Ate alone (**SINGLE CODE ONLY**)
- 2 Partner
- 3 Child(ren)
- 4 Parent(s)/guardian(s)
- 5 Brother(s)/sister(s)
- 6 Other family members
- 7 Friends
- 8 Someone else (specify)
- 9 Don't know **CODE NOT SHOWN**

**Q2\_7c**

In the last 7 days, that is since last (**INSERT NAME OF DAY 7 DAYS AGO**), on how many days out of that seven did you eat your MAIN EVENING MEAL AT HOME?

**NUMERIC 0-7**

SPONTANEOUS: Never eat a main evening meal

Don't know **CODE NOT SHOWN**

**IF Q2\_7C=1-7 AND NORTHERN IRELAND ONLY**

**Q2\_8e**

**SHOW CARD B8**

Thinking about all the times you were eating your main evening meal in the last 7 days AT HOME, did you mainly eat alone or with other people?

INTERVIEWER – IF WITH OTHER PEOPLE: “Which other people did you mainly eat with?”

**MULTICODE**

CODE ALL THAT APPLY

- 1 Ate alone (**SINGLE CODE ONLY**)
- 2 Partner
- 3 Child(ren)
- 4 Parent(s)/guardian(s)
- 5 Brother(s)/sister(s)
- 6 Other family members
- 7 Friends

8 Someone else (specify)

9 Don't know **CODE NOT SHOWN**

**Q2\_14**

**SHOW CARD B9**

AT THE MOMENT, HOW OFTEN DO YOU EAT <insert food>?

**SINGLE CODE**

**RANDOMISE GROUPS**

**FOODS**

**ASK IF NOT VegeChk=No OR VeganChk=No**

**GROUP 1**

Cuts or portions of beef, lamb or pork (e.g. joints, steak, chops)

Burgers

Sausages

Chicken or turkey

Duck/goose

Pre-cooked meats, like ham or meat pâté

**ASK IF NOT VeganChk=No**

**GROUP 2**

Milk and dairy foods like cheese and yoghurt (INTERVIEWER NOTE: THIS INCLUDES DRINKING MILK, MILK IN TEA ETC.)

Eggs

**ASK IF NOT VegeChk=No OR VeganChk=No**

**GROUP 3**

Cooked or smoked fish, excluding shellfish

Cooked shellfish (e.g. crab, prawns, lobster, mussels)

Raw fish or shellfish (e.g. in sushi, sashimi, raw oysters)

**GROUP 4**

Raw fruit

Raw vegetables, including salad

Cooked vegetables

**GROUP 5**

Pre-packed sandwiches

Ready meals

**SCALE**

At least once a day

5-6 times a week

3-4 times a week

Once or twice a week

Once a fortnight

Once a month

Less than once a month

Never

DK **CODE NOT SHOWN**

**EatOut**

I'm now going to move on to talk about eating out. Have you done any of the following things in the last month)?

**SHOW CARD B10**

CODE ALL THAT APPLY

- 1 Eaten in a restaurant
- 2 Eaten takeaway food from a restaurant or takeaway outlet
- 3 Eaten in a fast food restaurant
- 4 Got food to take away from a fast food restaurant
- 5 Eaten in a pub/ bar/ nightclub
- 6 Eaten in a café or coffee shop
- 7 Bought food or drink from a café, coffee shop or sandwich bar to take away
- 8 Eaten food from a canteen (e.g. at work, school, university, or hospital)
- 9 Eaten in a hotel, B&B or guesthouse
- 10 Eaten food from a mobile food van or stall
- 11 None of these (**SINGLE CODE ONLY**)

**EatOutOff**

**SHOW CARD B11**

At the moment, how often would you say you eat out at or get food to take away from a restaurant or other food outlet? **SINGLE CODE**

- At least once a day
- 5-6 times a week
- 3-4 times a week
- Once or twice a week
- Once a fortnight
- Once a month
- Less than once a month
- Never
- It varies too much to say (spontaneous only)

**IF (EatOutOff = NOT 'Never') THEN**

**EatOutInf**

**SHOW CARD B12**

In the last 12 months, when deciding where to eat out or get food to takeaway, have you got any information from any of the following sources?

**RANDOMISE ORDER OF RESPONSE OPTIONS KEEPING OTHER AT THE END**

Own experience of the place

Appearance of the place  
Word of mouth  
Recommendations from friends/family  
Customer reviews on websites or mobile apps  
Newspaper/magazine features or reviews  
Television programmes  
Books (e.g. restaurant guides)  
Leaflets/flyers  
Media advertising (e.g. television/radio/magazines/newspapers)  
Other (please specify)

**IF EatOutInf = 'Review websites/mobile apps'**

**EatOutRev**

Do you ever use any restaurant review websites, online services or mobile apps, either to check user reviews or write your own?

**SPONTANEOUS, CODE ALL THAT APPLY**

**MULTICODE**

I do not use restaurant review websites (SINGLE CODE ONLY)

TripAdvisor  
Yelp  
Google reviews  
Just Eat  
Hungryhouse  
Zomato  
Foursquare  
OpenTable  
TimeOut  
SquareMeal  
Zagat  
Other (specify)

**IF (EatOutOfft = NOT 'Never') THEN**

**Q2\_35**

Generally, when you're deciding where to eat out, which of the following are important to you?

**SHOW CARD B13**

CODE ALL THAT APPLY

**RANDOMISE ORDER OF RESPONSE OPTIONS KEEPING 'NONE OF THESE' AND 'SOMETHING ELSE' AT THE END**

Price  
Recommendations or invitation from someone you know/good reviews  
Nutritional information of the food is provided  
Healthy foods/choices  
Cleanliness and hygiene  
Good service  
A good hygiene rating/score  
Food for restricted diets such as Vegetarian, Halal, Kosher etc.  
None of these  
Something else **SPECIFY**



**ASK IF Q2\_35 NOT = 'None of these' AND MORE THAN ONE SOURCE MENTIONED**

**Q2\_35b**

And which of these is the most important to you?

**SINGLE CODE**

**ONLY SHOW CODES MENTIONED AT Q2\_35**

Price

Recommendations or invitation from someone you know/good reviews

Nutritional information of the food is provided

Healthy foods/choices

Cleanliness and hygiene

Good service

A good hygiene rating/score

Food for restricted diets such as Vegetarian, Halal, Kosher etc.

Something else **SHOW TEXT ENTERED AT Q2\_35**

All equally important –(SPONTANEOUS ONLY)

Don't know –(SPONTANEOUS ONLY)

**ASK ALL**

**Q2\_37**

**SHOW CARD B14**

When you eat out, at places such as at restaurants, cafes, pubs and takeaways, or buy food to take home to eat from supermarkets or shops, how aware would you say you generally are about their standards of hygiene?

**SINGLE CODE**

Do not eat out or buy food to take home

Very aware

Fairly aware

Neither aware nor unaware

Fairly unaware

Very unaware

(Don't know) **CODE NOT SHOWN**

**IF FAIRLY/VERY UNAWARE/DK, OR 'DO NOT EAT OUT OR BUY FOOD TO TAKE HOME', SKIP TO Q12\_1, OTHERS CONTINUE**

**Q2\_38**

**SHOW CARD B15**

How do you know about the hygiene standards of the places you eat out at or buy food from? –

CODE ALL THAT APPLY

PROBE: Anywhere else?

Word of mouth

Reputation

Appearance of staff

General appearance of premises

Hygiene rating/score

Customer reviews on websites/mobile apps  
Other (**SPECIFY**)  
(Don't know) **CODE NOT SHOWN**

**ASK ALL**

**Q12\_1**

Have you ever seen any of these before?

**SHOW CARD B16/B17**

**LIST**

England FHRS image (**FOR ENGLAND/NI RESPONDENTS**)

Wales FHRS image (**FOR WALES RESPONDENTS**)

**SCALE**

Yes

No

<b>PART 3 SHOPPING</b>
------------------------

**infoPart3**

And now some questions on shopping...

**Q3\_1****SHOW CARD C1**

THINKING ABOUT FOOD/GROCERY SHOPPING, OVER A TYPICAL WEEK, WHICH OF THESE BEST DESCRIBES THE LEVEL OF RESPONSIBILITY YOU HAVE FOR THE SHOPPING (TEXTFILL IF HH>1: IN YOUR HOUSEHOLD)?

**SINGLE CODE**

- 1 Responsible for all or most of the food/grocery shopping
- 2 Responsible for about half of the food/grocery shopping
- 3 Responsible for less than half of the food/grocery shopping
- 4 Not responsible for any of the food/grocery shopping
- 5 Each person is responsible for their own food/grocery shopping

**IF Q3\_1 = 1, 2, 3, 4 AND IF HH SIZE > 1**

**ShpOth**

And over a typical week, are any other household members responsible for any of the food/grocery shopping in your household?

INSERT ALL HOUSEHOLD MEMBERS, SELECT ALL THAT APPLY  
No one else (**SINGLE CODE ONLY**)

**FOR EACH INDIVIDUAL NAMED AT ShpOth**

**ShpResO****SHOW CARD C2**

Over a typical week, which of these best describes <<INSERT NAMES>>'s level of responsibility for food/grocery shopping in your household?

**SINGLE CODE**

1. Responsible for all or most of the food/grocery shopping.
2. Responsible for about half of the food/grocery shopping.
3. Responsible for less than half of the food/grocery shopping.
4. Not responsible for any of the food/grocery shopping.

**[SOFT CHECK: IF (Q3\_1=1 AND CShpResO=1 or 2) OR IF (Q3\_1=2 AND ShpResO=1) OR IF (1 SELECTED MORE THAN ONCE AT ShpResO) OR IF (2 SELECTED MORE THAN TWICE AT ShpResO) THEN**

**ASK ALL****ShpResEls**

And can I check, on a typical week, does anyone who doesn't live with you have any responsibility for any of the food/grocery shopping for <you/your household>?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY

PROMPT: This might be a friend, relative or carer. Please only include them if they do food or grocery shopping for <you/your household> on a regular basis.

INTERVIEWER NOTE: DO NOT ACCEPT ANYONE NAMED ON LIST OF HOUSEHOLD MEMBERS.

1. Friend/non co-habiting partner
2. Relative
3. Carer
3. Other (please specify)
4. No one (**SINGLE CODE ONLY**)

**SOFT CHECK: IF 'Not responsible for any' SELECTED AT Q3\_1, 'No one else' SELECTED at ShpResO and 'No one' SELECTED AT ShpResEIs:**

You indicated that neither you nor anyone else inside or outside of the household is responsible for any of the food/grocery shopping, can I just check this is correct?

**Q3\_3**

**SHOW CARD C3**

Where <TEXTFILL DEPENDING ON NUMBER IN HH: do you/does your household> shop for food? Please include all food shopping, including any main shopping trips, top-up shopping, meat and fish, fruit and vegetables, and any other food shopping.

**CODE ALL THAT APPLY**

**MULTICODE**

- 1 Large supermarket
- 2 Mini supermarket e.g. Metro/Local
- 3 Local/corner shop (including newsagents)
- 4 Garage forecourt
- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's markets)
- 10 Farm
- 11 Home delivery – from a supermarket
- 12 Home delivery (including vegetable boxes) – not from a supermarket
- 13 Other shop

**IF MORE THAN ONE CHOSEN AT Q3\_3**

**Q3\_4**

Which of these is used for your 'main' shopping trip?

...READ OUT...

INTERVIEWER: 'MAIN' SHOPPING TRIP IS THE TRIP WHEN THEY BUY THE LARGEST AMOUNT OR SPEND THE MOST MONEY ON FOOD.

**ONLY SHOW CODES CHOSEN AT Q3\_3**

**SINGLE CODE**

- Do not do a main shop (SINGLE CODE ONLY)
- 1 Large supermarket
  - 2 Mini supermarket e.g. Metro/Local
  - 3 Local/corner shop (including newsagents)
  - 4 Garage forecourt

- 5 Independent greengrocer
- 6 Independent butcher
- 7 Independent baker
- 8 Independent fishmonger
- 9 Market (including stalls or farmer's markets)
- 10 Farm
- 11 Home delivery – from a supermarket
- 12 Home delivery (including vegetable boxes) – not from a supermarket
- 13 Other shop
- 14 Use more than one of these for main shop (SPONTANEOUS ONLY)

**ASK IF NOT (Q3\_4 = DO NOT DO A MAIN SHOP)**

**Q3\_7**

**SHOW CARD C4**

Roughly, how often do you <TEXTFILL IF MORE THAN 1 IN HH: (or someone else)> do a main shop for your household food shopping?

INTERVIEWER: if respondent says 'don't do a main shop', code as 'never'

**SINGLE CODE**

- 1. Every day
- 2. 2-3 times per week
- 3. About once a week
- 4. 2-3 times a month
- 5. Once a month
- 6. Less often
- 7. Never

DK **CODE NOT SHOWN**

**ASK FOR RESPONDENTS IN ENGLAND AND WALES ONLY:**

**ProvFood**

**SHOW CARD C5**

I am now going to read you a number of statements that people have made about buying food, and I would like you to tell me the extent to which you agree or disagree with each statement:

When buying food, I check to see where it was produced.

Where possible, I prefer to buy food produced in Britain.

I have greater trust in the quality of food produced in Britain, compared to food imported from overseas.

Food produced in Britain tastes better than food imported from overseas.

It is important to support British farmers and food producers.

Food produced in Britain tends to be more expensive than food imported from overseas.

I would be prepared to pay more for food and drink that is produced in Britain.

**SCALE**

1. Definitely agree
2. Tend to agree
3. Neither agree not disagree
4. Tend to disagree
5. Definitely disagree

**ASK FOR RESPONDENTS IN NORTHERN IRELAND ONLY:**

**ProvFoodNI**

**SHOW CARD C5**

I am now going to read you a number of statements that people have made about buying food, and I would like you to tell me the extent to which you agree or disagree with each statement:

When buying food, I check to see where it was produced.

Where possible, I prefer to buy food produced in the UK and Ireland.

I have greater trust in the quality of food produced in the UK and Ireland, compared to food imported from overseas.

Food produced in the UK and Ireland tastes better than food imported from overseas.

It is important to support farmers and food producers in the UK and Ireland.

Food produced in the UK and Ireland tends to be more expensive than food imported from overseas.

I would be prepared to pay more for food that is produced in the UK and Ireland.

**SCALE**

1. Definitely agree
2. Tend to agree
3. Neither agree not disagree
4. Tend to disagree
5. Definitely disagree

**FoodFut**

**SHOW CARD C6**

I'll now read you some statements that people have made about food consumption and production, and I would like you tell the extent to which you agree or disagree with each statement:

**RANDOMISE STATEMENTS**

To help ensure there is enough food to feed the population worldwide, we in the UK will have to make changes to what we eat.

To produce more food, we in the UK will have to make more use of technology.

To help ensure there is enough food to feed the population worldwide, we in the UK will have to eat less meat.

**SCALE**

1. Definitely agree
2. Tend to agree
3. Neither agree not disagree
4. Tend to disagree
5. Definitely disagree

<b>PART 4: FOOD INSECURITY</b>
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**FdSecIntro**

Now I'm going to read you several statements that people have made about their food situation. For these statements, please indicate, using the show card, whether the statement was often true, sometimes true, or never true for (TEXTFILL if HH=1: you/ HH>1: your household) in the last 12 months—that is, since last (name of current month).

**Worried****SHOW CARD D1**

The first statement is "(TEXTFILL: I/We) worried whether (TEXTFILL: my/our) food would run out before (I/we) got money to buy more." Was that often true, sometimes true, or never true for (you/your household) in the last 12 months?

1. Often true
2. Sometimes true
3. Never true

DK REF

**FdLast****SHOW CARD D1**

"The food that (I/we) bought just didn't last, and (I/we) didn't have money to get more." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

1. Often true
2. Sometimes true
3. Never true

DK REF

**HealthyFd****SHOW CARD D1**

"(I/we) couldn't afford to eat balanced meals." Was that often, sometimes, or never true for (you/your household) in the last 12 months?

1. Often true
2. Sometimes true
3. Never true

DK REF

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**SkipMeal****SHOW CARD D2**

In the last 12 months, since last (name of current month), did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?

1. Yes
2. No

DK REF

**IF (SkipMeal = Yes) THEN**

**SkipOf**

**SHOW CARD D3**

How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months

**DK REF**

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**EatLess**

**SHOW CARD D2**

In the last 12 months, did you ever eat less than you felt you should because there wasn't enough money for food?

1. Yes
2. No

**DK REF**

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**Hungry**

**SHOW CARD D2**

In the last 12 months, were you every hungry but didn't eat because there wasn't enough money for food?

1. Yes
2. No

**DK REF**

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**WtLoss**

**SHOW CARD D2**

In the last 12 months, did you lose weight because there wasn't enough money for food?

1. Yes
2. No

**DK REF**

**IF (SkipMeal OR EatLess OR Hungry OR WghtLoss = YES) THEN**

**NotEat**

**SHOW CARD D2**

In the last 12 months, did (you/you or other adults in your household) ever not eat for a whole day because there wasn't enough money for food?

1. Yes
2. No

**DK REF**



**If (NotEat = Yes) THEN**

**NotEatOff**

**SHOW CARD D3**

How often did this happen—almost every month, some months but not every month, or in only 1 or 2 months?

1. Almost every month
2. Some months but not every month
3. Only 1 or 2 months

**DK REF**

**Q3\_13**

**SHOW CARD D4**

Have you made any of these changes in the last 12 months for financial reasons?

CODE ALL THAT APPLY

1. Eaten at home more
2. Cooked at home 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 the places 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. None of these

## PART 5: FOOD SAFETY

### Infopart4

I'm now going to ask you some questions about when you store, prepare and cook food.

### Q4\_1

#### SHOW CARD E1

I would like you to tell me whether you do any of the following things, and if so how frequently:

INTERVIEWER: If respondent says they never have responsibility for doing this, e.g. they never use raw chicken, then code as 'Not applicable' and NOT 'Never'.

#### **RANDOMISE STATEMENTS WITHIN SUBGROUPS SINGLE CODE**

**SCALE:** Never, Sometimes, Most of the time, Always, Not applicable, Don't Know **CODE NOT SHOWN**

#### Chilling

- Store open tins in the fridge

#### Cross contamination

- Use different chopping boards for different foods

#### **FOR CHOPPING BOARD STATEMENT SHOW FOLLOWING INTERVIEWER INSTRUCTION:**

IF RESPONDENT ONLY USES ONE CHOPPING BOARD, LET THEM KNOW THAT THIS INCLUDES WASHING THE CHOPPING BOARD WHEN SWITCHING BETWEEN TYPES OF FOOD

- Wash raw meat or poultry *other than* chicken
- Wash raw chicken
- Wash raw fish or seafood
- Wash fruit which is going to be eaten raw
- Wash vegetables (including salad) which are going to be eaten raw
- Wash fruit which is going to be cooked
- Wash vegetables which are going to be cooked

#### **FOR RAW CHICKEN STATEMENT SHOW FOLLOWING INTERVIEWER INSTRUCTION:**

THIS REFERS TO CHICKEN SPECIFICALLY, RATHER THAN POULTRY IN GENERAL

#### **FOR FRUIT STATEMENTS SHOW FOLLOWING INTERVIEWER INSTRUCTION:**

IF RESPONDENT ONLY BUYS PRE-PREPARED (WASHED) FRUIT, OR ONLY EATS PEELED FRUIT CODE AS "NA"

#### **FOR VEG STATEMENTS SHOW FOLLOWING INTERVIEWER INSTRUCTION:**

IF RESPONDENT ONLY BUYS PRE-PREPARED (WASHED) VEGETABLES, OR ONLY EATS PEELED VEGETABLES CODE AS "NA"

#### Cleaning

- Wash hands before starting to prepare or cook food
- Wash hands immediately after handling raw meat, poultry or fish

#### Cooking

- Cook food until it is steaming hot throughout
- Eat chicken or turkey if the meat is pink or has pink or red juices

- Eat red meat (e.g. beef or lamb, steak or roast meat, but not mince) if it is pink or has pink or red juices
- Eat duck if the meat is pink or has pink or red juices
- Eat burgers if the meat is pink or has pink or red juices
- Eat sausages if the meat is pink or has pink or red juices
- Eat whole cuts of pork or pork chops if the meat is pink or has pink or red juices

#### Q4\_1b

Which of the following methods do you use to defrost frozen meat or fish?

#### SHOW CARD E2

CODE ALL THAT APPLY

#### MULTICODE

1. Placing the meat or fish in water
2. Leaving the meat or fish at room temperature (e.g. on the worktop whether on a plate, in a container or in its packaging)
3. Leaving the meat or fish in the fridge
4. Defrosting the meat or fish in the microwave oven
5. Other (specify)
6. Do not defrost meat or fish **EXCLUSIVE**  
DK **CODE NOT SHOWN**

#### IF Q4\_1B=MORE THAN 1 RESPONSE

#### Q4\_1c

And which method do you usually use to defrost frozen meat or fish?

...Read out...

#### ONLY SHOW ANSWERS GIVEN AT 4.1B

#### SINGLE CODE.

1. Placing the meat or fish in water
2. Leaving the meat or fish at room temperature (e.g. on the worktop whether on a plate, in a container or in its packaging)
3. Leaving the meat or fish in the fridge
4. Defrosting the meat or fish in the microwave oven
5. **SHOW TEXT FROM OTHER SPECIFY**  
DK **CODE NOT SHOWN**

#### Q4\_3

After using a chopping board to prepare raw meat, poultry or fish people might wash the board before using it again for other foods or use a clean board. Why do you think they do this?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

#### MULTICODE

1. To stop remains of it getting onto the next food
2. It can be dangerous if you don't
3. To stop the flavour/ taste transferring to other foods
4. To get rid of the mess
5. As it looks dirty
6. To wash away germs/bacteria
7. To prevent cross contamination
8. To prevent food poisoning

9. It's a habit
10. It's just what people do / are told to do
11. Don't know why
12. Other (**SPECIFY**)

#### Q4\_8a

Do you have the use of a kitchen, that is, a separate room in which you cook?

INTERVIEWER: NOTE THAT A "KITCHEN DINER" SHOULD BE COUNTED AS A KITCHEN

#### **SINGLE CODE**

1. Yes
2. No

#### **ASK ALL**

#### Q4\_8c

Which of the following appliances do you have in your household?

#### **SHOW CARD E3**

CODE ALL THAT APPLY

INTERVIEWER: IF NECESSARY EXPLAIN THAT A "HOB" IS "THE FLAT TOP PART OF A COOKING STOVE, OR A SEPARATE FLAT SURFACE, CONTAINING HOTPLATES OR BURNERS"

#### **MULTICODE**

#### **RANDOMISE ORDER OF CODES**

1. Combined fridge and freezer
2. Separate fridge
3. Separate freezer
4. Dishwasher
5. Oven
6. Grill
7. Hob
8. Microwave oven
9. Kettle
10. None of these

DK **CODE NOT SHOWN**

**IF "COMBINED FRIDGE AND FREEZER" OR "SEPARATE FRIDGE" IS NOT SELECTED AT Q4\_8C SKIP TO Q4\_18**

#### Q4\_9

Do you ever check your fridge temperature?

INTERVIEWER: If respondent says the temperature is displayed on the front of their fridge, probe to see if they check the temperature on that front panel and code appropriately.

#### **SINGLE CODE**

1. Yes
  2. No
  3. Someone else in the household does
  4. I don't need to – it has an alarm if it is too hot or cold
- Don't know **CODE NOT SHOWN**

**IF NO, I DON'T NEED TO AS IT HAS AN ALARM, OR DON'T KNOW SKIP TO Q4\_12,  
OTHERS ASK Q4\_10**

**Q4\_10**

**SHOW CARD E4**

How often do you or another person in your household check the temperature of the fridge?

**SINGLE CODE**

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. Four times a year
7. Once or twice a year
8. Never/Less often
9. I don't need to – it has an alarm if it is too hot or cold
10. Can't remember

**Q4\_11**

Still thinking about fridge temperatures, can you tell me how you normally check the temperature?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

**MULTICODE**

1. Check the setting / gauge of fridge
2. Check the temperature display/ thermometer built into the fridge
3. Put a thermometer in the fridge and check
4. Look inside/check for ice/condensation
5. Feel food inside to see if it is cold
6. Don't know
7. Other (**SPECIFY**)

**Q4\_12**

What do you think the temperature inside your fridge should be?

SPONTANEOUS – DO NOT READ OUT

**SINGLE CODE**

INTERVIEWER: IF SINGLE TEMPERATURE STATED, CODE WITHIN THE APPROPRIATE RANGE.

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 (**SPECIFY**)
7. Don't know (spontaneous only)

**Q4\_13**

**SHOW CARD E5**

And how do you arrange the contents of your fridge?

**SINGLE CODE**

1. I/we just put things wherever they can fit
2. Each person in the household has their own shelf or section of the fridge
3. Certain types of food are always kept in certain parts of the fridge
4. Other

**IF Q4\_13="CERTAIN TYPES OF FOOD ARE ALWAYS KEPT IN CERTAIN PARTS OF THE FRIDGE"**

**Q4\_13a**

Why do you always keep certain types of food in certain parts of the fridge?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

**MULTICODE**

1. Lack of space
2. Convenience
3. Force of habit
4. Food safety / to stop cross contamination / hygiene
5. Makes food easier to find
6. Other (specify)

DK **CODE NOT SHOWN**

**Q4\_14**

Where in the fridge do you store raw meat and poultry?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

**MULTICODE**

1. Anywhere
2. On the bottom shelf of the fridge
3. At the top of the fridge
4. Away from cooked foods
5. In a separate compartment e.g a meat drawer or salad tray
6. In the middle of the fridge
7. Wherever there is space
8. Other (**SPECIFY**)
9. Don't buy or store meat or poultry at all (SINGLE CODE ONLY)
10. Don't store raw meat/poultry in the fridge (SINGLE CODE ONLY)

**IF "DO NOT BUY OR STORE MEAT AT ALL" OR "DON'T STORE RAW MEAT IN THE FRIDGE" SKIP TO Q4\_18**

**Q4\_15**

How do you store raw meat and poultry in the fridge?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

INTERVIEWER: if necessary prompt with one or two examples

**MULTICODE**

1. Away from cooked foods
2. Covered with film \ foil
3. In a covered container
4. In its packaging
5. On a plate

6. Other (**SPECIFY**)

**ASK ALL**

**Q4\_18**

For each of the following foods, please say how you can tell whether it is safe to eat or use in cooking?

**RANDOMISE ORDER**

Raw meat like beef, lamb, pork or poultry

Milk and yoghurt

Cheese

Eggs

Fish, excluding shellfish

SPONTANEOUS - DO NOT READ OUT, CODE ALL THAT APPLY

INTERVIEWER: IF RESPONDENT SAYS "DATE" PROBE "WHICH KIND OF DATE"

INTERVIEWER: code as not applicable if participant doesn't eat/prepare that particular food

**MULTICODE**

1. How it looks (e.g. mould)
2. The colour of it
3. How it smells
4. How it tastes
5. What it feels like / the texture
6. Whether it has been stored correctly
7. If it doesn't float in water **ONLY SHOW THIS CODE FOR "EGGS" STATEMENT**
8. Best before date
9. Use by date
10. Sell by or display until date
11. Date unspecified
12. Other **SPECIFY**
13. Not applicable

**Q4\_19**

**SHOW CARD E6**

Which of these indicates whether food is safe to eat?

CODE ALL THAT APPLY

**MULTICODE**

1. Use by date
2. Best before date
3. Sell by date
4. Display until date
5. None of these
6. Don't know (spontaneous only)
7. It depends (spontaneous only)

**Q4\_19b**

Which of these is the best indicator of whether food is safe to eat?

...READ OUT...

**SINGLE CODE – ROTATE ANSWER LIST**

1. Use by date
2. Best before date
3. Sell by date
4. Display until date
- Don't know **CODE NOT SHOWN**

**Q4\_21**

**SHOW CARD E7**

Do you check use-by dates when you are buying food?

**SINGLE CODE**

1. Yes, always
2. Yes, depending on the food type
3. Sometimes
4. Never
5. Do not buy food (SPONTANEOUS ONLY)  
DK (**CODE NOT SHOWN**)

**Q6\_4**

How easy do you find it to read the labelling on food products (e.g. ingredients, nutrition or storage information) in terms of the size of the print (using glasses or contact lenses if you wear them)?

...READ OUT...

**SINGLE CODE**

1. Very easy to read
2. Quite easy to read
3. Neither easy nor difficult to read
4. Quite difficult to read
5. Very difficult to read
- Refused **CODE NOT SHOWN**

**Q4\_22**

**SHOW CARD E7**

Do you check use-by dates when you are about to cook or prepare food?

**SINGLE CODE**

1. Yes, always
2. Yes, depending on the food type
3. Sometimes
4. Never
5. Do not cook or prepare food (SPONTANEOUS ONLY)  
DK (**CODE NOT SHOWN**)

**Q4\_23a**

If you open <**TEXTFILL**: food item> and keep it stored in the fridge, what is the maximum number



of days you would keep it in the fridge for before deciding you would definitely not < **TEXTFILL:** eat; **TEXTFILL IF MILK:** drink> it?

SPONTANEOUS – DO NOT READ OUT

1. Up to one day
2. Up to two days
3. Up to three days
4. Up to four days
5. Up to five days
6. More than five days
7. Follow the storage information on the product
8. Look at the use-by date
9. DK **CODE NOT SHOWN**
10. Not applicable – don't eat or use this food item

#### **ROTATE LIST**

a packet of sliced cooked or cured meat e.g. ham

a packet of meat, fish or seafood pâté

a packet of fresh dip e.g. sour cream and chive or hummus

a packet of smoked fish e.g. smoked mackerel or smoked salmon

a packet of soft or cream cheese

#### **Q4\_24**

If you made a meal on Sunday, what is the last day that you would consider eating the leftovers?  
(IF NECESSARY: Assuming that they have been kept in the fridge)

SPONTANEOUS – DO NOT READ OUT

#### **SINGLE CODE**

1. The same day
2. Monday
3. Tuesday
4. Wednesday
5. Thursday
6. Friday
7. Saturday
8. The following Sunday
9. More than a week
10. Never have leftovers – always finish or throw away immediately

DK **CODE NOT SHOWN**

#### **IF NEVER HAVE LEFTOVERS AT Q4.24, GO TO MWPWR, OTHERS CONTINUE**

#### **Q4\_25**

How many times would you consider re-heating food after it was cooked for the first time?

SPONTANEOUS – DO NOT READ OUT

#### **SINGLE CODE**

1. Not at all
2. Once
3. Twice
4. Three times
5. More than three times

DK **CODE NOT SHOWN**

**IF NOT AT ALL SKIP TO MWPwr, OTHERS CONTINUE**

**Q4\_26**

And how do you usually tell that food has been re-heated properly?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

**MULTICODE**

1. Steam coming from it
2. Taste it
3. Stir it
4. Check the middle is hot
5. Check it's an even temperature throughout
6. Put hand over it/touch it
7. Use a thermometer/probe
8. Use a timer to ensure it has been cooked for a certain amount of time
9. It looks hot
10. I don't check
11. Other SPECIFY

DK **CODE NOT SHOWN**

**ASK IF Q4\_8c = 'Microwave oven'**

**MWPwr**

I'm now going to ask you about microwave ovens. Do you know that the maximum power level (or wattage) of microwave ovens can vary between different models?

**SINGLE CODE**

1. Yes
2. No
3. Not sure (SPONTANEOUS ONLY)

**MaxPwr**

Can you tell me what the maximum power level of your microwave oven is, in watts?  
SPONTANEOUS, DO NOT READ OUT, CODE ANSWER WITHIN APPROPRIATE RANGE

INTERVIEWER: IF RESPONDENT SAYS DON'T KNOW READ OUT THE FOLLOWING

PROMPT: Is the power level written on the microwave?

1. Less than 500
2. 500 - 599
3. 600-699
4. 700-799
5. 800-899
6. 900-999
7. 1000-1099
8. More than 1099
9. Don't know- Wattage is written on microwave
10. Don't know- unsure if wattage is written on microwave/ does not think wattage is written on microwave

### **MWUses**

Over the last month, have you used your microwave oven to do any of the following things?

#### **SHOW CARD E8**

CODE ALL THAT APPLY

#### **MULTICODE**

INTERVIEWER NOTE: if respondent has combined microwave/conventional oven, clarify that we are asking about using the microwave function.

1. Cook food you have prepared yourself (e.g. home-prepared meals, raw vegetables, baked potatoes, porridge)
2. Cook/heat tinned food (e.g. baked beans, soup)
3. Re-heat chilled leftovers
4. Re-heat frozen leftovers
5. Cook chilled ready meals
6. Cook frozen ready meals
7. Heat/re-heat beverages
8. Defrost frozen raw meat or fish
9. Defrost frozen vegetables, fruit or bread
10. None of these

#### **IF (MWUses = 5 OR 6 THEN)**

##### **MWRMeal**

When cooking ready meals from chilled or frozen using the microwave oven, how do you check that the food has been heated properly?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY

1. Follow instructions on the packaging
2. Steam coming from it
3. Taste it
4. Stir it
5. Check the middle is hot
6. Check it's an even temperature throughout
7. Put hand over it/touch it
8. Use a thermometer/probe
9. Use a timer to ensure it has been cooked for a certain amount of time
10. It looks hot
11. I don't check
12. Other (specify)

#### **IF (MWRMeal = 1) THEN**

##### **MWDiff**

If, when cooking ready meals from chilled or frozen, the maximum wattage of the microwave oven differs from that stated in the instructions on the packaging, how do you make sure that the food is cooked properly?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY

1. Adjust timing – give it a bit longer
2. Adjust timing – go with the lower wattage instructions

3. Steam coming from it
4. Taste it
5. Stir it
6. Check the middle is hot
7. Check it's an even temperature throughout
8. Put hand over it/touch it
9. Use a thermometer/probe
10. It looks hot
- 11 Do nothing
12. Not applicable

**IntroQ4\_27**

**SHOW CARD E9**

And now I will read out a few statements people have made and would like you to tell me whether or not you agree with them.

**Q4\_27**

**SINGLE CODE**

**SCALE**

1. Definitely agree
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Definitely disagree

(DK) **CODE NOT SHOWN**

**RANDOMISE**

I always avoid throwing food away

I am unlikely to get food poisoning from food prepared in my own home

If you eat out a lot you are more likely to get food poisoning

Restaurants and catering establishments should pay more attention to food safety and hygiene

I often worry about whether the food I have is safe to eat

I like trying new things to eat

I enjoy preparing and cooking food

I'm not generally interested in food

I don't have time to spend preparing and cooking food

When preparing food I could be more careful about hygiene

**Q4\_28**

**SHOW CARD E10**

Have you personally ever had food poisoning?

**SINGLE CODE**

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

DK (**CODE NOT SHOWN**)

**ASK IF Q4\_28="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"**

**Q4\_26b**

**SHOW CARD E10**

Have you had food poisoning in the last year?

**SINGLE CODE**

1. Yes more than once
  2. Yes once
  3. I think so but I'm not sure it was food poisoning
  4. No
- DK (**CODE NOT SHOWN**)

**ASK IF Q4\_26B="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"**

**Q4\_28a**

<TEXTFILL IF "MORE THAN ONCE" OR "I THINK SO": Thinking about the most recent occasion you had food poisoning, > did you see a doctor or go to hospital because of it?

**SINGLE CODE**

1. Yes
  2. No
- DK (**CODE NOT SHOWN**)

**ASK IF Q4\_28A="YES"**

**Q4\_27b**

Was it medically diagnosed as food poisoning, by that I mean were samples tested that showed you definitely had food poisoning?

**SINGLE CODE**

1. Yes
2. No
3. Don't know(SPONTANEOUS ONLY)

**ASK IF Q4\_27B = "YES"**

**Q4\_27c**

**SHOW CARD E11**

Do you remember what type of food poisoning you had? IF YES: What type was it?

**SINGLE CODE**

- 1 Campylobacter
- 2 Salmonella
- 3 E coli
- 4 Listeria
- 5 Viral food poisoning - (SRVSs e.g. shigella)
- 6 Other (specify)
- 7 No – can't remember (**CODE NOT SHOWN**)
- 8 Don't know (**CODE NOT SHOWN**)

**ASK IF Q4\_28="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"**

**Q4\_28b**

In response to when you had food poisoning <TEXTFILL IF "MORE THAN ONCE" OR "I THINK SO": most recently> have you done any of the following?

**SHOW CARD E12**

CODE ALL THAT APPLY

**MULTICODE**

1. Tried to get more information about the issue
2. Read food labels more carefully
3. Changed the way you cook food
4. Changed the way you prepare food
5. Stopped eating certain foods
6. Stopped eating at certain food establishments (e.g. restaurants/cafes)
7. Other (specify)
8. Took no action (**SINGLE CODE ONLY**)

**Q11\_8b**

**SHOW CARD E13**

Looking at this card, do you get information about how to prepare and cook food safely at home from any of these sources?

CODE ALL THAT APPLY

PROBE: What about any other sources?

**MULTICODE**

**REVERSE ORDER OF RESPONSE CODES KEEPING 'OTHER' AND 'I DON'T LOOK FOR INFORMATION ON FOOD SAFETY' AT THE END.**

1. Family and friends
2. School / college / a course
3. Work
4. Retailers (e.g. supermarkets)
5. Newspapers
6. News websites
7. Food TV shows / cooking programmes
8. Food magazines
9. Food websites
10. TV / radio campaigns
11. Books
12. Internet search engine
13. Social media
14. Product packaging
15. Doctor / GP
16. Other (specify)
17. I don't look for information on food safety (**EXCLUSIVE**)

**ASK IF Q11\_8B NOT = 'I DON'T LOOK FOR INFORMATION ON FOOD SAFETY' AND MORE THAN ONE SOURCE MENTIONED**

**Q4\_31b**

And which is the main source of information you use to find out about how to prepare and cook food safely at home?

**SINGLE CODE**

1. Family and friends
2. School / college / a course
3. Work
4. Retailers (e.g. supermarkets)

5. Newspapers
6. News websites
7. Food TV shows / cooking programmes
8. Food magazines
9. Food websites
10. TV / radio campaigns
11. Books
12. Internet search engine
13. Social media
14. Product packaging
15. Doctor / GP
16. Other (specify)
17. No main source – DO NOT SHOW THIS CODE – SPONTANEOUS ONLY  
Don't know – **CODE NOT SHOWN**

**PART 6: FOOD ISSUES**

**FdlssIntro**

I'm now going to ask you some questions about a number of issues relating to food

**Label**

**SHOW CARD F1**

In general, when buying or eating food, how often do you feel confident that it is what it says it is on the label or the menu?

**SINGLE CODE**

1. Always
2. Most of the time
3. Some of the time
4. Rarely
5. Never
6. DK **CODE NOT SHOWN**

**ASK IF Label = 'Most of the time' OR 'Some of the time' OR 'Rarely' OR 'Never'**

**FdAuthCon**

You indicated that you are not always confident that food is what it says it is on the label or the menu. What specific issues were you thinking of, if any?

INTERVIEWER NOTE: if nothing specific type 'NOTHING'

PROMPT: What else?

**OPEN BOX**

**ASK IF Label = 'Most of the time' OR 'Some of the time' OR 'Rarely' OR 'Never'**

**FdAuthAct**

**SHOW CARD F2**

Over the past year, have you ever done any of the following because you were not confident that food was what it said it was on the label or the menu?

1. Tried to get more information about the issue
2. Read about the issue when you saw it but did not seek out information
3. Read food labels more carefully
4. Changed the way you cook food
5. Changed the way you prepare food
6. Stopped shopping for food at certain places
7. Stopped eating certain foods
8. Other (specify)
9. Took no action (**SINGLE CODE ONLY**)

**ChemKnw**

**SHOW CARD F3**



I'd now like to ask you about chemicals, which can be present in food for a number of reasons. To what extent would you say you feel informed about each of the following issues?

1. Chemicals deliberately added to food by producers (e.g. colourings, sweeteners, preservatives)
2. Chemical residues from the food production process (e.g. pesticides, veterinary medicines)
3. Chemicals that can occur naturally in food (e.g. naturally-occurring toxins, heavy metals such as lead)
4. Chemicals that can be formed during the cooking process (e.g. through cooking at high temperatures, through smoking of food)

**SCALE**

1. Very well informed
  2. Well informed
  3. Not well informed
  4. Not at all informed
- Don't know (**CODE NOT SHOWN**)

**ChemOpin**

**SHOW CARD F4**

The following are a number of statements that people have made in relation to chemicals and food. To what extent do you agree or disagree with each of the following statements?

1. The benefits of using chemicals in food production outweigh the risks.
2. I would like more information about what I can personally do to limit the presence of chemicals in food.
3. I am concerned about possible long-term health effects of chemicals in food.
4. I believe the presence of chemicals in food is well regulated.

**SCALE**

1. Definitely agree
2. Tend to agree
3. Neither agree nor disagree
4. Tend to disagree
5. Definitely disagree
6. Don't know

## **PART 7 HEALTHY EATING**

**THIS SECTION OF THE QUESTIONNAIRE IS ONLY TO BE ASKED OF RESPONDENTS IN NORTHERN IRELAND**

### **HEIntro**

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

### **H2\_1**

Overall, in your opinion, would you say that what you usually eat is...

#### **SHOW CARD H1**

#### **SINGLE CODE**

Very healthy

Fairly healthy

Neither healthy nor unhealthy

Fairly unhealthy

Very unhealthy

It varies too much to say **CODE NOT SHOWN**

#### **ASK ALL**

#### **InfoH2\_10**

Now some questions about fruit and vegetables. Health experts make recommendations based on the amount and kind of fruit and vegetables people should eat daily. We are interested in whether you think the following count towards the recommended daily intake of fruit or vegetables...

### **H2\_10**

Do you think... (**INSERT ITEM**) ... can be counted towards the daily fruit and vegetable intake?

#### **RESPONSES FOR EACH FOOD**

Yes

No

Don't know **CODE NOT SHOWN**

#### **FOOD ITEM (RANDOMISE LIST)**

Frozen vegetables

Jam

Pure fruit juice (**INTERVIEWER NOTE** fruit juice without added sugar, includes juice from concentrate, but not dilutable juice drinks such as fruit squash)

Jacket potatoes

Dried fruit, for example, raisins or apricots

Rice

Tinned fruit or vegetables, for example, peaches or sweetcorn (**INTERVIEWER NOTE** tinned fruit – whether in juice or syrup)

Fruit smoothies

Pulses, such as lentils, chick peas or kidney beans

Baked beans

## H2\_11

Thinking just about YESTERDAY can you tell me how many portions of vegetables – including salad, fresh, frozen or tinned vegetables you ate?

INTERVIEWER NOTE: A portion is 80g, which is 3 heaped tablespoons of cooked vegetables or a handful of cherry tomatoes or a small bowl of salad. It does not include potatoes.

**RANGE 0-15 – SOFT CHECK IF SAY MORE THAN 15**

**DK CODE NOT SHOWN**

## CheckH2\_11

Can I just check you are thinking of 80g portions, rather than individual items?

## H2\_12

Thinking just about YESTERDAY did you have a portion of fruit juice (pure juice / 100% freshly squeezed/ fruit smoothies/ juice from concentrate BUT NOT juice based drinks such as squash)

INTERVIEWER NOTE: A portion is a medium sized glass (150 ml)

Yes

No

**DK CODE NOT SHOWN**

## H2\_13

Thinking just about YESTERDAY can you tell me how many portions of fruit - fresh, frozen, tinned or dried you ate?

INTERVIEWER NOTE: A portion is 80g, which is for example, a medium sized piece of fruit such as an apple or a banana, or two small pieces of fruit such as satsumas or plums, a handful of grapes, 1 tablespoon of dried fruit

Don't know **CODE NOT SHOWN**

**RANGE 0-15**

**soft check if more than 15**

## CHECKH2\_13

Can I just check you are thinking of 80g portions, rather than individual items?

## H2\_9

How many portions of fruit and vegetables do you think that health experts recommend people should eat every day?

**WRITE IN**

Don't know **CODE NOT SHOWN**

## H2\_14

At the moment, how often do you eat **INSERT FOOD?**

**SHOW CARD H2**

**SINGLE CODE**

**SCALE**

At least once a day

5-6 times a week

3-4 times a week

Once or twice a week  
Once a fortnight  
Once a month  
Less than once a month  
Never  
DK **CODE NOT SHOWN**

**FOODS – RANDOMISE LIST – FIX ORDER OF TWO FISH ITEMS**

Biscuits, pastries and cakes  
Sweets and chocolate  
Savoury snacks (e.g. crisps)  
Bread, rice, pasta, potatoes and other starchy foods  
Fried chips or roast potatoes  
Oily fish, like salmon, sardines, mackerel or fresh tuna  
Fruit and vegetables

**H2\_16Info**

**SHOW CARD H3**

Please tell me how much you agree or disagree with the following statements.

**H2\_16**

**SCALE**

Definitely agree  
Tend to agree  
Neither agree nor disagree  
Tend to disagree  
Definitely disagree  
Don't know **CODE NOT SHOWN**

**RANDOMISE LIST**

The tastiest foods are the ones that are bad for you  
I get confused over what's supposed to be healthy and what isn't  
If you are not overweight you can eat whatever you like  
Small dietary changes, such as eating less fat or cutting down on sugar, can lead to benefits for my future health  
As long as you take enough exercise you can eat whatever you want  
The main reason for people to eat a more healthy diet is to lose weight  
Good health is just a matter of good luck  
The experts contradict each other over what foods are good or bad for you  
What you eat makes a big difference to how healthy you are

**H2\_17**

It is recommended that people should eat a balanced diet. A balanced diet is made up of a variety of different types of food:

**RANDOMISE ORDER OF CATEGORIES**

Fruit and vegetables  
Potatoes, bread, rice, pasta and other starchy carbohydrates  
Oil and spreads  
Dairy and alternatives  
Beans, pulses, fish, eggs, meat and other proteins

**READ OUT CODES THEN PRESS CONTINUE (NO NEED TO SELECT ANY CODES TO MOVE ON)**

**InfoH2\_17\_2**

**SHOW CARD H4**

This card shows a blank circle, divided into 5 sections, representing a guide to the proportions that different food groups should make towards the whole of a recommended balanced diet. Some foods are not recommended as part of a balanced diet, and should be eaten less often and in small amounts. There is a separate section for these foods, outside of the circle.

INTERVIEWER: PLEASE SHUFFLE CARDS BETWEEN INTERVIEWS TO RANDOMISE ORDER

INTERVIEWER: HAND OVER SHUFFLE CARDS

These cards show the different food groups.

Thinking of all the food a person would eat in a day, please place each card a section, to show how much of this food group you think there should be in a recommended balanced diet. Please also place the foods that you think are not part of a recommended balanced diet, in the section outside of the circle labelled 'eat less often and in small amounts'.

NOTE: we are focusing on all food eaten over the course of the day rather than in one meal

**INTERVIEWER – RECORD FOOD TYPE FOR EACH SECTION  
RESPONSES FOR EACH OF THE 5 FOOD TYPES**

**H2\_17a - H2\_17f**

**INTERVIEWER – RECORD FOOD TYPE PLACED IN [SECTION A – SECTION F]**

Fruit and vegetables

Potatoes, bread, rice, pasta and other starchy carbohydrates

Oil and spreads

Dairy and alternatives

Beans, pulses, fish, eggs, meat and other proteins

Foods high in fat, salt and sugars

Don't know **CODE NOT SHOWN**

**H2\_18**

**SHOW CARD H5**

Thinking about adults, how important do you think the following are for a healthy lifestyle?

**SHOW FOOD**

Is this...

**SINGLE CODE**

**SCALE**

Very important

Fairly important

Neither important nor unimportant

Fairly unimportant

Very unimportant

Don't know **CODE NOT SHOWN**

**RANDOMISE ORDER**

- Eating foods such as bread, rice, pasta and potatoes
- Eating fruit and vegetables
- Eating fish, including oily fish
- Limiting foods high in saturated fat
- Limiting foods high in total fat
- Limiting food and drinks high in sugar
- Eating less salt
- Keeping to a healthy weight
- Drinking plenty of water
- Eating breakfast every day
- Eating white meat such as chicken or turkey
- Eating dairy produce such as cheese, milk or yoghurt
- Eating pulses such as soya beans, lentils or chickpeas
- Eating the right amount of calories each day

**H2\_19**

**SHOW CARD H6**

Thinking about the last 6 months, that is between (**INSERT NAME OF MONTH 6 MONTHS AGO**) and now, what, if any, changes have you personally made to the food you eat over the last 6 months?

CODE ALL THAT APPLY

1. Eating more bread, rice, potatoes, pasta and other starchy foods
  2. Eating less bread, rice, potatoes, pasta and other starchy foods
  3. Eating more fruit and vegetables
  4. Eating more fish, including oily fish
  5. Eating less food high in saturated fat
  6. Eating less food high in fat in general
  7. Eating less food high in sugar
  8. Eating less meat
  9. Eating less salt, for example eating less salty food, not adding salt during cooking or to a meal before eating
  10. Eating fewer calories
  11. Eating more calories
  12. Eating larger portions
  13. Eating smaller portions
  14. None of these
- A Other

**IF ANY CHANGES MADE AT H2\_19, OTHERS GO TO H2\_22**

**H2\_21**

Why have you made THIS/THESE CHANGE/S to the food you eat in the last 6 months?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

PROBE: Anything else?

**MULTICODE**

To increase / gain weight

To lose weight / maintain / stop gaining weight  
To be more healthy / have a healthier lifestyle  
For health reasons  
Improve diet/start eating healthily  
Keep fit/exercise  
Reduce salt intake  
Reduce cholesterol  
Due to age/getting older  
Publicity / awareness (from experts / media)  
Other (**SPECIFY**)  
DK

**ASK ALL**

**H2\_22**

Some people may find it difficult to eat more healthily. Can you tell me please, what do you think would be the difficulties, if any, for you in trying to eat more healthily?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY  
PROBE: Anything else?

**MULTICODE**

No difficulties / already eat healthily **EXCLUSIVE**  
Money / cost of healthy food  
Time constraints  
Time to prepare / cook food  
Healthy foods are too expensive  
Work commitments / hours  
Already eat healthily  
Giving up/cutting out sugar  
Don't like healthy food  
Giving up/cutting out chocolate  
Other (**SPECIFY**)  
DK **CODE NOT SHOWN**

**H2\_24**

**SHOW CARD H7**

How much do you agree or disagree with the following statement –  
I do not need to make any changes to the food I eat, as it is already healthy enough

**SINGLE CODE**

Definitely agree  
Tend to agree  
Neither agree nor disagree  
Tend to disagree  
Definitely disagree  
Don't know **CODE NOT SHOWN**

**H2\_25N AND H2\_26N –ASK QUESTIONS IN ORDER OF RESPONDENT'S OWN GENDER –  
I.E. MEN ASKED H2\_26 FIRST, THEN ASKED H2\_25N; WOMEN ASKED H2\_25N FIRST,  
THEN H2\_26N.**

**H2\_25N**

Health experts make recommendations about the number of calories the average person should eat. Can you tell me what you think is the recommended number of calories average women should eat a day?

**SPONTANEOUS – DO NOT READ OUT**

**WRITE IN (0 – 9995)**

Don't know **CODE NOT SHOWN**

**H2\_26N**

Health experts make recommendations about the number of calories the average person should eat. Can you tell me what you think is the recommended number of calories average men should eat a day?

**SPONTANEOUS – DO NOT READ OUT**

**WRITE IN (0 – 9995)**

Don't know **CODE NOT SHOWN**

**QUESTION H2\_27N IS GENDER SPECIFIC I.E. MEN ARE ASKED HOW MUCH FAT, MEN SHOULD EAT IN A DAY, AND WOMEN ASKED HOW MUCH WOMEN SHOULD EAT**

**H2\_27N**

It is recommended that we should eat no more than a certain amount of fat each day. How much fat – in grams – do you think an average **CHANGE TEXT DEPENDING ON GENDER OF RESP.** man/women should eat per day?

**SPONTANEOUS – DO NOT READ OUT**

**WRITE IN (UPPER RANGE 995)**

Don't know **CODE NOT SHOWN**

**H2\_28N**

It is recommended that the average man/woman should eat no more than **CHANGE WORDING DEPENDING ON GENDER OF RESPONDENT** 70g/95g of fat a day. How much of this, in grams, do you think is the maximum recommended amount of saturated fats?

**IF A RESPONDENT GIVES A FRACTION, PLEASE CALCULATE THE APPROXIMATE GRAMS AND ENTER RELEVANT ANSWER, E.G. IF A MAN SAYS HALF, THEN THEIR ANSWER WOULD BE 47-48G**

**SPONTANEOUS – DO NOT READ OUT**

**WRITE IN (UPPER RANGE 95 FOR MEN AND 70 FOR WOMEN)**

Don't know **CODE NOT SHOWN**

**H2\_29**

What effects do you think eating too much saturated fat can have on your health?

**SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY**

PROBE: Which others?

**MULTI CODE**

Makes you unfit

Shorter life expectancy

“Clogging” of arteries and veins

Increases risk of heart disease/attack



Affects blood pressure  
Increases blood pressure  
Increases risk of a stroke  
Affects cholesterol  
Increases cholesterol  
Stomach cramps  
Reducing/relieving cramps (e.g. leg cramps)  
Prevents dehydration  
Makes you thirsty  
Makes you fat\overweight\obese  
Lose weight  
Bad for hair and/or skin  
Other effect (**SPECIFY**)  
Don't know **CODE NOT SHOWN**  
None (**EXCLUSIVE**)

## H2\_30

It is recommended that we should eat no more than a certain amount of salt each day. How much salt do you think this is for adults? Please give your answer in grams if possible.

SPONTANEOUS – DO NOT READ OUT

**SINGLE CODE**

CODE CAREFULLY TO THE PRE-CODED LIST.

Up to 0.5g

0.6-1g

1g

2g

3g

4g

5g

6g

7g

8g

9g

10g

11g-15g

16g-20g

More than 20g

Something else (**SPECIFY**)

Don't know

## H2\_31

How much salt do you think this is, in teaspoons?

SPONTANEOUS – DO NOT READ OUT

**SINGLE CODE**

1 teaspoon

2 teaspoons

3 teaspoons

4 – 5 teaspoons

6 – 10 teaspoons

Over 10 teaspoons

Other answer **SPECIFY**

Don't know

**ASK ALL**

**H2\_32**

What effects do you think eating too much salt can have on your health?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

**MULTICODE**

Makes you unfit

Shorter life expectancy

“Clogging” of arteries and veins

Increases risk of heart disease/attack

Affects blood pressure

Increases blood pressure

Increases risk of a stroke

Affects cholesterol

Increases cholesterol

Stomach cramps

Reducing/relieving cramps (e.g. leg cramps)

Prevents dehydration

Makes you thirsty or dehydrated

Makes you fat\overweight\obese

Lose weight

Bad for hair and/or skin

Other effect (**SPECIFY**)

Don't know **CODE NOT SHOWN**

None (**EXCLUSIVE**)

**H2\_39**

**SHOW CARD H8**

In your opinion, when you eat out, how healthy would you say the food that you eat is, compared to when you eat at home?

**SINGLE CODE**

A lot more healthy when I eat out

A bit more healthy when I eat out

About the same

A bit less healthy when I eat out

A lot less healthy when I eat out

It varies too much to say **CODE NOT SHOWN**

**H2\_40**

**SHOW CARD H9**

In which, if any, of these places would you like to see more information displayed about how healthy different options are?

CODE ALL THAT APPLY

IF RESPONDENT QUERIES: FOR EXAMPLE, INFORMATION SHOWING THE CALORIE CONTENT OF DIFFERENT OPTIONS OR HOW MUCH FAT, SUGAR OR SALT THEY CONTAIN

**MULTICODE**

Restaurants

Pubs

Cafes, Coffee shops and sandwich shops

Fast food restaurants

Workplace canteens

Food outlets in cinemas, bowling alleys, theme parks or other leisure facilities

Takeaway outlets e.g. Indian, Chinese, Pizza, fish and chips

None of these

**PART 8: HEALTH**

**Q6Info**

Now I am going to ask you some questions about yourself.

**ASK ALL**

**Q6\_1**

How is your health in general? Would you say it was...

**SHOW CARD H10**

**SINGLE CODE**

1. Very good
2. Good
3. Fair
4. Bad
5. Very bad
6. Refused **CODE NOT SHOWN**

**ASK ALL**

**Q6\_2**

Do you have any physical or mental health conditions or illnesses lasting or expected to last for 12 months or more?

1. Yes;
2. No.

Refusal **CODE NOT SHOWN**

**IF Q6\_2 =YES, ASK Q6\_3, OTHERS GO TO Q6\_4**

**Q6\_3**

Does your condition or illness reduce your ability to carry-out day-to-day activities?  
Would you say...(RUNNING PROMPT)...

1. Yes, a lot
2. Yes, a little
3. Not at all

**Mobil**

Do you have any mobility difficulties, for example moving about, walking, climbing stairs; or use special equipment or support services to help you to be mobile?

INTERVIEWER: INCLUDE WHEELCHAIRS AND CRUTCHES AS EQUIPMENT

1. Yes
2. No

**Dex**

Do you have any dexterity difficulties, by that I mean lifting, grasping or holding objects, opening screw-top lids, using a tin opener or opening packaging, or do you use any special equipment to help you with these actions?

INTERVIEWER: INCLUDE THOSE WHO CANNOT LIFT, GRASP OR HOLD AT ALL

1. Yes
2. No

## Eye

### SHOW CARD H10

At the present time, how would you rate your eyesight using both eyes (with glasses or contact lenses, if you wear them)?

1. Very good
2. Good
3. Fair
4. Bad
5. Very bad
6. Completely blind (SPONTANEOUS ONLY)

## ASK ALL

### Q6\_4Intro

Next, I would like to ask you some questions about your feelings on aspects of your life. There are no right or wrong answers. For each of these questions I'd like you to give an answer on a scale of nought to ten, where nought is 'not at all' and 10 is 'completely'.

### Q6\_4a

On a scale of 0-10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?

PLEASE SELECT ONE ANSWER.

(SCALE: 0 (Not at all satisfied) to 10 (completely satisfied))

### Q6\_4b

On a scale of 0-10, where 0 is not at all worthwhile and 10 is completely worthwhile, overall, to what extent do you feel the things you do in your life are worthwhile?

PLEASE SELECT ONE ANSWER.

(SCALE: 0 (not at all worthwhile) to 10 (completely worthwhile))

### Q6\_4c

On a scale of 0-10, where 0 is not at all happy and 10 is completely happy, overall, how happy did you feel yesterday?

PLEASE SELECT ONE ANSWER.

(SCALE: 0 (not at all happy) to 10 (completely happy))

### Q6\_4d

On a scale of 0-10, where 0 is not at all anxious and 10 is completely anxious, overall, how anxious did you feel yesterday?

PLEASE SELECT ONE ANSWER.

(SCALE: 0 (not at all anxious) to 10 (completely anxious))

## **PART 10 DEMOGRAPHICS**

### **DemogIntro**

Finally I'd like to ask you some general questions about (TEXTFILL if HHSIZE=1 yourself/  
HHSIZE>1 your household)...

### **Q7\_2**

#### **SHOW CARD I1**

Do you (or your household) own or rent this accommodation?

1. Own it outright
2. Buying it with the help of a mortgage or loan
3. Part own and part rent (shared ownership)
4. Rent it (includes all those who are on Housing Benefit or Local Housing Allowance)
5. Live here rent-free (including rent-free in relative's/friend's property but excluding squatters)
6. Squatting

Ref **CODE NOT SHOWN**

**IF RENT OR RENT-FREE AT Q7\_2 ASK Q7\_3, OTHERS GO TO 7\_5**

### **Q7\_3**

Does the accommodation go with the job of anyone in the household?

INTERVIEWER INSTRUCTIONS: IF THE ACCOMMODATION GOES WITH THE JOB OF  
SOMEBODY WHO IS TEMPORARILY NOT A MEMBER OF THE HOUSEHOLD, CODE YES.  
IF THE ACCOMMODATION USED TO GO WITH THE JOB OF SOMEONE IN THE  
HOUSEHOLD, BUT THIS IS NO LONGER THE CASE, CODE NO.

Yes

No

Ref **CODE NOT SHOWN**

**IF RENT OR RENT-FREE AT 7.2**

### **Q7\_4**

#### **SHOW CARD I2**

WHO IS YOUR LANDLORD?

CODE FIRST THAT APPLIES

#### ORGANISATIONS

1. THE LOCAL AUTHORITY / COUNCIL / ALMO / HOUSING EXECUTIVE (N IRELAND)
2. A HOUSING ASSOCIATION, RSL, CHARITABLE TRUST OR LOCAL HOUSING COMPANY
3. EMPLOYER (ORGANISATION) OF A HOUSEHOLD MEMBER
4. ANOTHER ORGANISATION

#### INDIVIDUALS

5. RELATIVE/ACQUAINTANCE OF ANY CURRENT HOUSEHOLD MEMBER FROM BEFORE THIS TENANCY STARTED
6. EMPLOYER (INDIVIDUAL) OF A HOUSEHOLD MEMBER
7. ANOTHER INDIVIDUAL PRIVATE LANDLORD?

Ref **CODE NOT SHOWN**

**EDIT: SOFT CHECK IF Q7\_2=5 AND Q7\_4=1**

– YOU SAID THAT THE ACCOMMODATION IS RENT-FREE AND THAT THE LANDLORD IS THE COUNCIL. COUNCIL ACCOMMODATION IS NOT NORMALLY RENT FREE.

**IF MORE THAN ONE PERSON IN HOUSEHOLD WITH AGE >= 16, OTHERS GO TO Q7\_7**

**Q7\_5**

In whose name or names is the accommodation owned or rented?

**SHOW LIST OF NAMES OF PEOPLE IN HOUSEHOLD OVER 16 FROM Q1\_1**

Ref **CODE NOT SHOWN**

**IF THERE ARE JOINT HOUSEHOLDERS, OTHERS GO TO Q7\_7**

**Q7\_6**

You have told me that (**NAMES**) jointly own or rent the accommodation. Which of them has the highest income (from earnings, benefits, pensions and any other sources)?

**SHOW NAMES FROM Q7\_5**

IF TWO OR MORE JOINT HOUSEHOLDERS HAVE THE SAME INCOME, SELECT THE ELDEST.

IF RESPONDENT ASKS FOR PERIOD TO AVERAGE OVER - LAST 12 MONTHS, AS CONVENIENT.

PROMPT AS NECESSARY

IS ONE JOINT HOUSEHOLDER THE SOLE PERSON WITH:

- PAID WORK?
- OCCUPATIONAL PENSION?

**IF HIGHEST INCOME QUESTION NOT ANSWERED FOR JOINT HOUSEHOLDERS  
ASSUME THE HRP IS THE ELDEST JOINT HOUSEHOLDER.  
INTERVIEWER CODE HRP**

**IF AGE >= 16**

**IF HRP IS THE RESPONDENT, INSERT THE WORD 'YOU' RATHER THAN THE NAME IN THE FOLLOWING QUESTIONS**

**COLLECT OCCUPATION DETAILS FOR HRP ONLY**

**Q7\_7**

**SHOW CARD I3**

Which of these best describes what YOU/HRP were doing in the seven days ending Sunday the (N)?

CODE ONE ONLY

1. Going to school or college full-time (including on vacation)
2. In paid employment (or temporarily away)
3. Self-employed (or temporarily away)
4. On a government scheme for employment training
5. Doing unpaid work for a business that you own, or that a relative owns
6. Waiting to take up paid work already obtained
7. Looking for paid work or a government training scheme
8. Temporarily unable to work because of short-term illness or injury
9. Permanently unable to work because of long-term sickness or disability

10. Retired from paid work
11. Looking after home or family
12. Doing something else (**PLEASE GIVE DETAILS**)

Ref **CODE NOT SHOWN**

**IF Q7\_7=GOING TO SCHOOL OR COLLEGE FULL-TIME**

**Q7\_8**

Did YOU/HRP do any paid work in the seven days ending Sunday the (N), either as an employee or self-employed?

1. Yes
2. No

Ref **CODE NOT SHOWN**

**IF NOT IN EMPLOYMENT**

**(ANY OF THE FOLLOWING ANSWERS AT Q7\_7:**

**“DOING UNPAID WORK FOR A BUSINESS THAT YOU OWN, OR THAT A RELATIVE OWNS”,**

**“WAITING TO TAKE UP PAID WORK ALREADY OBTAINED”,**

**“LOOKING FOR PAID WORK OR A GOVERNMENT TRAINING SCHEME”,**

**“TEMPORARILY UNABLE TO WORK BECAUSE OF SHORT-TERM ILLNESS OR INJURY”,**

**“PERMANENTLY UNABLE TO WORK BECAUSE OF LONG-TERM SICKNESS OR DISABILITY”,**

**“RETIRED FROM PAID WORK”,**

**“LOOKING AFTER HOME OR FAMILY”,**

**“DOING SOMETHING ELSE” OR**

**“REF”**

**OR “NO” OR “REF” AT Q7\_8)**

**Q7\_9**

HAVE YOU/HAS HRP ever been in paid employment or self-employed, apart from casual or holiday work?

1. Yes
2. No

Ref **CODE NOT SHOWN**

**IF YES, GO TO Q7\_9B, IF “NO OR “REF” GO TO Q7\_18**

**ASK Q7\_9B IF GIVEN THE FOLLOWING ANSWERS**

**“ON A GOVERNMENT SCHEME FOR EMPLOYMENT TRAINING” AT Q7\_7**

**“YES” AT Q7\_8**

**“YES” AT Q7\_9**

**Q7\_9b**

ARE/WERE/WAS you/HRP working as an employee or ARE/WERE/WAS you/HRP self employed?

**SINGLECODE**

1. Employee
2. Self-employed

**ALL IN EMPLOYMENT/EVER WORKED**



**("IN PAID EMPLOYMENT (OR TEMPORARILY AWAY)" OR "SELF-EMPLOYED (OR TEMPORARILY AWAY)" OR "ON A GOVERNMENT SCHEME FOR EMPLOYMENT TRAINING" AT Q7\_7 OR "YES AT Q7\_8 OR "YES"AT Q7\_9)**

**Q7\_10**

Thinking about your CURRENT/MOST RECENT job, what DOES/DID the firm/ organisation YOU/HRP WORK/WORKED/WORKS for mainly make or do (at the place where YOU/THEY WORK/WORKED/WORKS)?

DESCRIBE FULLY - PROBE MANUFACTURING OR PROCESSING OR DISTRIBUTING ETC. AND MAIN GOODS PRODUCED, MATERIALS USED, WHOLESALE OR RETAIL ETC. IT SHOULD BE NOTED THAT INFORMATION ON INDUSTRY IS NECESSARY TO DISTINGUISH BETWEEN SOME OCCUPATIONS AT THE DETAILED LEVEL.

**(OPEN)**

**Q7\_11**

What IS/WAS YOUR/HRP'S (main) job ?

**(OPEN)**

**Q7\_12**

What DO/DID YOU/ DID/DOES HRP mainly do in YOUR/THEIR job?  
CHECK SPECIAL QUALIFICATIONS/TRAINING NEEDED TO DO THE JOB

**(OPEN)**

**IF EMPLOYEE ("EMPLOYEE" AT Q7\_9B OR "IN PAID EMPLOYMENT (OR TEMPORARILY AWAY)" AT Q7\_7), GO TO Q7\_13, IF SELF EMPLOYED GO TO Q7\_15**

**Q7\_13**

In your job, DO/DID YOU/ DOES/DID HRP have formal responsibility for supervising the work of other employees?

DO NOT INCLUDE PEOPLE WHO ONLY SUPERVISE:  
CHILDREN (E.G. TEACHERS, NANNIES, CHILDMINDERS),  
ANIMALS,  
SECURITY OR BUILDINGS (E.G. CARETAKERS, SECURITY GUARDS)

1. Yes
2. No

Ref **CODE NOT SHOWN**

**Q7\_14**

How many people WORK/WORKED for YOUR/HRP'S employer at the place where YOU/THEY WORK/WORKED?  
ARE/WERE THERE ...(RUNNING PROMPT)...

1. 1-24
2. 25 – 499
3. or 500 or more employees?

Ref **CODE NOT SHOWN**

**IF SELF EMPLOYED (“SELF-EMPLOYED” AT Q7\_9B OR “SELF-EMPLOYED (OR TEMPORARILY AWAY)” AT Q7\_7)**

**Q7\_15**

ARE/WERE YOU/IS/WAS HRP working on YOUR/THEIR own or DO/DID YOU/THEY have employees?

ASK OR RECORD

1. On own/with partner(s) but no employees
2. With employees

Ref **CODE NOT SHOWN**

**IF WITH EMPLOYEES, GO TO Q7\_16, OTHERS GO TO Q7\_17**

**Q7\_16**

How many people DO/DID YOU/DOES/DID HRP employ at the place where YOU/THEY WORK/WORKED/WORKS?

ARE/WERE THERE ...(RUNNING PROMPT)...

1-24

25 to 499, or

500 or more employees

Ref **CODE NOT SHOWN**

**ALL IN EMPLOYMENT/EVER WORKED**

**Q7\_17**

In YOUR/HIS/HER (main) job ARE/WERE YOU/IS/WAS HRP working:

...READ OUT...

NOTE: Full-time = More than 30 hours, Part-time = 30 hours or less

1. full time
2. or part-time?

Ref **CODE NOT SHOWN**

**OCCUPATION QUESTIONS CODED IN-OFFICE TO SOC AND NS-SEC**

**INCOME & BENEFITS QUESTIONS ASKED ABOUT HOUSEHOLD IF RESPONDENT IS HIH OR SPOUSE/PARTNER OF HIH ONLY, OTHERWISE ASKED FOR RESPONDENT ONLY**

**Q7\_18**

**SHOW CARD I4**

This card shows various possible sources of income. Can you please tell me which kinds of income you (AND YOUR HUSBAND/WIFE/PARTNER) receive?

- A Earnings from employment or self-employment
- B State retirement pension
- C Pension from former employer
- D Personal pensions
- E Child Benefit
- F Employment Support Allowance (ESA)

- G Jobseeker's Allowance
- H Pension Credit
- I Income Support
- J Working Tax Credit (excluding any childcare tax credit)
- K Child Tax Credit (including any childcare tax credit)
- L Housing benefit
- M Guardian's Allowance
- N Carer's Allowance
- O Incapacity Benefit
- P Disability Living Allowance
- Q Attendance Allowance
- R Other state benefits
- S Universal Credit
- T Personal Independence Payment
- U Interest from savings and investments (e.g. stocks and shares)
- V Other kinds of regular allowance from outside your household (e.g. maintenance, student's loans, rent)
- W No source of income **EXCLUSIVE**

Ref **CODE NOT SHOWN**

(logic checks added on benefits selected)

## Q7\_19

### SHOW CARD I5

Will you please look at this card and tell me which group represents (YOUR/YOU AND YOUR HUSBAND/WIFE/PARTNER'S COMBINED) total income from all these sources before deductions for income tax, National Insurance etc.? Please just tell me the letter next to the category that applies.

**RESPONSE LIST ON-SCREEN SHOULD ONLY SHOW THE LETTERS IN ALPHABETICAL ORDER**

WEEKLY	MONTHLY	ANNUAL
U UP TO £49	UP TO £216	UP TO £2,599
D £50 UP TO £99	£217 UP TO £432	£2,600 UP TO £5,199
I £100 UP TO £199	£433 UP TO £866	£5,200 UP TO £10,399
M £200 UP TO £299	£867 UP TO £1,299	£10,400 UP TO £15,599
O £300 UP TO £399	£1,300 UP TO £1,732	£15,600 UP TO £20,799
B £400 UP TO £499	£1,733 UP TO £2,166	£20,800 UP TO £25,999
R £500 UP TO £599	£2,167 UP TO £2,599	£26,000 UP TO £31,199
G £600 UP TO £699	£2,600 UP TO £3,032	£31,200 UP TO £36,399
K £700 UP TO £799	£3,033 UP TO £3,466	£36,400 UP TO £41,599
Q £800 UP TO £899	£3,467 UP TO £3,899	£41,600 UP TO £46,799
E £900 UP TO £999	£3,900 UP TO £4,332	£46,800 UP TO £51,999
T £1,000 up to £1,038	£4,333 up to £4,499	£52,000 up to £53,999
V £1,039 up to £1,076	£4,500 up to £4,667	£54,000 up to £55,999
A £1,077 up to £1,115	£4,668 up to £4,833	£56,000 up to £57,999
N £1,116 up to £1,153	£4,834 up to £4,999	£58,000 up to £59,999
W £1,154 up to £1,249	£5,000 up to £5,416	£60,000 up to £64,999
X £1,250 up to £1,346	£5,417 up to £5,833	£65,000 up to £69,999
H £1,347 up to £1,442	£5,834 up to £6,249	£70,000 up to £74,999
P £1,443 up to £1,538	£6,250 up to £6,666	£75,000 up to £79,999

S	£1,539 up to £1,634	£6,667 up to £7,083	£80,000 up to £84,999
C	£1,635 up to £1,730	£7,084 up to £7,499	£85,000 up to £89,999
J	£1,731 up to £1,826	£7,500 up to £7,916	£90,000 up to £94,999
L	£1,827 up to £1,923	£7,917 up to £8,333	£95,000 up to £99,999
F	£1,924 or more	£8,334 or more	£100,000 or more

Ref **CODE NOT SHOWN****IF HOUSEHOLD CONTAINS MORE THAN TWO ADULTS OR TWO ADULTS WHO ARE NOT LIVING TOGETHER AS A COUPLE****Q7\_20**

Can I check, does anyone else in the household have an income from any source?

1. Yes
2. No

Ref **CODE NOT SHOWN****IF OTHERS IN HOUSEHOLD WITH SOURCE OF INCOME (IF 7.20 IS YES)****Q7\_21****SHOW CARD I5**

Thinking of the income of your household as a whole, which of the groups on this card represents the total income of the whole household before deductions for income tax, National Insurance etc. Please just tell me the letter next to the category that applies.

RESPONSE LIST ON-SCREEN SHOULD ONLY SHOW THE LETTERS IN ALPHABETICAL ORDER

WEEKLY	MONTHLY	ANNUAL
U UP TO £49	UP TO £216	UP TO £2,599
D £50 UP TO £99	£217 UP TO £432	£2,600 UP TO £5,199
I £100 UP TO £199	£433 UP TO £866	£5,200 UP TO £10,399
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J £1,731 up to £1,826	£7,500 up to £7,916	£90,000 up to £94,999
L £1,827 up to £1,923	£7,917 up to £8,333	£95,000 up to £99,999

F £1,924 or more

£8,334 or more

£100,000 or more

Ref **CODE NOT SHOWN**

**ASK ALL**

**Q7\_22**

**SHOW CARD I6**

STARTING FROM THE TOP OF THE CARD, PLEASE LOOK DOWN THE LIST OF QUALIFICATIONS AND TELL ME THE NUMBER OF THE FIRST ONE YOU COME TO THAT YOU HAVE PASSED.

1 Higher degree or postgraduate qualifications

2 Degree (undergraduate) (including B. Ed.), Postgraduate diplomas or Certificates (inc. PGCE), Professional qualifications at degree level (e.g. chartered accountant / surveyor), NVQ / SVQ Level 4 or 5

3 Diplomas in higher education or other HE qualifications, HNC / HND / BTEC Higher, Teaching qualifications for schools or further education (below degree level), Nursing or other medical qualifications (below degree level), RSA Higher Diploma

4 A/AS levels / SCE Higher / Scottish Certificate 6th Year Studies, NVQ / SVQ / GSVQ level 3 / GNVQ Advanced, ONC / OND / BTEC National, City and Guilds Advanced Craft / Final level / Part III / RSA, Advanced Diploma

5 Trade apprenticeships

6 O level / GCSE grades A-C / SCE Standard / Ordinary grades 1-3, CSE grade 1, NVQ / SVQ / GSVQ level 2 / GNVQ intermediate, BTEC / SCOTVEC first / General diploma, City and Guilds Craft / Ordinary level / Part II / RSA Diploma

7 O level / GCSE grades D-G / SCE Standard / Ordinary below grade 3, CSE grades 2-5, NVQ / SVQ / GSVQ level 1 / GNVQ foundation, BTEC / SCOTVEC first / General Certificate, City and Guilds part 1 / RSA Stage I-III, SCOTVEC modules / Junior certificate

8 Other qualifications (including overseas) (**SPECIFY**)

9 None of these

Ref **CODE NOT SHOWN**

**ASK IF ENGLAND SAMPLE**

**Q7\_23Eng**

**SHOW CARD I7**

What is your ethnic group?

Choose one option that best describes your ethnic group or background

**White**

1. English / Welsh / Scottish / Northern Irish / British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background, please describe **SPECIFY**

**Mixed / Multiple ethnic groups**

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other Mixed / Multiple ethnic background, please describe **SPECIFY**

**Asian / Asian British**

9. Indian

10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian background, please describe **SPECIFY**

**Black / African / Caribbean / Black British**

14. African
15. Caribbean
16. Any other Black / African / Caribbean background, please describe **SPECIFY**

**Other ethnic group**

17. Arab
18. Any other ethnic group, please describe **SPECIFY**

Ref **CODE NOT SHOWN**

**ASK IF WALES SAMPLE**

**Q7\_23Wal**

**SHOW CARD I8**

What is your ethnic group?

Choose one option that best describes your ethnic group or background

**White**

1. Welsh / English / Scottish / Northern Irish / British
2. Irish
3. Gypsy or Irish Traveller
4. Any other White background, please describe

**Mixed / Multiple ethnic groups**

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other Mixed / Multiple ethnic background, please describe

**Asian / Asian British**

9. Indian
10. Pakistani
11. Bangladeshi
12. Chinese
13. Any other Asian background, please describe

**Black / African / Caribbean / Black British**

14. African
15. Caribbean
16. Any other Black / African / Caribbean background, please describe

**Other ethnic group**

17. Arab
18. Any other ethnic group, please describe

Ref **CODE NOT SHOWN**

**ASK IF NORTHERN IRELAND SAMPLE**

**Q7\_23Nlr**

**SHOW CARD I9**

What is your ethnic group?

Choose one option that best describes your ethnic group or background

1. White
2. Irish Traveller

**Mixed / Multiple ethnic groups**

3. White and Black Caribbean
4. White and Black African
5. White and Asian
6. Any other Mixed / Multiple ethnic background, please describe

**Asian / Asian British**

7. Indian
8. Pakistani
9. Bangladeshi
10. Chinese
11. Any other Asian background, please describe

**Black / African / Caribbean / Black British**

12. African
13. Caribbean
14. Any other Black / African / Caribbean background, please describe

**Other ethnic group**

15. Arab
16. Any other ethnic group, please describe

Ref **CODE NOT SHOWN**

**ASK IF ENGLAND SAMPLE**

**Q7\_24**

**SHOW CARD I10**

What is your Religion, even if you are not currently practising?

CODE ONE ONLY

- 1.No religion
- 2.Christian (including Church of England, Catholic, Protestant and all other Christian denominations)
- 3.Buddhist
- 4.Hindu
- 5.Jewish
- 6.Muslim
- 7.Sikh
- 8.Any other religion, please describe **OPEN BOX**

9. Would rather not say

**ASK IF WALES SAMPLE**

**Q7\_24b**

**SHOW CARD I11**

What is your Religion, even if you are not currently practising?

CODE ONE ONLY

- 1.No religion
- 2.Christian (all denominations)
- 3.Buddhist
- 4.Hindu
- 5.Jewish
- 6.Muslim
- 7.Sikh
- 8.Any other religion, please describe **OPEN BOX**
9. Would rather not say

**ASK IF NORTHERN IRELAND SAMPLE**

**Q7\_24d**

What is your Religion, even if you are not currently practising?

CODE ONE ONLY

SPONTANEOUS - DO NOT READ OUT

INTERVIEWER NOTE: IF RESPONDENT UNABLE TO SAY SPONTANEOUSLY, PROMPT AS NECESSARY

1. No religion
2. Catholic
3. Presbyterian
4. Church of Ireland
5. Methodist
6. Baptist
7. Free Presbyterian
8. Brethren
9. Protestant – Other, including not specified
10. Christian – Other, including not specified
11. Buddhist
12. Hindu
13. Jewish
14. Muslim
15. Sikh
16. Any other religion, please describe **OPEN BOX**
17. Would rather not say

**Q7\_25**

Do you, or any members of your household, at present own or have continuous use of any motor vehicles?

INCLUDE COMPANY CARS (IF AVAILABLE FOR PRIVATE USE)



1. Yes
2. No

Ref **CODE NOT SHOWN**

#### **Q8\_25b**

The following question is about your household access to the Internet.

By access I mean whether anyone in your household could use the Internet, at home, if they wanted to, even if just to send an e-mail.

Does your household have access to the Internet from home?

INTERVIEWER NOTE:

'RESPONDENT UNABLE TO ANSWER' SHOULD BE CHOSEN AT THE INTERVIEWER'S DISCRETION ONLY IF IT IS OBVIOUS THAT THE RESPONDENT DOES NOT KNOW WHAT THE INTERNET IS – CODE AS 3.

IF RESPONDENT KNOWS WHAT THE INTERNET IS BUT DOESN'T KNOW WHETHER THE HOUSEHOLD HAS ACCESS, CODE AS 4.

1. Yes
2. No
3. No - Respondent unable to answer
4. Don't know if the household has access

#### **ASK ALL**

#### **Q8\_26b**

And do you currently use the Internet for either work or for personal use?

**SINGLE CODE**

1. Work
2. Personal use
3. Both
4. Neither

Ref **CODE NOT SHOWN**

#### **IF CODE 2 OR 3 AT 8.26B**

#### **Q8\_27**

In which of these ways do you access the Internet for personal use?

READ OUT, CODE ALL THAT APPLY

**MULTI CODE**

1. Through a desktop computer
2. Through laptop or netbook
3. Through a tablet (e.g. an iPad)
4. Through a mobile phone
5. Through a games console
6. Through an Internet enabled TV/set-top box
7. Through any other electronic device with internet access (e.g. iPod touch, eBook reader, palmtop)

Ref **CODE NOT SHOWN**

**Q7\_30**

This is the end of the main questionnaire. This study is being funded by the Food Standards Agency (FSA), a central government department. Would you be willing for the FSA, 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

**IF "YES" AT Q7\_30**

**Q7\_31**

In order to carry out this future research, your contact details may be linked to the answers you have given in this survey. Would you be willing for this information to be passed onto the FSA or an organisation acting on their behalf?

INTERVIEWER ADD IF NECESSARY: We would only pass your contact details and interview information onto the FSA or another research company doing legitimate research on behalf of the Agency, your interview data would never be passed to anyone else or used for commercial purposes.

1. Yes
2. No

**QUALITY**

Record following details

Name  
Address  
Landline telephone number  
Mobile telephone number  
Email

**Letter**

Have you given the thank you letter to the respondent?

- 1 Yes
- 2 No

At y preswlydd / preswylwyr

<add1>

<add2>

<add3>

<add4>

<add5>

<postcode>

P11949.01/<Batch>/<Serial><ChkLet>

Date

# Arolwg Bwyd a Chi

Annwyl Syr / Fadam

Mae'r bwyd yr ydym yn ei fwyta, ac o ble mae'n dod, yn bwysig iawn i bob un ohonom ni. Hoffwn wahodd eich aelwyd i gymryd rhan yn 'Bwyd a Chi', astudiaeth fawr yng Nghymru, Lloegr a Gogledd Iwerddon am y ffordd yr ydym ni'n siopa am fwyd, coginio a bwyta.

Caiff Bwyd a Chi ei ariannu gan yr Asiantaeth Safonau Bwyd (ASB), yr adran lywodraethol annibynnol sy'n gyfrifol am sicrhau bod ein bwyd yn ddiogel, a'i fod yn cyd-fynd â'r hyn sydd ar y label. Mae'r gwaith ymchwil hwn yn ffynhonnell hanfodol o wybodaeth i gefnogi gwaith pwysig yr ASB. Rydym ni'n mawr obeithio y gallwn ddibynnu ar eich cymorth chi.

## Beth fydd yn digwydd nesaf?

Bydd cyfwelydd o NatCen Social Research (NatCen), a benodwyd gan yr ASB i gynnal y gwaith ymchwil hwn, yn galw yn eich tŷ yn yr wythnos nesaf. Er mwyn sicrhau eich bod chi'n gyfarwydd â nhw, mae pob un yn cario ID sydd â llun arno. Byddwn yn dewis un person ar hap o'ch cartref, sy'n 16 oed neu'n hŷn, i gymryd rhan. Yna, byddwn yn trefnu amser cyfleus i gynnal y cyfweiliad.

## Cyfrinachedd llwyr

Nid oes yn rhaid i chi gymryd rhan, a bydd popeth yr ydych yn ei ddweud wrth y cyfwelydd yn cael ei drin yn gyfrinachol. Ni gaiff unrhyw fanylion personol eu pasio i'r ASB neu unrhyw un arall, oni bai eich bod yn caniatáu hynny.

## Unrhyw gwestiynau?

I gael rhagor o wybodaeth, cymerwch gip ar y Cwestiynau Cyffredin ar gefn y llythyr hwn a'r daflen amgaeedig. Gallwch hefyd fynd i [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou) anfon e-bost at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) neu ffonio Rhadffôn **0808 164 0010**. Byddwn yn hapus iawn i ateb eich cwestiynau.

Yn gywir,



**Edward Eaton**

Swyddog Ymchwil  
Yr Asiantaeth Safonau Bwyd  
[foodandyou@foodstandards.gsi.gov.uk](mailto:foodandyou@foodstandards.gsi.gov.uk)



**Beverley Bates**

Cyfarwyddwr Ymchwil Bwyd a Chi  
NatCen Social Research  
[foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk)

**£10**

Er mwyn diolch i chi am gymryd rhan, dyma amgáu taleb £10 y gellir ei gyfnewid am arian mewn unrhyw gangen Swyddfa'r Post.

# Cwestiynau cyffredin

## Beth fydd testun y cyfweliad?

Hoffwn holi amrywiaeth o gwestiynau i chi yn ymwneud â siopa am fwyd, coginio a bwyta. Rydym ni â diddordeb clywed beth ydych chi'n ei wneud wrth fwyta yn y cartref, a phan ydych chi'n bwyta allan. Rydym ni hefyd yn awyddus i glywed o ble ydych chi'n cael eich gwybodaeth am fwyd, p'un a oes gennych chi neu aelod o'r teulu alergeddau bwyd, ac a ydych chi'n cael trafferth prynu'r bwyd y buasech yn hoffi ei fwyta?

Mae cymryd rhan yn gwbl wirfoddol ac nid oes rhaid i chi ateb unrhyw gwestiynau nad ydych chi eisiau eu hateb. Y cyfan sydd angen i chi ei wneud yw gofyn i'r cyfwelydd symud i'r cwestiwn nesaf. Mae'r rhan fwyaf o bobl yn teimlo ei fod yn brofiad diddorol y maent yn ei fwynhau.

## Pam ydych chi wedi dewis fy nghyfeiriad i?

Rydym ni wedi dewis eich cyfeiriad chi ar hap o restr gyhoeddus y Post Brenhinol o gyfeiriadau preswyl y Deyrnas Unedig. Mae'n bwysig dewis cyfeiriadau ar hap er mwyn i'r canlyniadau adlewyrchu profiadau a safbwyntiau'r boblogaeth gyfan.

## Beth yw'r Asiantaeth Safonau Bwyd?

Yr Asiantaeth Safonau Bwyd yw'r adran lywodraethol annibynnol yng Nghymru, Lloegr a Gogledd Iwerddon sy'n gyfrifol am sicrhau bod y cyhoedd yn gallu ymddiried bod y bwyd y maent yn ei brynu a'i fwyta yn ddiogel ac yn onest. Mae'r ASB yn gweithio i sicrhau bod bwyd yn ddiogel ac yn cyd-fynd â'r hyn sydd ar y label, bod gennym fynediad at ddeiet fforddiadwy, a'n bod yn gallu gwneud dewisiadau gwybodus am ein bwyd. I gael rhagor o wybodaeth am yr ASB a'i gwaith, ewch i [www.food.gov.uk](http://www.food.gov.uk) – cliciwch ar 'Cymraeg'.

## Pwy sy'n cynnal yr ymchwil hwn?

Mae NatCen Social Research yn cynnal yr astudiaeth ar ran yr ASB. Mae NatCen yn asiantaeth ymchwil ddiduedd, yn annibynnol o bob adran lywodraethol a phartïon gwleidyddol. I gael rhagor o wybodaeth am NatCen Social Research, ewch i [www.natcen.ac.uk](http://www.natcen.ac.uk).

## Beth fydd yn digwydd i fy atebion?

Dim ond at ddibenion ymchwil y byddwn yn defnyddio'r wybodaeth a gesglir. Byddwn yn trin y data â chyfrinachedd, o dan Ddeddf Diogelu Data 1998. Bydd NatCen yn cadw'ch enw a'ch cyfeiriad yn ddiogel a bydd yn cadw'r manylion hyn a'ch atebion ar wahân. Ni fydd y cwmni yn rhoi'ch manylion i unrhyw un oni bai i chi roi caniatâd iddo wneud hynny, a bydd yn dileu eich manylion cyswllt ar ôl cyflawni'r astudiaeth, oni bai i chi gytuno fel arall. Bydd eich atebion i'r arolwg hwn yn ddienw, ac yn cael eu cyfuno ag atebion eraill. Byddwn yn llunio adroddiad a set data i'w defnyddio gan yr ASB i gefnogi ei gwaith. Ni fydd unrhyw un sy'n edrych ar y canfyddiadau yn gallu eich adnabod chi mewn unrhyw ffordd.

## Ble allaf ddod o hyd i ragor o wybodaeth?

I gael rhagor o wybodaeth, cymerwch gip ar y daflen atodedig, ewch i [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou), anfonwch e-bost at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) neu ffoniwch Rhadffôn **0808 164 0010**. Byddwn yn hapus iawn i ateb eich cwestiynau.



## Ble allaf ddod o hyd i ragor o wybodaeth?

I gael rhagor o wybodaeth am yr astudiaeth hon, ewch i [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou), anfonwch e-bost at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) neu ffoniwch Rhadffôn **0808 164 0010**. Byddwn yn hapus iawn i ateb eich cwestiynau.

I gael rhagor o wybodaeth am yr ASB a'i gwaith, ewch i [www.food.gov.uk](http://www.food.gov.uk) – cliciwch ar 'Cymraeg'. Ar gyfer ymholiadau cyffredinol, cysylltwch â llinell gymorth yr ASB drwy ffonio **020 7276 8829** neu e-bostio [helpline@foodstandards.gsi.gov.uk](mailto:helpline@foodstandards.gsi.gov.uk)



Bwyd y gallwch ymddiried ynddo

# Arolwg Bwyd a Chi





# Beth yw Arolwg Bwyd a Chi?

Rydym ni'n gwahodd eich aelwyd chi i gymryd rhan yn '**Bwyd a Chi**', astudiaeth fawr a gynhelir pob dwy flynedd gyda miloedd o gartrefi ar draws Cymru, Lloegr a Gogledd Iwerddon. Hoffwn glywed am y bwyd yr ydych chi'n ei fwyta, sut ydych chi'n ei brynu a'i goginio, ble ydych chi'n bwyta allan, a beth yw eich barn chi am ddulliau newydd o gynhyrchu bwyd. Rydym ni hefyd yn awyddus i glywed am eich profiadau. Er enghraifft, ydych chi erioed wedi cael gwenwyn bwyd? A oes gennych chi unrhyw alergeddau neu anoddefiadau? Ydych chi'n cael trafferth prynu'r bwyd yr ydych chi eisiau ei fwyta?

Mae canlyniadau'r gwaith ymchwil yn ffynhonnell bwysig o wybodaeth i'r Asiantaeth Safonau Bwyd (ASB). Maent yn helpu'r ASB i wella diogelwch bwyd, blaenoriaethu ei gwaith, a rhoi'r wybodaeth orau i bobl i'w helpu i wneud penderfyniadau am fwyd. Mae angen i'r ASB greu darlun cynrychioladol o'r boblogaeth gyfan, ac mae'n bwysig cyfweild â chi, hyd yn oed os nad oes gennych lawer o ddiddordeb mewn coginio neu siopa am fwyd, os o gwbl.

Ydych chi'n hoffi coginio, bwyta prydau tecawê neu fwyta allan?

Ydych chi erioed wedi cael gwenwyn bwyd?

Ydych chi'n gwneud un daith siopa fawr yr wythnos?

Sut ydych chi'n penderfynu ble i fwyta allan?

# Helpu'r Asiantaeth Safonau Bwyd

Yr Asiantaeth Safonau Bwyd (ASB) yw'r adran lywodraethol annibynnol sy'n gyfrifol am ddiogelu'r cyhoedd rhag risgiau sy'n ymwneud â bwyd. Mae'r ASB wrth wraidd sicrhau bod y bwyd yr ydym yn ei fwyta yn ddiogel ac yn onest.



## Hyrwyddo diogelwch bwyd

Mae'r ASB yn rhoi cyngor ar ddiogelwch bwyd sy'n cyrraedd miliynau o bobl bob blwyddyn, gan helpu defnyddwyr i wneud dewisiadau gwybodus am y bwyd y maent yn ei fwyta, a sut maent yn ei goginio.



## Arolygiadau hylendid

Mae'r ASB yn cynnal y Cynllun Sgorio Hylendid Bwyd mewn partneriaeth ag awdurdodau lleol, gan roi gwybodaeth i ddefnyddwyr am safonau hylendid y manau maent yn bwyta allan a siopa am fwyd ynddynt.



## Gweithio gyda manwerthwyr

Mae'r ASB yn gweithio'n agos â manwerthwyr a chynhyrchwyr, gan hyrwyddo arferion da sy'n helpu i leihau risgiau sy'n gysylltiedig â salwch a gludir gan fwyd.

## Trechu trosedd bwyd

Mae Uned Trosedd Bwyd yr ASB yn ymchwilio i faterion troseddol sy'n effeithio ar system fwyd y Deyrnas Unedig, megis difwyno (*adulteration*) cynhyrchion yn fwriadol. Mae hyn yn rhan o waith yr Asiantaeth i sicrhau ein bod yn gallu bod yn hyderus o ran ble mae ein bwyd yn dod, a'i fod yn cyd-fynd â'r hyn sydd ar y label.



# Diolch am gymryd rhan yn Arolwg Bwyd a Chi



Diolch yn fawr iawn chi am gymryd rhan mewn cyfweiliad i'n helpu i ddeall mwy am agweddau, ymddygiad a gwybodaeth pobl am faterion sy'n ymwneud â bwyd.

## Eisiau rhagor o wybodaeth, neu drafod unrhyw un o bynciau'r astudiaeth hon?

Mae rhagor o wybodaeth am waith yr Asiantaeth Safonau Bwyd (ASB) ar gael drwy: **www.food.gov.uk** – cliciwch ar 'Cymraeg'. Ar gyfer ymholiadau cyffredinol, cysylltwch â llinell gymorth yr ASB drwy ffonio **020 7276 8829**, e-bostio **helpline@foodstandards.gsi.gov.uk**, neu ysgrifennu at **Yr Asiantaeth Safonau Bwyd, Aviation House, 125 Kingsway, London, WC2B 6NH**.

I gael rhagor o wybodaeth, gweld canlyniadau arolygon blaenorol, neu danysgrifio i dderbyn cyhoeddiadau Arolwg Bwyd a Chi yn y dyfodol, ewch i: **www.food.gov.uk/foodandyou** – cliciwch ar 'Cymraeg'

I gael rhagor o wybodaeth am wenwyn bwyd, beth sy'n ei achosi, sut mae ei drin a'i atal, gan gynnwys cyngor diogelwch bwyd yr ASB i ddefnyddwyr, ewch i wefan NHS Choices: **www.nhs.uk/Conditions/Food-poisoning**

O ran materion mewn perthynas â bwyd fforddiadwy, mae'r ASB yn argymhell i chi gysylltu â'ch awdurdod lleol i gael rhagor o wybodaeth a chyngor ar gynlluniau cymorth lles lleol, yn ogystal ag unrhyw gymorth arall a all fod ar gael yn eich ardal leol. Mae gwybodaeth am gynlluniau cymorth lles lleol yng Nghymru ar gael drwy gysylltu â Llywodraeth Cymru.

## Beth fydd yn digwydd i fy manylion personol?

Os ydych wedi rhoi caniatâd i'r ASB gadw'ch manylion personol, dim ond yr ASB, neu sefydliad sy'n gweithredu ar ei rhan, fydd yn eu defnyddio i ofyn cwestiynau pellach am yr astudiaeth neu i'ch gwahodd i gymryd rhan mewn gwaith ymchwil yn y dyfodol. Ni fyddai'n rhaid i chi gymryd rhan.

Os ydych wedi rhoi'ch manylion cyswllt i'r ASB, caiff y rhain eu dileu o fewn tair blynedd i ddyddiad eich cyfweiliad. Gallwch ofyn i'ch manylion gael eu dileu neu eu datgysylltu o'ch ymatebion ar unrhyw adeg drwy gysylltu â thîm Bwyd a Chi yr ASB drwy ffonio **020 7276 8829** neu e-bostio **foodandyou@foodstandards.gsi.gov.uk**

Os oes gennych chi unrhyw gwestiynau, gallwch gysylltu â swyddfa NatCen drwy ffonio **0800 526 397** neu e-bostio **FoodandYou@natcen.ac.uk**



The Resident(s)

<add1>

<add2>

<add3>

<add4>

<add5>

<postcode>

P11949.01/<Batch>/<Serial><ChkLet>

Date

# Food & You

Dear Sir/Madam,

The food we eat, and where it comes from, is important to us all. We would like to invite your household to take part in Food & You, a major study in England, Wales and Northern Ireland about how we shop for, cook and eat food.

Food & You is funded by the Food Standards Agency (FSA), the independent government department responsible for making sure that the food we eat is safe, and that it is what it says it is. This research provides a vital source of information to support the important work of the FSA. We hope we can count on your help.

## What next?

An interviewer from NatCen Social Research (NatCen), whom the FSA has appointed to carry out this research, will call at your house in the next week or so. So you know who they are, they all carry photo ID. We will randomly select one person from your household, aged 16 or over, to take part, and arrange a convenient time to do the interview.

## Complete confidentiality

Taking part is voluntary, and everything you tell the interviewer will be treated in confidence. No personal details will be passed on to the FSA or anyone else unless you give your explicit permission.

## Any questions?

For more information, please see the FAQs on the reverse of this letter and the enclosed leaflet. You can also visit [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou) email at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) or call on **Freephone 0800 652 0601**. We will be happy to answer any questions.

Yours faithfully,



**Edward Eaton**  
Research Officer  
Food Standards Agency  
[foodandyou@foodstandards.gsi.gov.uk](mailto:foodandyou@foodstandards.gsi.gov.uk)



**Beverley Bates**  
Food & You Research Director  
NatCen Social Research  
[foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk)

**£10**

As a thank you for taking part, please find enclosed a £10 voucher that can be exchanged for cash at any branch of the Post Office.

# Frequently asked questions

## What is the interview about?

We would like to ask you a range of questions about shopping for, cooking and eating food. We are interested in what you do when eating at home, and when you eat out. We would also like to hear where you get your information about food from, whether you or anyone in your household have any food allergies, and whether you ever struggle to buy the food you would like to eat?

Taking part is voluntary and you do not have to answer any questions you do not want to, just ask your interviewer to move on to the next one. Most people find it an interesting and enjoyable experience.

## Why has my address been selected?

Your household has been selected at random from the Royal Mail's publicly-available list of residential addresses in the UK. It is important to have a strictly random selection so that the results reflect the experiences and views of the whole population.

## What is the Food Standards Agency?

The Food Standards Agency (FSA) is the independent government department in England, Wales and Northern Ireland that is responsible for making sure that the public can trust that the food they buy and eat is safe and honest. The FSA works to ensure that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat. For more information about the FSA and its work please visit [www.food.gov.uk](http://www.food.gov.uk).

## Who is carrying out the study?

NatCen Social Research (NatCen) is carrying out the study on behalf of the FSA. NatCen is an impartial research agency, independent of all government departments and political parties. For more information about NatCen visit [www.natcen.ac.uk](http://www.natcen.ac.uk).

## What will happen to any information I give?

All information will be used for research purposes only. The data will be treated in confidence, under the Data Protection Act 1998. Your name and address details will be stored securely by NatCen and will be kept separate from your answers. They will not pass your personal details to anybody without your permission, and will delete them on completion of the study unless you specifically agree otherwise. Your answers to this survey will be anonymised and combined with others who take part, in order to produce a report and dataset which will be published. The information will be used by the FSA to support their work. No one looking at the findings will be able to identify you in any way.

## Where can I find out more?

For more information, please see the enclosed leaflet, visit [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou), email us at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) or call us on Freephone **0800 652 0601**. We will be happy to answer any questions you may have.

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Date

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Food & You is funded by the Food Standards Agency (FSA), the independent government department responsible for making sure that the food we eat is safe, and that it is what it says it is. This research provides a vital source of information to support the important work of the FSA. We hope we can count on your help.

## What next?

An interviewer from the Northern Ireland Statistics and Research Agency (NISRA), whom the FSA has appointed to carry out this research, will call at your house in the next week or so. So you know who they are, they all carry photo ID. We will randomly select one person from your household, aged 16 or over, to take part, and arrange a convenient time to do the interview.

## Complete confidentiality

Taking part is voluntary, and everything you tell the interviewer will be treated in confidence. No personal details will be passed on to the FSA or anyone else unless you give your explicit permission.

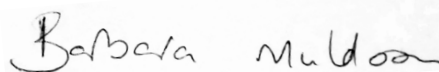
## Any questions?

For more information, please see the FAQs on the reverse of this letter and the enclosed leaflet. You can also visit [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou) email at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) or call on **Freephone 0800 652 0601**. We will be happy to answer any questions.

Yours faithfully,



**Edward Eaton**  
Research Officer  
Food Standards Agency  
[foodandyou@foodstandards.gsi.gov.uk](mailto:foodandyou@foodstandards.gsi.gov.uk)



**Barbara Muldoon**  
Survey Manager  
NISRA  
[foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk)

# £10

As a thank you for taking part, please find enclosed a £10 voucher that can be exchanged for cash at any branch of the Post Office.

# Frequently asked questions

## What is the interview about?

We would like to ask you a range of questions about shopping for, cooking and eating food. We are interested in what you do when eating at home, and when you eat out. We would also like to hear where you get your information about food from, whether you or anyone in your household have any food allergies, and whether you ever struggle to buy the food you would like to eat?

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## What is the Food Standards Agency?

The Food Standards Agency (FSA) is the independent government department in Northern Ireland, England and Wales that is responsible for making sure that the public can trust that the food they buy and eat is safe and honest. The FSA works to ensure that food is safe and what it says it is, that we have access to an affordable healthy diet, and can make informed choices about what we eat. For more information about the FSA and its work please visit [www.food.gov.uk](http://www.food.gov.uk).

## Who is carrying out the study?

NatCen Social Research (NatCen) is carrying out the study on behalf of the FSA. NatCen is an impartial research agency, independent of all government departments and political parties. For more information about NatCen visit [www.natcen.ac.uk](http://www.natcen.ac.uk). Interviews in Northern Ireland are being carried out by the Central Survey Unit (CSU), of the Northern Ireland Statistics and Research Agency (NISRA), the leading social survey research organisation in Northern Ireland. For more information about NISRA visit [www.nisra.gov.uk](http://www.nisra.gov.uk).

## What will happen to any information I give?

All information will be used for research purposes only. The data will be treated in confidence, under the Data Protection Act 1998. Your name and address details will be stored securely by NatCen and will be kept separate from your answers. They will not pass your personal details to anybody without your permission, and will delete them on completion of the study unless you specifically agree otherwise. Your answers to this survey will be anonymised and combined with others who take part, in order to produce a report and a dataset which will be published. The information will be used by the FSA to support their work. No one looking at the findings will be able to identify you in any way.

## Where can I find out more?

For more information, please see the enclosed leaflet, visit [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou), email us at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) or call us on Freephone **0800 652 0601**. We will be happy to answer any questions you may have.



# Food & You



## Where can I find out more?

For more information about this study, you can visit [www.natcen.ac.uk/foodandyou](http://www.natcen.ac.uk/foodandyou), email us at [foodandyou@natcen.ac.uk](mailto:foodandyou@natcen.ac.uk) or call us on **Freephone 0800 652 0601**. We will be happy to answer any questions you may have.

To find out more about the FSA and its work, please visit [www.food.gov.uk](http://www.food.gov.uk), or contact the FSA Helpline by calling **020 7276 8829** or emailing [helpline@foodstandards.gsi.gov.uk](mailto:helpline@foodstandards.gsi.gov.uk).



**Food you can trust**



# What is Food & You?

Your household has been invited to take part in Food & You, a major study carried out every two years with thousands of households across England, Wales and Northern Ireland. We would like to hear about the food you eat, how you buy and cook it, whether you eat out, and where you get your information about food from. We're also interested in your experiences. For example, have you ever had food poisoning, do you have any food allergies or intolerances, do you ever struggle to buy the food you would like to eat?

The results of this research are an important source of information for the Food Standards Agency (FSA). They help the FSA to improve food safety, prioritise its work, and provide people with the best information to help them make choices around food. The FSA needs a representative picture of the whole population, and it is important to interview you, even if you have little or no involvement or interest in cooking or shopping for food.

Do you like to cook, eat takeaway or eat out?

Have you ever had food poisoning?

Do you do a weekly main shopping trip?

How do you decide where to eat out?

# Help the Food Standards Agency

The Food Standards Agency (FSA) is the independent Government department that is responsible for protecting the public from risks relating to food. The FSA is at the heart of ensuring the food we eat is safe and honest.



## Promoting food safety

The FSA provides advice on food safety that reaches millions of people every year, helping consumers make informed decisions about what they eat, and how they cook it.



## Hygiene inspections

The FSA runs the Food Hygiene Rating Scheme in partnership with local authorities, providing consumers with information about the hygiene standards of the places where they eat out and shop for food.



## Working with retailers

The FSA works closely with retailers and producers, promoting good practices that help minimise the risks from illness from the food that we buy.



## Combatting food crime

The FSA's Food Crime Unit investigates criminality affecting the UK's food system, such as the intentional and dishonest adulteration of products, as part of the Agency's work to ensure that we can be confident about where our food comes from, and that it is what it says it is.

# Food & You

**Food & You** helps the Food Standards Agency (FSA) ensure that food we buy and eat is safe and honest. This study is the main source of information about how, where and what people in the UK are eating. These are some of the things we'd like to ask about.

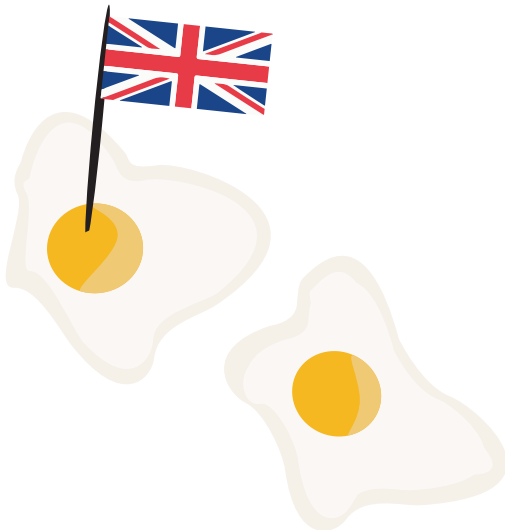
## Shopping around

Do you do the shopping in your household? Where do you buy your food? Do you buy everything at the supermarket or do you visit other shops as well?



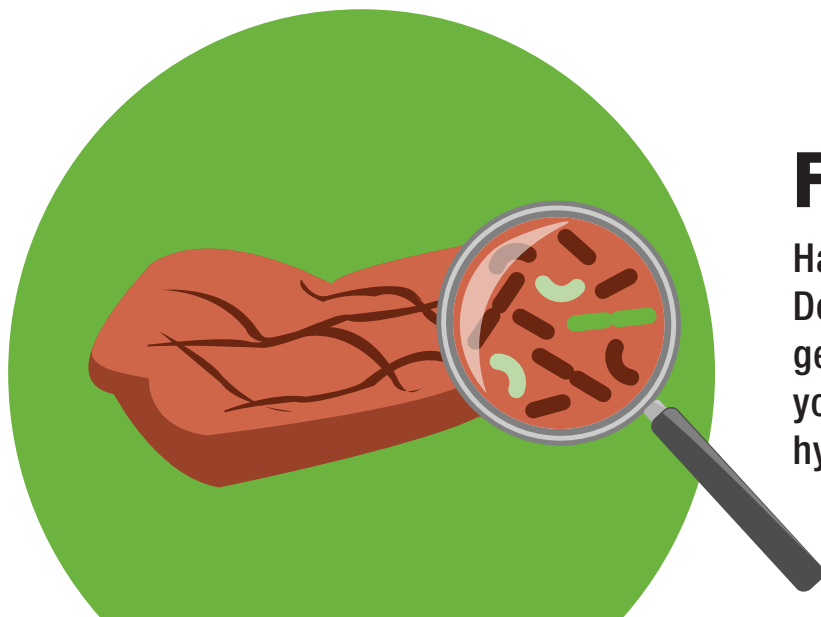
Do you like to dine out at restaurants or do you prefer to stay at home to eat?  
When you eat in, do you prefer to cook your own food or order a takeaway?

How do you learn about food and cooking? Are you an avid viewer of TV programmes like the Great British Bake Off and Masterchef? Do you read cookery books?



## Supporting UK producers

How do you decide which meat, fruit and vegetables to buy when shopping? Do you prefer to buy food produced in the UK, or is it all the same to you?



## Food safety

Have you ever had food poisoning? Do you think you are more likely to get food poisoning at home or when you eat out? Are you concerned about hygiene in restaurants?



# Thank you for taking part in Food & You.



Thank you very much for taking the time to complete an interview and helping us to understand more about people's attitudes, behaviours and knowledge about food-related issues.

## Want to know more or discuss any of the topics covered in this study?

To find out more about the Food Standards Agency (FSA) and their work please visit their website at: **[www.food.gov.uk](http://www.food.gov.uk)**. You can also contact the FSA helpline on **020 7276 8829**, email **[helpline@foodstandards.gsi.gov.uk](mailto:helpline@foodstandards.gsi.gov.uk)**, or write to

**Food Standards Agency,  
Aviation House,  
125 Kingsway,  
London,  
WC2B 6NH.**

For further information about Food & You, see results from previous waves, and look out for future publications please visit: **[www.food.gov.uk/foodandyou](http://www.food.gov.uk/foodandyou)**

To find out more about food poisoning, the causes, treatment and prevention, including the FSA's food safety advice for consumers, please visit the NHS Choices website at:

**[www.nhs.uk/Conditions/Food-poisoning](http://www.nhs.uk/Conditions/Food-poisoning)**

For issues relating to affordability of food, the FSA recommends that you contact your local authority for further information and advice about local welfare assistance schemes, as well as any other sources of support that may be available in your local area. Information about local welfare assistance schemes in Wales is available from the Welsh Government.

## **What will happen to my personal details?**

If you gave consent for your personal details to be passed onto the FSA these will only be used by the FSA, or an organisation acting on their behalf, to ask you further questions about the study or to invite you to take part in future research. There would be no obligation to take part.

If you provided your contact details, these will be deleted within three years of your interview. You can request for your details to be deleted or unlinked from your responses at any time by emailing the FSA's Food & You team at

**[foodandyou@foodstandards.gsi.gov.uk](mailto:foodandyou@foodstandards.gsi.gov.uk)** or calling  
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**If you have any questions please contact the NatCen office on 0800 526 397 or email us at [Foodandyou@natcen.ac.uk](mailto:Foodandyou@natcen.ac.uk)**

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For issues relating to affordability of food, the FSA recommends that you contact the Northern Ireland Executive for further information and advice about local welfare assistance schemes.

To find out more about the FSA's work in Northern Ireland on nutrition and healthy eating, please visit

**[www.food.gov.uk/northern-ireland/nutritionniu](http://www.food.gov.uk/northern-ireland/nutritionniu)**

## **What will happen to my personal details?**

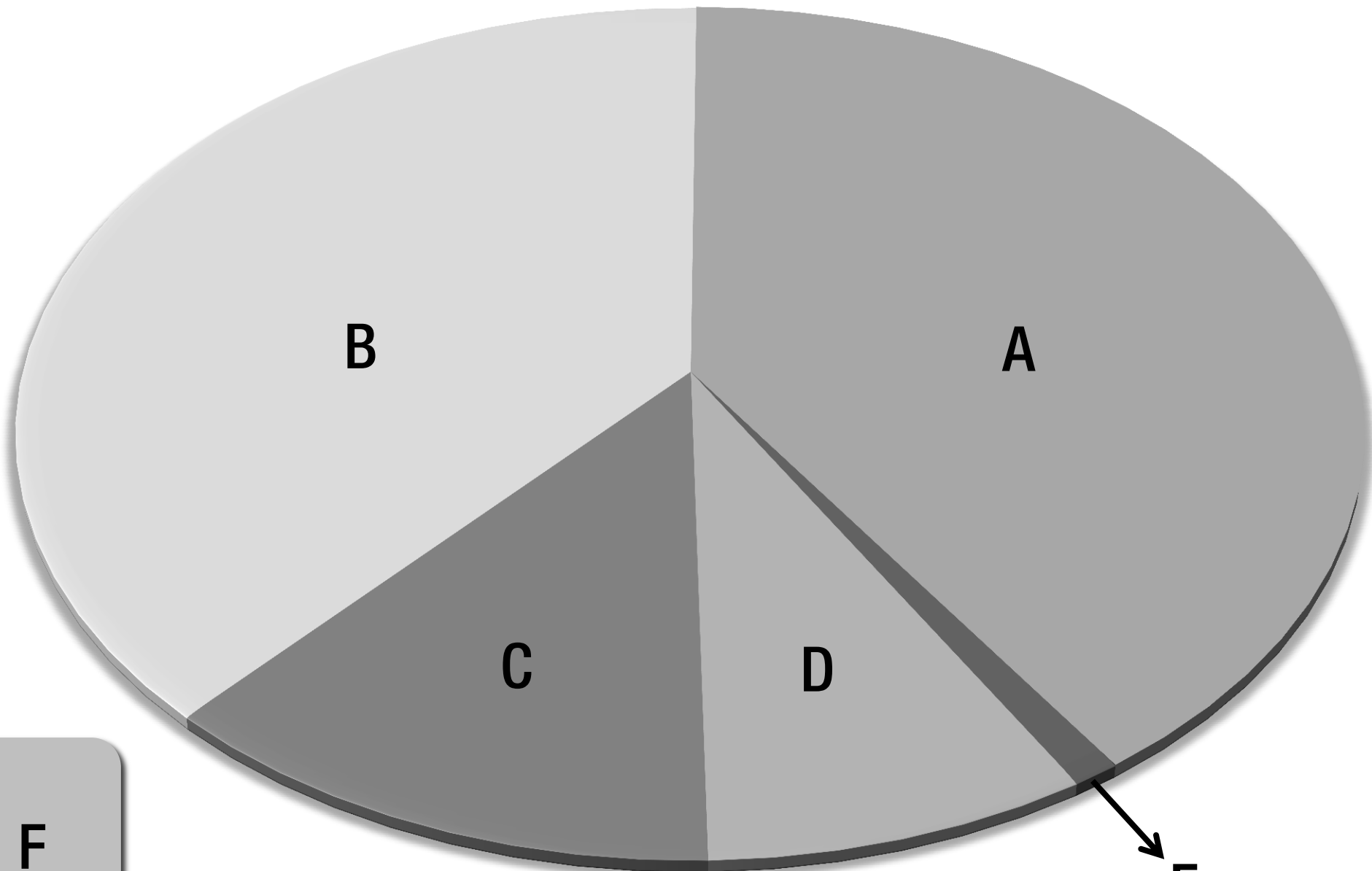
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**020 7276 8829.**

**If you have any questions please contact the NatCen office on 0800 526 397 or email us at [Foodandyou@natcen.ac.uk](mailto:Foodandyou@natcen.ac.uk)**

# The Eatwell Guide



**F**

Eat less often and in small amounts

**E**

# **Bwyd a Chi**

# **Cam 4**

**RHAN 1 GWYBODAETH AM YR AELWYD**

**NB. NO ROTATION OF ANSWER SCALES. STATEMENTS ROTATED WHERE INDICATED**

**Intro1**

Diolch i chi am gytuno i gymryd rhan yn Arolwg Bwyd a Chi. Cyn i ni ddechrau, hoffwn eich atgoffa y bydd popeth rydych yn ei ddweud heddiw yn cael ei drin yn gyfrinachol. Ni fydd unrhyw fanylion personol yn cael eu pasio ymlaen i unrhyw un arall oni bai eich bod yn rhoi eich caniatâd.

**Info1**

Yn gyntaf, hoffwn i ofyn rhai cwestiynau i chi am eich cartref a phwy sy'n byw yma gyda chi.

**RespName**

Beth yw'ch enw cyntaf?

**RespSex**

PLEASE CODE SEX OF RESPONDENT

Male

Female

**Q1\_2a1**

Beth yw'ch dyddiad geni?

**FOR DAY NOT GIVEN....ENTER 15 FOR DAY**

**ENTER THE DATE USING THE FORMAT: DD/MM/YYYY**

**OPEN BOX**

**IF YEAR OF BIRTH NOT GIVEN**

**Q1\_2b1**

Beth oedd eich oedran ar eich pen-blwydd diwethaf?

**IF REFUSE TO GIVE AGE AT Q1\_2B**

**Q1\_2c1**

**SHOW CARD A1**

Gan edrych ar y cerdyn hwn i ba grŵp oedran ydych chi yn perthyn?

1. 3 oed neu iau
2. 3-5
3. 6-10
4. 11-15
5. 16-17
6. 18-19
7. 20-24
8. 25-34
9. 35-44
- 10.45-54
- 11.55-64
- 12.65+

**Q1\_0**

Gan feddwl nawr am bawb sy'n byw ar yr aelwyd hon, gan gynnwys plant a'ch hunain, faint o bobl sy'n byw yma'n rheolaidd?

CHECK INTERVIEWER MANUAL FOR DEFINITION OF HOUSEHOLD IF NECESSARY. NOTE THAT THIS MAY BE DIFFERENT TO THE DWELLING UNIT YOU ENUMERATED FOR THE SELECTION. IF YOU DISCOVER THAT YOU WERE GIVEN THE WRONG INFORMATION FOR THE RESPONDENT SELECTION ON THE ARF

DO NOT REDO THE ARF SELECTION PRODECURE

DO ENTER THE CORRECT INFORMATION HERE

DO USE <CTRL + M> TO MAKE A NOTE OF WHAT HAPPENED.

**NUMERIC 1-29**

**IF Q1\_0>1**

**Q1\_1**

Hoffwn ofyn i chi roi ychydig o fanylion am y (**TEXTFILL**: bobl/person) eraill/arall ar yr aelwyd hon. Beth yw enw'r **TEXTFILL**: person cyntaf/ail berson/trydydd person ayyb.>

Cofiwch na fydd enwau'r bobl eraill ar eich aelwyd yn cael eu cadw gydag unrhyw un o'r atebion rydych yn eu rhoi. Dim ond ar gyfer y cyfweiliad hwn y byddant yn cael eu defnyddio er mwyn ein helpu i ofyn cwestiynau sy'n berthnasol i'ch aelwyd chi.

INTERVIEWER: HH MEMBERS CAN BE ENTERED IN ANY ORDER

**FIRST NAME ONLY**

**OPEN BOX**

**Q1\_2a**

**Dyddiad Geni**

Beth yw eu dyddiad geni?

**FOR MONTH NOT GIVEN....ENTER 6 FOR MONTH**

**FOR DAY NOT GIVEN....ENTER 15 FOR DAY**

**ENTER THE DATE USING THE FORMAT: DD/MM/YYYY**

**OPEN BOX**

**IF YEAR OF BIRTH NOT GIVEN**

**Q1\_2b**

Beth oedd eu hoedran ar eu pen-blwydd diwethaf?

**NUMERIC 0-120**



**IF REFUSE TO GIVE AGE AT 1.2B**

**Q1\_2c**

**SHOW CARD A1**

Gan edrych ar y cerdyn hwn, i ba fand oedran y mae ENW yn perthyn?

1. 3 oed neu'n iau
2. 3-5
3. 6-10
4. 11-15
5. 16-17
6. 18-19
7. 20-24
8. 25-34
9. 35-44
10. 45-54
11. 55-64
12. 65+

**Q1\_3**

**Rhywedd**

CODE FIRST THAT APPLIES

1. Gwryw
2. Benyw

**Q1\_6**

**SHOW CARD A2**

Beth yw perthynas <TEXTFILL: enw> â chi?

**REPEAT FOR EACH MEMBER OF THE HOUSEHOLD OTHER THAN RESPONDENT**

1. Priod
2. Partner sy'n cyd-fyw â chi
3. Mab/merch (gan gynnwys mabwysiedig)
4. Llysfab/llysfarch
5. Plentyn maeth
6. Mab/merch-yng-nghyfraith
7. Rhiant/gwarcheidwad
8. Llys-riant
9. Rhiant maeth
10. Rhiant-yng-nghyfraith
11. Brawd/chwaer (gan gynnwys mabwysiedig)
12. Llysfrawd/llyschwaer
13. Brawd/chwaer maeth
14. Brawd/chwaer-yng-nghyfraith
15. Wŷr/Wyres
16. Nain/Mam-gu / Taid/Tad-cu
17. Perthynas arall
18. Rhywun arall sydd ddim yn perthyn i chi
19. Partner sifil

**REPEAT Q1\_1 TO Q1\_6 FOR EACH HOUSEHOLD MEMBER OTHER THAN RESPONDENT**

**ASK ALL**

**Q1\_4a**

**TREFNIADAU BYW**

Ydych chi...

ASK OR RECORD

CODE FIRST THAT APPLIES

INTERVIEWER: THE AIM IS TO OBTAIN THE LEGAL MARITAL STATUS, IRRESPECTIVE OF ANY DE FACTO ARRANGEMENT

1. yn sengl, hynny yw erioed wedi priodi nac erioed wedi cofrestru partneriaeth sifil o'r un rhyw
2. yn briod ac yn byw gyda'ch gŵr/gwraig
3. mewn partneriaeth sifil o'r un rhyw sydd wedi'i chofrestru ac yn byw gyda'ch partner
4. wedi gwahanu, ond yn dal i fod yn briod yn ôl y gyfraith
5. wedi ysgaru
6. yn weddw?
7. [SPONTANEOUS ONLY] wedi gwahanu, ond yn dal i fod mewn partneriaeth sifil o'r un rhyw yn ôl y gyfraith
8. [SPONTANEOUS ONLY] yn gyn bartner sifil o'r un rhyw, ond fod y bartneriaeth sifil bellach wedi'i dileu yn gyfreithiol
9. [SPONTANEOUS ONLY] yn bartner sifil sydd dal yn fyw: ei bartner/ei phartner bellach wedi marw

**IF (Q1\_0>1) AND (Q1\_4A=1, 4, 5, 6, 7, 8, 9)**

**Q1\_4b**

Ydych chi'n byw gyda rhywun ar yr aelwyd hon fel cwpl?

ASK OR RECORD

ONLY RESPONDENTS WHO ARE LIVING WITH THEIR PARTNER IN THIS HOUSEHOLD SHOULD BE CODED AS LIVING TOGETHER AS A COUPLE.

YOU MAY CODE NO WITHOUT ASKING THE QUESTION ONLY IF ALL MEMBERS OF THE HOUSEHOLD ARE TOO CLOSELY RELATED FOR ANY TO BE LIVING TOGETHER IN A DE FACTO MARITAL RELATIONSHIP.

1. Ydw
2. Nac ydw
3. SPONTANEOUS ONLY – cwpl o'r un rhyw (ond sydd ddim mewn partneriaeth sifil gofrestredig)

**Q1\_5**

**STATWS GWAITH**

**SHOW CARD A3**

Edrychwch ar y cerdyn hwn a dywedwch pa un sy'n disgrifio <TEXTFILL>: eich prif weithgarwch chi/prif weithgaredd <enw> ar hyn o bryd?

1. Hunangyflogedig amser llawn (30+ awr yr wythnos)
2. Hunangyflogedig rhan-amser (llai na 30 awr yr wythnos)
3. Mewn gwaith cyflogedig amser llawn (30+ awr yr wythnos)
4. Mewn gwaith cyflogedig rhan-amser (llai na 30 awr yr wythnos)
5. Di-waith
6. Wedi ymddeol o waith cyflogedig yn gyfan gwbl
7. Ar seibiant mamolaeth
8. Gofalu am y cartref/teulu
9. Myfyriwr amser llawn/yn yr ysgol
10. Salwch tymor hir neu'n anabl
11. Ddim yn gallu gweithio oherwydd salwch tymor byr neu anaf
12. Yn dilyn cynllun hyfforddiant gan y llywodraeth
13. Yn gwneud rhywbeth arall (**RHOWCH FANYLION OS GWELWCH YN DDA**)

**RHAN 2 ARFERION BWYTA**

**EatHInt**

Nawr, hoffwn ofyn ychydig o gwestiynau am eich arferion bwyta.

**CkRes**

**SHOW CARD B1**

Dros wythnos arferol, pa un o'r rhain sy'n disgrifio orau lefel eich cyfrifoldeb dros baratoi a choginio bwyd ar eich aelwyd?

INTERVIEWER NOTE: THIS IS ONLY ABOUT PREPARING AND COOKING FOOD, WE WILL BE ASKING ABOUT SHOPPING FOR FOOD SEPARATELY LATER ON.

1. Cyfrifol am yr holl neu'r rhan fwyaf o'r gwaith paratoi/coginio bwyd
2. Cyfrifol am oddeutu hanner y gwaith paratoi/coginio bwyd
3. Cyfrifol am lai na hanner y gwaith paratoi/coginio bwyd
4. Ddim yn gyfrifol am unrhyw waith paratoi/coginio bwyd
5. Mae pob person yn gyfrifol am baratoi/coginio eu bwyd eu hunain

**IF CkRes = 1, 2, 3, 4 AND IF HH SIZE > 1**

**CkOth**

A dros wythnos arferol, a oes cyfrifoldeb gan unrhyw aelod arall o'r aelwyd dros baratoi a choginio bwyd ar yr aelwyd?

INSERT OTHER HOUSEHOLD MEMBERS, SELECT ALL THAT APPLY  
Neb arall (SINGLE CODE ONLY)

**FOR EACH INDIVIDUAL NAMED AT CkOth**

**CkResO**

**SHOW CARD B2**

Dros wythnos arferol, pa un o'r rhain sy'n disgrifio lefel cyfrifoldeb <<RHOWCH ENW'R PERSON>> dros baratoi a choginio bwyd ar eich aelwyd?

1. Cyfrifol am yr holl neu'r rhan fwyaf o'r gwaith paratoi/coginio bwyd.
2. Cyfrifol am oddeutu hanner y gwaith paratoi/coginio bwyd.
3. Cyfrifol am lai na hanner y gwaith paratoi/coginio bwyd.
4. Ddim yn gyfrifol am unrhyw waith paratoi/coginio bwyd

**SOFT CHECK:** Nid yw lefel y cyfrifoldeb yn gywir, felly gwiriwch gyda'r cyfwelydd a'i ddiwygio os oes rhaid.

**ASK ALL**

**CkResEIs**

A ga' i holi, mewn wythnos arferol, a oes cyfrifoldeb gan unrhyw un sydd ddim yn byw gyda chi unrhyw gyfrifoldeb dros baratoi a choginio bwyd i <chi/eich aelwyd>?

PROMPT: Gallai hyn fod yn ffrind, perthynas, gofalwr neu wasanaeth arlwygo. Dylech ond eu cynnwys os ydynt yn paratoi neu goginio bwyd i <chi/eich aelwyd> yn rheolaidd.

INTERVIEWER: DO NOT ACCEPT SOMEONE ALREADY NAMED IN LIST OF HOUSEHOLD MEMBERS.

INTERVIEWER: ONLY INCLUDE CATERING SERVICE IF FOOD ARRIVES READY TO EAT, AND IS NOT COOKED BY SOMEONE IN THE HOUSEHOLD

1. Friend/non co-habiting partner
2. Relative
3. Carer
4. Catering service (e.g. meals on wheels)
5. Other (please specify)
6. No one (SINGLE CODE ONLY)

**SOFT CHECK:** Fe ddywedoch nad ydych chi nac unrhyw un arall o fewn neu du allan i'r aelwyd yn gyfrifol am unrhyw waith paratoi neu goginio bwyd, ydy hyn yn gywir?

**CkFreq**

**SHOW CARD B3**

Pa mor aml ydych chi'n coginio neu'n paratoi bwyd i'ch hunain, neu i eraill?

1. O leiaf unwaith y dydd
2. 5-6 gwaith yr wythnos
3. 3-4 gwaith yr wythnos
4. Unwaith neu ddwywaith yr wythnos
5. Unwaith bob pythefnos
6. Unwaith y mis
7. Llai nag unwaith y mis
8. Byth
9. Mae'n amrywio gormod i mi allu dweud

**Q2\_7**

**SHOW CARD B4**

Pa rai o'r disgrifiadau, os o gwbl, sy'n berthnasol i chi? Nodwch bob un sy'n berthnasol.

1. Bwyd llysieuol a dim byd arall
2. Bwyd rhannol-lysieuol
3. Bwyd figan
4. Yn osgoi rhai bwydydd penodol am resymau crefyddol neu ddiwylliannol
5. Dim (SINGLE CODE ONLY)

**IF Q2\_7 = Completely Vegetarian**

**VegeChk**

Ydych chi'n bwyta unrhyw gig, pysgod, dofednod neu brydau sy'n cynnwys y rhain?

1. Yes
2. No

**IF Q2\_7 = Vegan**

**VeganChk**

Ydych chi'n bwyta unrhyw fwydydd sy'n dod o anifeiliaid. Hynny yw, cig, pysgod, llaeth, cynhyrchion llaeth, wyau neu unrhyw brydau sy'n cynnwys y rhain?

1. Yes
2. No

**ASK ALL**

**AdReac**

Ydych chi'n dioddef adwaith niweidiol ar ôl bwyta rhai bwydydd penodol?

1. Yes
2. No

**AvoidFd**

Ydych chi'n osgoi unrhyw fwydydd penodol oherwydd yr adwaith niweidiol y gallant ei achosi?

1. Yes
2. No

**IF AdReac = 1 AND/OR AvoidFd = 1**

**FdReac**

**SHOW CARD B5**

A yw unrhyw un o'r bwydydd canlynol yn achosi adwaith niweidiol i chi?

INTERVIEWER: ONLY CODE 1-14 IF RESPONDENT EXPERIENCES AN ADVERSE REACTION TO THE GENERAL FOOD TYPE. IF ONLY A SINGLE ITEM WITHIN A FOOD GROUP (e.g. almonds, or bread) THEN CODE OTHER.

PROMPT: Ac ydych chi'n cael adwaith niweidiol i unrhyw fath arall o fwyd sydd ddim ar y rhestr hon?

IF MULTIPLE ITEMS UNDER 'OTHER', CODE AS SEPARATE ITEMS.

1. Pysgnau
2. Cnau eraill  
e.e. cnau almon, cnau cyll, cnau cashew, cnau pecan
3. Llaeth buwch a cynhyrchion llaeth buwch  
e.e. menyn, caws, hufen, iogwrt
4. Grawnfydydd sy'n cynnwys glwten  
e.e. gwenith, rhyg, haidd, ceirch
5. Wyau
6. Pysgod
7. Cramenogion  
e.e. crancod, cimychiaid, corgimychiaid, sgampi
8. Molysgiaid  
e.e. cregyn gleision, malwod, sgwid, cregyn môr, cregyn 'Berffro, wystrys
9. Soia
10. Seleri/seleriac
11. Mwstard
12. Bys y blaidd
13. Sesame
14. Sylffwr deuocsid/sylffitau
15. Arall (nodwch)

**IF (FdReac = OTHER) THEN**

**FdReacO**

Ask and separately record other food types the respondent experiences an adverse reaction to.

WHEN ALL FOOD TYPES/ITEMS HAVE BEEN ENTERED PRESS PgDn

**FOR EACH ITEM IDENTIFIED AT FdReac AND FdReacO**

**ReacTyp**

**SHOW CARD B6**

Sut fyddech chi'n disgrifio'ch problem gyda <INSERT ITEM> orau?

NODIADAU I'R CYFWELYDD:

- ADWAITH CYFLYM GAN EICH SYSTEM IMIWNEDD YW ALERGEDD BWYD. GALL FOD YN DDIFRIFOL A GALL ACHOSI SYMPTOMAU FEL BRECH, BREST DYNN A CHOSI.

1. Alergedd Bwyd
2. Anoddefiad Bwyd
3. Clefyd seliag
4. Sensitifrwydd i glwten er nad yn dioddef o glefyd seliag
5. Anoddefiad i glwten
6. Anoddefiad i lactos
7. Anoddefiad i laeth buwch
8. Syndrom enterocolitis a achosir gan brotein bwyd
9. Arall (nodwch)

**FOR EACH ITEM IDENTIFIED AT FdReac AND FdReacO**

**Diagnose**

**SHOW CARD B7**

Sut ddaethoch i wybod am eich cyflwr mewn perthynas â <INSERT ITEM FROM FdReac>?

1. Cefais ddiagnosis gan ymarferydd meddygol preifat neu ymarferydd meddygol y GIG (e.e. meddyg teulu, deietegydd, arbenigwr alergedd mewn ysbyty neu glinig)
2. Cefais ddiagnosis gan therapydd cyflenwol neu amgen (e.e. homeopath, adweithegydd, gwasanaeth profi alergedd galw i mewn neu ar-lein)
3. Rydw i wedi sylwi bod y bwyd hwn yn achosi problem i mi, ond nid ydw i wedi cael diagnosis ffurfiol mewn perthynas â chyflwr penodol.
4. Arall (nodwch)

**FOR EACH ITEM IDENTIFIED AT FdReac**

**ReacAge**

Beth oedd eich oedran pan ddechreuoch chi gael adwaith niweidiol i'r bwyd hwn?

PROMPT: Os ydych yn ansicr am eich union oedran, dylech roi amcangyfrif.

**INSERT NUMERICAL VALUE**

**IF Q1\_0>1**

**Q2\_19**

Oes gan unrhyw un arall ar eich aelwyd chi, heblaw amdanoch chi, alergedd bwyd?

1. Oes
2. Nac oes
3. Ddim yn gwybod



**Q2\_7a**

Nawr, hoffwn ofyn ychydig o gwestiynau i chi am fwyta gartref a bwyta allan. Yn ystod y saith diwrnod diwethaf, hynny yw ers dydd (**INSERT NAME OF DAY 7 DAYS AGO**) diwethaf, sawl diwrnod o'r saith wnaethoch chi fwyta BRECWAST GARTREF?

NUMERIC 0-7

SPONTANEOUS: Byth yn bwyta brecwast

**Q2\_7b**

Yn ystod y saith diwrnod diwethaf, hynny yw ers dydd (**INSERT NAME OF DAY 7 DAYS AGO**) diwethaf, sawl diwrnod o'r saith wnaethoch chi fwyta CINIO GARTREF?

NUMERIC 0-7

SPONTANEOUS: Byth yn bwyta cinio

**Q2\_7c**

Yn ystod y saith diwrnod diwethaf, hynny yw ers dydd (**INSERT NAME OF DAY 7 DAYS AGO**) diwethaf, sawl diwrnod o'r saith wnaethoch chi fwyta EICH PRIF BRYD GYDA'R NOS GARTREF?

NUMERIC 0-7

SPONTANEOUS: Byth yn bwyta prif bryd gyda'r nos

Q2\_14

**SHOW CARD B9**

Ar hyn o bryd, pa mor aml ydych chi'n bwyta INSERT FOOD?

**RANDOMISED GROUPS**

**FOODS**

**ASK IF NOT VegeChk=No OR VeganChk=No**

**GROUP 1**

Darnau neu ddogneau o gig eidion, cig oen neu borc (e.e. stêc, golwyth)

Byrgyrs

Selsig

Cyw iâr neu dwrci

Hwyaden/gŵydd

Cigoedd wedi'u coginio'n barod, er enghraifft ham neu bate cig

**ASK IF NOT VeganChk=No**

**GROUP 2**

Llaeth a chynnyrch llaeth fel caws ac iogwrt (INTERVIEWER NOTE: MAE HWN YN CYNWYS YFED LLAETH, LLAETH MEWN TE AC ATI.)

Wyau

**ASK IF NOT VegeChk=No OR VeganChk=No**

**GROUP 3**

Pysgod mwg neu wedi'u coginio, ag eithrio pysgod cregyn

Pysgod cregyn wedi'u coginio (e.e. crancod, corgimychiaid, cimwch, cregyn gleision)

Pysgod amrwd neu bysgod cregyn (e.e. mewn swshi, sashimi, wystrys amrwd)

**GROUP 4**

Ffrwythau amrwd

Llysiau amrwd, gan gynnwys salad

Llysiau wedi'u coginio

**GROUP 5**

Brechdanau wedi'u pecynnu ymlaen llaw

Prydau parod

**SCALE**

O leiaf unwaith y dydd

5-6 gwaith yr wythnos

3-4 gwaith yr wythnos

Unwaith neu ddwywaith yr wythnos

Unwaith bob pythefnos

Unwaith y mis

Llai nag unwaith y mis

Byth

## EatOut

### SHOW CARD B10

Dwi am siarad nawr am fwyta allan. Ydych chi wedi gwneud unrhyw un o'r canlynol yn ystod y mis diwethaf?

- 1 Bwyta mewn bwyty
- 2 Bwyta bwyd tecawê o fwyty neu safle tecawê
- 3 Bwyta mewn bwyty bwyd brys
- 4 Prynu bwyd i fynd adref o fwyty bwyd brys
- 5 Bwyta mewn tafarn/bar/clwb nos
- 6 Bwyta mewn caffi neu siop goffi
- 7 Prynu bwyd neu ddiod i fynd adref o gaffi, siop goffi neu siop frechdanau
- 8 Bwyta bwyd o ffreutur (e.e. yn y gwaith, yr ysgol, y brifysgol neu'r ysbyty)
- 9 Bwyta mewn gwesty, llety gwely a brecwast neu dŷ llety
- 10 Bwyta bwyd o fan neu stondin symudol
- 11 Dim un o'r rhain (SINGLE CODE ONLY)

## EatOutOff

### SHOW CARD B11

Ar y funud, pa mor aml ydych chi'n bwyta allan neu'n prynu bwyd i fynd adref o fwyty neu safle arall sy'n gwerthu bwyd?

1. O leiaf unwaith y dydd
2. 5-6 gwaith yr wythnos
3. 3-4 gwaith yr wythnos
4. Unwaith neu ddwywaith yr wythnos
5. Unwaith bob pythefnos
6. Unwaith y mis
7. Llai nag unwaith y mis
8. Byth
9. Mae'n amrywio gormod i mi allu dweud (SPONTANEOUS ONLY)

## IF (EatOutOff = NOT 'Never') THEN

### EatOutInf

### SHOW CARD B12a/B12b (FOLLOW CAPI)

Yn ystod y deuddeg mis diwethaf, pan yn dewis ble i fwyta allan neu brynu bwyd tecawê, a ydych chi wedi ceisio gwybodaeth o unrhyw un o'r ffynonellau canlynol?

1. Eich profiad eich hun o'r lle
2. Sut mae'r lle yn edrych
3. Clywed rhywun yn sôn
4. Argymhellion gan ffrindiau/teulu
5. Adolygiadau gan gwsmeriaid ar wefanau neu aps ffôn symudol
6. Erthygl neu adolygiad papur newydd neu gylchgrawn
7. Rhaglenni teledu
8. Llyfrau (e.e. rhai sy'n argymhell bwytai)
9. Taflenni gwybodaeth
10. Hysbysebu yn y cyfryngau (e.e. teledu/radio/cylchgrawn/papur newydd)
11. Arall (nodwch)

**IF (EatOutOff = NOT 'Never') THEN**

**Q2\_35**

**SHOW CARD B13a/B13b (FOLLOW CAPI)**

Gan feddwl am y diffiniad hwn o fwyta allan, yn gyffredinol, wrth benderfynu lle i fynd i fwyta allan, pa rai o'r ffactorau hyn sy'n bwysig i chi?

CODE ALL THAT APPLY

1. Y pris
2. Argymhelliad neu wahoddiad gan rywun rydych chi'n ei adnabod/adolygiadau da
3. Y ffaith bod gwybodaeth ar gael am faeth
4. Dewisiadau/bwydydd iach
5. Hylendid a glendid
6. Gwasanaeth da
7. Sgôr/safon hylendid da
8. Cynnig bwyd sy'n addas ar gyfer deiet gyfyngedig e.e. bwyd llysieuol, Halal, Kosher ac ati
9. Dim un o'r rhain
10. Rhywbeth arall (nodwch)

**ASK IF Q2\_35 NOT = 'None of these' AND MORE THAN ONE SOURCE MENTIONED**

**Q2\_35b**

A pha un o'r rhain sydd bwysicaf i chi?

**ONLY SHOW CODES MENTIONED AT Q2\_25**

1. Y pris
2. Argymhelliad neu wahoddiad gan rywun rydych chi'n ei adnabod/adolygiadau da
3. Y ffaith bod gwybodaeth ar gael am faeth
4. Dewisiadau/bwydydd iach
5. Hylendid a glendid
6. Gwasanaeth da
7. Sgôr/safon hylendid da
8. Cynnig bwyd sy'n addas ar gyfer deiet gyfyngedig e.e. bwyd llysieuol, Halal, Kosher ac ati
9. Rhywbeth arall **SHOW TEXT ENTERED AT Q2\_35**
10. Mae pob rheswm yr un mor bwysig â'i gilydd – SPONTANEOUS ONLY
11. Ddim yn gwybod – SPONTANEOUS ONLY

**ASK ALL**

**Q2\_37**

**SHOW CARD B14**

Pan fyddwch chi'n bwyta allan mewn bwytai, caffis, tafarndai a siopau tecawê, neu pan fyddwch chi'n prynu bwyd mewn archfarchnadoedd neu siopau i'w fwyta gartref, yn gyffredinol, pa mor ymwybodol ydych chi o'u safonau hylendid?

1. 'Dwi ddim yn bwyta allan neu brynu bwyd i'w fwyta gartref
2. Ymwybodol iawn
3. Eithaf ymwybodol
4. Ddim yn ymwybodol nac yn anymwybodol
5. Gweddol anymwybodol
6. Anymwybodol iawn

**IF FAIRLY/VERY UNAWARE/DK, OR 'DO NOT EAT OUT OR BUY FOOD TO TAKE HOME',  
SKIP TO Q12\_1, OTHERS CONTINUE**

**2\_38**

**SHOW CARD B15a/B15b (FOLLOW CAPI)**

Sut ydych chi'n gwybod am safonau hylendid y lleoedd lle rydych chi'n bwyta allan neu'n prynu bwyd?

CODE ALL THAT APPLY

PROBE: Unrhyw le arall?

1. Clywed gan bobl eraill
2. Enw da
3. Ymddangosiad y staff
4. Sut mae'r lle'n edrych yn gyffredinol
5. Sgôr Hylendid Bwyd
6. Adolygiadau gan gwsmeriaid ar wefannau neu aps ffôn symudol
7. Arall (nodwch)

**ASK ALL**

**Q12\_1**

**SHOW CARD B16/17**

Ydych chi erioed wedi gweld unrhyw rai o'r rhain o'r blaen?

**LIST**

Llun FHRS Lloegr (**FOR ENGLAND/NI RESPONDENTS – SHOW CARD B16**)

Llun FHRS Cymru (**FOR WALES RESPONDENTS – SHOW CARD B17**)

**SCALE**

Do

Naddo

**RHAN 3      SIOPA**

**infoPart3**

A nawr ychydig o gwestiynau am siopa...

**Q3\_1**

**SHOW CARD C1**

Gan feddwl am siopa bwyd, yn ystod wythnos arferol, pa un o'r rhain sy'n disgrifio orau lefel y cyfrifoldeb sydd gennych dros y siopa (**TEXTFILL if HH>1**: ar eich aelwyd)?

1. Yn gyfrifol am siopa am yr holl fwyd neu'r rhan fwyaf ohono
2. Yn gyfrifol am siopa am tua hanner y bwyd
3. Yn gyfrifol am siopa am lai na hanner y bwyd
4. Ddim yn gyfrifol am siopa bwyd o gwbl
5. Mae pob person yn gyfrifol am eu siopa bwyd eu hunain

**IF Q3\_1 = 1, 2, 3, 4 AND IF HH SIZE > 1**

**ShpOth**

Ac yn ystod wythnos arferol, a oes unrhyw aelodau eraill ar yr aelwyd sy'n gyfrifol am y siopa bwyd?

**INSERT ALL HOUSEHOLD MEMBERS, SELECT ALL THAT APPLY**  
Neb arall (**SINGLE CODE ONLY**)

**FOR EACH INDIVIDUAL NAMED AT ShpOth**

**ShpResO**

**SHOW CARD C2**

Yn ystod wythnos arferol, pa un o'r rhain sy'n disgrifio orau lefel cyfrifoldeb <<**INSERT NAMES**>>dros y siopa bwyd ar eich aelwyd?

1. Yn gyfrifol am siopa am yr holl fwyd neu'r rhan fwyaf ohono
2. Yn gyfrifol am siopa am tua hanner y bwyd
3. Yn gyfrifol am siopa am lai na hanner y bwyd
4. Ddim yn gyfrifol am siopa bwyd o gwbl

**ASK ALL**

**ShpResEls**

Mewn wythnos arferol, a oes cyfrifoldeb gan unrhyw un sydd ddim yn byw gyda chi dros y siopa bwyd <ar eich cyfer chi/ar gyfer eich aelwyd>?

PROMPT: Gallai hyn fod yn ffrind, perthynas neu ofalwr. Dylech ond eu cynnwys os ydynt yn siopa bwyd <i chi/i'ch aelwyd> yn rheolaidd.

INTERVIEWER NOTE: DO NOT ACCEPT ANYONE NAMED ON LIST OF HOUSEHOLD MEMBERS.

1. Friend/non co-habiting partner
2. Relative
3. Carer
3. Other (please specify)
4. No one (**SINGLE CODE ONLY**)

**SOFT CHECK:** Fe ddywedoch nad ydych chi nac unrhyw un arall o fewn neu du allan i'r aelwyd yn gyfrifol am unrhyw siopa bwyd, ydy hyn yn gywir?

**Q3\_3**

**SHOW CARD C3**

Ble <**TEXTFILL DEPENDING ON NUMBER IN HH:** ydych chi'n/y mae'ch aelwyd> yn siopa am fwyd? Dylech gynnwys yr holl siopa bwyd, gan gynnwys unrhyw brif dripiâu siopa, siopa ychwanegol, siopa am gig a physgod, ffrwythau a llysiau, ac unrhyw siopa bwyd arall.

CODE ALL THAT APPLY

- 1 Archfarchnad fawr
- 2 Archfarchnad fach e.e. Metro/Lleol
- 3 Siop leol/siop gornel (gan gynnwys siopau papur newydd)
- 4 Siop mewn garej
- 5 Siop llysiau annibynnol
- 6 Cigydd annibynnol
- 7 Siop fara annibynnol
- 8 Siop bysgod annibynnol
- 9 Marchnad (gan gynnwys stondinau neu farchnadoedd ffermwyr)
- 10 Fferm
- 11 Gwasanaeth danfon i'r cartref – o archfarchnad
- 12 Gwasanaeth danfon i'r cartref (gan gynnwys bocsys llysiau) – heb fod o archfarchnad
- 13 Siop arall

**IF MORE THAN ONE CHOSEN AT Q3\_3**

**Q3\_4**

Pa rai o'r rhain ydych chi'n eu defnyddio ar gyfer eich 'prif' drip siopa?

INTERVIEWER: Y 'PRIF' DRIP SIOPA YW'R UN PAN MAEN NHW'N PRYNU'R RHAN FWYAF O'U BWYD NEU PAN MAEN NHW'N GWARIO FWYAF AR FWYD

**ONLY SHOW CODES CHOSEN AT Q3\_3**

Byddwn i ddim yn gwneud prif drip siopa (SINGLE CODE ONLY)

- 1 Archfarchnad fawr
- 2 Archfarchnad fach e.e. Metro/Lleol
- 3 Siop leol/siop gornel (gan gynnwys siopau papur newydd)
- 4 Siop mewn garej
- 5 Siop lysiau annibynnol
- 6 Cigydd annibynnol
- 7 Siop fara annibynnol
- 8 Siop bysgod annibynnol
- 9 Marchnad (gan gynnwys stondinau neu farchnadoedd ffermwyr)
- 10 Fferm
- 11 Gwasanaeth danfon i'r cartref – o archfarchnad
- 12 Gwasanaeth danfon i'r cartref (gan gynnwys bocsys llysiâu) – heb fod o archfarchnad
- 13 Siop arall
- 14 Yn defnyddio mwy nag un o'r rhain ar gyfer fy mhrif drip siopa (SPONTANEOUS ONLY)

**ASK IF NOT (Q3\_4 = DO NOT DO A MAIN SHOP)**

**Q3\_7**

**SHOW CARD C4**

Yn fras, pa mor aml ydych chi'n <TEXTFILL IF MORE THAN 1 IN HH: (neu rywun arall)> gwneud y prif drip siopa bwyd ar gyfer eich aelwyd?

INTERVIEWER: if respondent says 'don't do a main shop', code as 'never'

1. Bob dydd
2. 2-3 gwaith yr wythnos
3. Tua unwaith yr wythnos
4. 2-3 gwaith y mis
5. Unwaith y mis
6. Llai aml
7. Byth



**ASK FOR RESPONDENTS IN ENGLAND AND WALES ONLY:**

**ProvFood**

**SHOW CARD C5**

Nawr, dwi am ddarllen nifer o ddatganiadau y mae pobl wedi'u gwneud am brynu bwyd, a hoffwn i chi ddweud wrthyf i ba raddau yr ydych yn cytuno neu yn anghytuno â phob datganiad:

**INSERT STATEMENT;**

1. Pan yn prynu bwyd, rwy'n edrych arno er mwyn gweld ble y cafodd ei gynhyrchu.
2. Ble bo'n bosibl, mae'n well gen i brynu bwyd a gafodd ei gynhyrchu ym Mhrydain.
3. Mae gen i fwy o ffydd yn safon y bwyd a gynhyrchir ym Mhrydain, o gymharu â bwyd a gaiff ei fewnforio o dramor.
4. Mae bwyd a gynhyrchir ym Mhrydain yn blasu'n well na bwyd a gaiff ei fewnforio o dramor.
5. Mae'n bwysig cefnogi ffermwyr a chynhyrchwyr bwyd Prydeinig.
6. Mae bwyd a gynhyrchir ym Mhrydain yn dueddol o fod yn ddrytach na bwyd a gaiff ei fewnforio o dramor.
7. Buaswn yn fodlon talu mwy am fwyd a diod a gynhyrchir ym Mhrydain.

**SCALE**

1. Cytuno'n llwyr
2. Yn dueddol o gytuno
3. Ddim yn cytuno nac yn anghytuno
4. Yn dueddol o anghytuno
5. Anghytuno'n llwyr

**FoodFut**

**SHOW CARD C5**

Nawr, dwi am ddarllen nifer o ddatganiadau y mae pobl wedi'u gwneud am fwyta a chynhyrchu bwyd, a hoffwn i chi ddweud wrthyf i ba raddau yr ydych yn cytuno neu yn anghytuno â phob datganiad:

**RANDOMISED STATEMENTS**

1. Er mwyn sicrhau bod digon o fwyd i fwydo poblogaeth y byd, bydd yn rhaid i ni yn y Deyrnas Unedig newid yr hyn rydym yn ei fwyta.
2. Er mwyn cynhyrchu rhagor o fwyd, bydd yn rhaid i ni yn y Deyrnas Unedig wneud mwy o ddefnydd o dechnoleg.
3. Er mwyn sicrhau bod digon o fwyd i fwydo poblogaeth y byd, bydd yn rhaid i ni yn y Deyrnas Unedig fwyta llai o gig.

**SCALE**

1. Cytuno'n llwyr
2. Yn dueddol o gytuno
3. Ddim yn cytuno nac yn anghytuno
4. Yn dueddol o anghytuno
5. Anghytuno'n llwyr

**RHAN 4 FOOD INSECURITY****FdSecIntro**

Nawr, dwi am ddarllen nifer o ddatganiadau y mae pobl wedi'u gwneud am eu sefyllfa fwyd. Ar gyfer y datganiadau hyn, nodwch, gan ddefnyddio'r cerdyn, p'un a oedd y datganiad yn aml yn wir, weithiau yn wir, neu byth yn wir ar eich cyfer (**TEXTFILL if HH=1: chi/ HH>1:** ar gyfer eich aelwyd) yn ystod y deuddeg mis diwethaf – hynny yw, ers mis (name of current month) diwethaf.

**Worried****SHOW CARD D1**

Y datganiad cyntaf yw "(**TEXTFILL:** Roeddwn i/Roedden ni) yn poeni p'un a fyddai (**TEXTFILL:** fy mwyd/ein bwyd) yn dod i ben cyn (i mi/i ni) gael arian i brynu rhagor." A oedd hyn yn aml yn wir, weithiau yn wir, byth yn wir i (chi/i'ch aelwyd) yn ystod y deuddeg mis diwethaf?

1. Yn aml yn wir
2. Weithiau'n wir
3. Byth yn wir

**FdLast****SHOW CARD D1**

"Nid oedd y bwyd yr (oeddwn/oedden) wedi'i brynu wedi para, a nid oedd (gen i/gennym ni) arian i brynu rhagor." A oedd hyn yn aml yn wir, weithiau yn wir, neu byth yn wir ar (eich cyfer chi/gyfer eich aelwyd) yn ystod y deuddeg mis diwethaf?

1. Yn aml yn wir
2. Weithiau'n wir
3. Byth yn wir

**HealthyFd****SHOW CARD D1**

"(Nid oeddwn i/oeddem ni) yn gallu fforddio prydau cytbwys." A oedd hyn yn aml yn wir, weithiau yn wir, neu byth yn wir ar (eich cyfer chi/gyfer eich aelwyd) yn ystod y deuddeg mis diwethaf?

1. Yn aml yn wir
2. Weithiau'n wir
3. Byth yn wir

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**SkipMeal****SHOW CARD D2**

Yn ystod y deuddeg mis diwethaf, ers mis (**name of current month**) diwethaf, a (wnaethoch chi/wnaethoch chi neu oedolion eraill ar eich aelwyd) erioed leihau maint eich prydau neu hepgor prydau gan nad oedd digon o arian ar gael ar gyfer bwyd?

1. Do
2. Naddo

**IF (SkipMeal = Yes) THEN**

**SkipOfft**

**SHOW CARD D3**

Pa mor aml y digwyddodd hyn - bron bob mis, rhai misoedd ond nid pob mis, neu dim ond mewn mis neu ddau?

1. Bron bob mis
2. Rhai misoedd ond nid pob mis
3. Dim ond mewn 1 neu 2 o fisoedd

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**EatLess**

**SHOW CARD D2**

Yn ystod y deuddeg mis diwethaf, a wnaethoch chi erioed fwyta llai nag oeddech yn teimlo y dylech gan nad oedd digon o arian ar gael i brynu bwyd?

1. Do
2. Naddo

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**Hungry**

**SHOW CARD D2**

Yn ystod y deuddeg mis diwethaf, a oedd adeg pan roeddech chi eisiau bwyd, ond na wnaethoch chi fwyta gan nad oedd digon o arian ar gael i brynu bwyd?

1. Do
2. Naddo

**IF (Worried OR FdLast OR HealthyFd = 'Often true' OR 'Sometimes true') THEN**

**WtLoss**

**SHOW CARD D2**

Yn ystod y deuddeg mis diwethaf, a wnaethoch chi gollu pwysau gan nad oedd digon o arian i brynu bwyd?

1. Do
2. Naddo

**IF (SkipMeal OR EatLess OR Hungry OR WghtLoss = YES) THEN**

**NotEat**

**SHOW CARD D2**

Yn ystod y deuddeg mis diwethaf, a (wnaethoch chi/wnaethoch chi neu oedolion eraill ar yr aelwyd) erioed peidio â bwyta am ddiwrnod cyfan gan nad oedd digon o arian i brynu bwyd?

1. Do
2. Naddo

**If (NotEat = Yes) THEN**

**NotEatOff**

**SHOW CARD D3**

Pa mor aml y digwyddodd hyn - bron bob mis, rhai misoedd ond nid pob mis, neu ond mewn mis neu ddau?

1. Bron bob mis
2. Rhai misoedd ond nid pob mis
3. Dim ond mewn 1 neu 2 o fisoedd

**Q3\_13**

**SHOW CARD D4**

A ydych chi wedi gwneud unrhyw un o'r newidiadau hyn yn ystod y deuddeg mis diwethaf oherwydd rhesymau ariannol?

CODE ALL THAT APPLY

1. Wedi bwyta gartref mwy
2. Wedi coginio mwy gartref
3. Wedi bwyta llai o decawês
4. Wedi bwyta allan llai
5. Wedi paratoi bocs bwyd yn fwy aml
6. Wedi prynu eitemau ar gynnig arbennig yn fwy aml
7. Wedi newid y manau lle rydych yn prynu bwyd i rai rhatach
8. Wedi newid y bwyd yr ydych yn ei brynu i fwyd rhatach
9. Wedi paratoi bwyd i'w gadw fel bwyd dros ben yn fwy aml
10. Wedi cadw bwyd dros ben am gyfnod hirach cyn ei fwyta
11. Wedi bwyta bwyd sydd wedi mynd heibio i'w ddyddiad 'defnyddio erbyn' yn fwy aml
12. Dim un o'r rhain

<b>RHAN 5</b>	<b>DIOGELWCH BWYD</b>
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**Infopart4**

Nawr, rydw i am ofyn rhai cwestiynau am sut ydych chi'n storio, paratoi a choginio bwyd.

**Q4\_1****SHOW CARD E1**

Hoffwn i chi roi gwybod i mi p'un a ydych yn gwneud unrhyw un o'r pethau canlynol, ac os felly, pa mor aml:

INTERVIEWER: If respondent says they never have responsibility for doing this, e.g. they never use raw chicken, then code as 'Not applicable' and NOT 'Never'.

**RANDOMISED STATEMENTS WITHIN SUBGROUPS**

SINGLE CODE

**SCALE:** Byth, Weithiau, Gan mwyaf, Bob amser, Ddim yn berthnasol, Ddim yn gwybod **CODE NOT SHOWN**

Oeri

- Storio tuniau wedi'u hagor yn yr oergell

Croeshalogi

- Defnyddio byrddau torri gwahanol ar gyfer bwydydd gwahanol

**FOR CHOPPING BOARD STATEMENT SHOW FOLLOWING INTERVIEWER INSTRUCTION:**

OS YW'R YMATEBYDD OND YN DEFNYDDIO UN BWRDD TORRI, RHOWCH WYBOD IDDO FOD HYN YN CYNNWYS GOLCHI'R BWRDD TORRI RHWNG EI DDEFNYDDIO AR GYFER GWAHANOL FATHAU O FWYD

- Golchi cig neu gig dofednod amrwd *ac eithrio* cyw iâr
- Golchi cyw iâr amrwd
- Golchi pysgod neu fwyd môr amrwd
- Golchi ffrwythau sy'n mynd i gael eu bwyta'n amrwd
- Golchi llysiau (gan gynnwys salad) sy'n mynd i gael eu bwyta'n amrwd
- Golchi ffrwythau sy'n mynd i gael eu coginio
- Golchi llysiau sy'n mynd i gael eu coginio

**FOR RAW CHICKEN STATEMENT SHOW FOLLOWING INTERVIEWER INSTRUCTION: MAE HYN YN CYFEIRIO'N BENODOL AT GYW IÂR, YN HYTRACH NA DOFEDNOD YN GYFFREDINOL**

**FOR FRUIT STATEMENTS SHOW FOLLOWING INTERVIEWER INSTRUCTION:** OS YW'R YMATEBYDD OND YN PRYNU FFRWYTHAU SYDD WEDI CAEL EU PARATOI (EU GOLCHI) YN BAROD, NEU OND YN BWYTA FFRWYTHAU WEDI'U PLICIO, NODWCH Y COD "NA"

**FOR VEG STATEMENTS SHOW FOLLOWING INTERVIEWER INSTRUCTION:** OS YW'R YMATEBYDD OND YN PRYNU LLYSIAU SYDD WEDI CAEL EU PARATOI (EU GOLCHI) YN BAROD, NEU OND YN BWYTA LLYSIAU WEDI'U PLICIO, NODWCH Y COD "NA"

Glanhau

- Golchi dwylo cyn dechrau paratoi neu goginio bwyd
- Golchi dwylo yn syth ar ôl trin cig, dofednod neu bysgod amrwd

Coginio

- Coginio bwyd tan ei fod yn boeth drwyddo
- Bwyta cyw iâr neu dwrci os yw'r cig yn binc neu os oes sudd pinc neu goch yn dod ohono
- Bwyta cig coch (e.e. cig eidion neu gig oen, stêc neu gig rhost, ond nid briwgig) os yw'n binc neu os oes sudd pinc neu goch yn dod ohono
- Bwyta cig hwyaden os yw'r cig yn binc neu os oes sudd pinc neu goch yn dod ohono
- Bwyta byrgyrs os yw'r cig yn binc neu os oes sudd pinc neu goch yn dod ohonynt
- Bwyta selsig os yw'r cig yn binc neu os oes sudd pinc neu goch yn dod ohonynt
- Bwyta darnau cyfan o borc neu olwythion porc os yw'r cig yn binc neu os oes sudd pinc neu goch yn dod ohono

#### Q4\_1b

#### SHOW CARD E2

Pa rai o'r dulliau a ganlyn ydych chi'n eu defnyddio i ddadmer cig neu bysgod wedi'u rhewi?

CODE ALL THAT APPLY

1. Rhoi'r cig neu'r pysgod mewn dŵr
2. Gadael y cig neu'r pysgod ar dymheredd yr ystafell (e.e. ar yr wyneb gweithio, boed hynny ar blât, mewn cynhwysydd neu yn y pecyn)
3. Gadael y cig neu'r pysgod yn yr oergell
4. Dadmer y cig neu'r pysgod yn y microdon
5. Arall (nodwch)
6. Byddwn i ddim yn dadmer cig neu bysgod (EXCLUSIVE)

#### IF Q4\_11B = MORE THAN 1 RESPONSE

#### Q4\_1c

A pha ddull ydych chi fel arfer yn ei ddefnyddio i ddadmer cig neu bysgod wedi'u rhewi?

...READ OUT...

#### ONLY SHOW ANSWERS GIVEN AT 4\_1B

Rhoi'r cig neu'r pysgod mewn dŵr

Gadael y cig neu'r pysgod ar dymheredd yr ystafell (e.e. ar yr wyneb gweithio, boed hynny ar blât, mewn cynhwysydd neu yn y pecyn)

Gadael y cig neu'r pysgod yn yr oergell

Dadmer y cig neu'r pysgod yn y ficrodon

**SHOW TEXT FROM OTHER SPECIFY**

### Q4\_3

Ar ôl defnyddio bwrdd torri i baratoi cig, dofednod neu bysgod amrwd, bydd pobl weithiau'n golchi'r bwrdd cyn ei ddefnyddio eto ar gyfer bwydydd eraill neu'n defnyddio bwrdd glân. Pam yr ydych chi'n meddwl bod pobl yn gwneud hyn?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

1. I rwystro gweddillion y cig/pysgod rhag cyffwrdd â'r bwyd nesaf
2. Mae'n gallu bod yn beryglus os na fyddwch chi'n gwneud hynny
3. I rwystro'r blas rhag trosglwyddo i fwydydd eraill
4. I gael gwared ar y llanast
5. Oherwydd ei fod yn edrych yn fudr/brwnt
6. I olchi germau/bacteria i ffwrdd
7. I osgoi croeshalogi
8. I rwystro gwenwyn bwyd
9. Wedi dod i'r arfer o'i wneud
10. Mae'n rhywbeth mae pobl yn ei wneud / mae pobl yn dweud wrth rywun i'w wneud
11. Ddim yn gwybod pam
12. Arall (SPECIFY)

### Q4\_8a

Oes gennych chi gegin, hynny yw, ystafell ar wahân lle rydych chi'n coginio bwyd?

CYFWELYDD: DYLID CYFRIF "CEGIN/YSTAFELL FWYTA" FEL CEGIN

Oes

Nac oes

### ASK ALL

#### Q4\_8c

#### SHOW CARD E3

Pa rai o'r offer cegin a ganlyn sydd gennych chi ar eich aelwyd?

CODE ALL THAT APPLY

CYFWELYDD: OS OES ANGEN, EGLURWCH MAI'R "HOB" YW'R "RHAN WASTAD AR DOP POPTY, NEU WYNEB GWASTAD AR WAHÂN, SY'N CYNNWYS PLATIAU POETH NEU LOSGYDDION"

1. Oergell/rhewgell gyfun
2. Oergell ar wahân
3. Rhewgell ar wahân
4. Peiriant golchi llestri
5. Popty
6. Gril
7. Hob
8. Microdon
9. Tegell
10. Dim un o'r rhain

**IF "COMBINED FRIDGE AND FREEZER" OR "SEPARATE FRIDGE" IS NOT SELECTED AT Q4\_8C SKIP TO Q4\_18**

#### Q4\_9

Ydych chi'n gwirio tymheredd eich oergell weithiau?

INTERVIEWER: If respondent says the temperature is displayed on the front of their fridge, probe to see if they check the temperature on that front panel and code appropriately.

1. Ydw
2. Nac ydw
3. Mae rhywun arall yn y tŷ yn gwneud hyn
4. Does dim angen i mi wneud – mae larwm arni sy'n canu os ydy hi'n rhy boeth neu'n rhy oer

**IF "NO", "I DON'T NEED TO AS IT HAS AN ALARM", OR "DON'T KNOW" SKIP TO Q4\_12, OTHERS ASK Q4\_10**

#### Q4\_10

##### SHOW CARD E4

Pa mor aml fyddwch chi neu rywun arall yn y tŷ yn gwirio tymheredd yr oergell?

1. Bob dydd o leiaf
2. 2-3 gwaith yr wythnos
3. Unwaith yr wythnos
4. Yn llai aml nag unwaith yr wythnos ond yn amlach nag unwaith y mis
5. Unwaith y mis
6. Bedair gwaith y flwyddyn
7. Unwaith neu ddwywaith y flwyddyn
8. Byth/yn llai aml
9. Does dim angen i mi wneud – mae larwm arni sy'n canu os ydy hi'n rhy boeth neu'n rhy oer
10. Ddim yn cofio

#### Q4\_11

Gan feddwl am dymheredd yr oergell o hyd, fedrwch chi ddweud wrthyf sut fyddwch chi'n gwirio'r tymheredd fel arfer?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

1. Edrych ar osodiad/mesurydd yr oergell
2. Edrych ar y dangosydd tymheredd/thermomedr sy'n rhan o'r oergell
3. Rhoi thermomedr yn yr oergell ac edrych arno
4. Edrych y tu mewn i'r oergell / edrych i weld os oes rhew/iâ neu anwedd y tu mewn iddi
5. Teimlo'r bwyd sydd yn yr oergell i weld os yw'n oer
6. Ddim yn gwybod
7. Arall (SPECIFY)



**Q4\_12**

Beth ydych chi'n meddwl ddylai'r tymheredd y tu mewn i'ch oergell chi fod?

SPONTANEOUS – DO NOT READ OUT

INTERVIEWER: IF SINGLE TEMPERATURE STATED, CODE WITHIN THE APPROPRIATE RANGE.

1. Llai na 0 gradd C (llai na 32 gradd F)
2. Rhwng 0 a 5 gradd C (32 i 41 gradd F)
3. Mwy na 5 gradd C ond llai nag 8 gradd C (42 i 46 gradd F)
4. 8 i 10 gradd C (47 i 50 gradd F)
5. Mwy na 10 gradd C (dros 50 gradd F)
6. Arall (*specify*)
7. Ddim yn gwybod (**SPONTANEOUS ONLY**)

**Q4\_13**

**SHOW CARD E5**

Sut fyddwch chi'n trefnu cynnwys eich oergell?

1. Rydw i / rydyn ni yn rhoi pethau yn lle bynnag mae yna le iddyn nhw
2. Mae gan bob un sy'n byw ar yr aelwyd ei silff neu ei ran ei hun yn yr oergell
3. Mae mathau penodol o fwyd bob amser yn cael eu cadw mewn manau penodol yn yr oergell
4. Arall

**IF Q4\_13="CERTAIN TYPES OF FOOD ARE ALWAYS KEPT IN CERTAIN PARTS OF THE FRIDGE"**

**4\_13a**

Pam ydych chi bob amser yn cadw rhai mathau penodol o fwyd mewn manau penodol yn yr oergell?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

1. Diffyg lle
  2. Er hwylustod
  3. Wedi dod i'r arfer o wneud hynny
  4. Diogelwch bwyd / i rwystro croeshalugi / hylendid
  5. Mae'n haws dod o hyd i fwyd
  6. Arall (nodwch)
- Ddim yn gwybod

**Q4\_14**

Ble yn yr oergell fyddwch chi'n storio cig a dofednod amrwd?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

1. Unrhyw le
2. Ar silff isaf yr oergell
3. Yn rhan uchaf yr oergell
4. Oddi wrth fwydydd wedi'u coginio
5. Mewn rhan ar wahân e.e. mewn drôr cig neu flwch salad
6. Yng nghanol yr oergell
7. Lle bynnag mae yna le
8. Arall (SPECIFY)
9. Byddwn i ddim yn prynu nac yn storio cig na dofednod o gwbl (SINGLE CODE ONLY)
10. Byddwn i ddim yn storio cig/dofednod amrwd yn yr oergell (SINGLE CODE ONLY)

**IF “DO NOT BUY OR STORE MEAT AT ALL” OR “DON’T STORE RAW MEAT IN THE FRIDGE” SKIP TO Q4\_18**

**Q4\_15**

Sut fyddwch chi'n storio cig a dofednod amrwd yn yr oergell?

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

INTERVIEWER: if necessary prompt with one or two examples

1. Ar wahân i fwydydd wedi'u coginio
2. Wedi'i orchuddio â ffoil/ffilm
3. Mewn cynhwysydd â chaead arno
4. Yn ei becyn gwreiddiol
5. Ar blât
6. Arall (SPECIFY)

**ASK ALL**

**Q4\_18**

Ar gyfer pob un o'r bwydydd a ganlyn, dywedwch sut rydych chi'n gallu dweud a yw'n ddiogel i'w fwyta neu i'w ddefnyddio i goginio?

**RANDOMISED ORDER**

Cig amrwd, er enghraifft cig eidion, cig oen, porc neu gig dofednod  
Llaeth ac iogwrt  
Caws  
Wyau  
Pysgod, heb gynnwys pysgod cregyn

SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

INTERVIEWER: OS YW'R YMATEBYDD YN DWEUD "DYDDIAD" HOLWCH YMHELLACH A GOFYN "PA FATH O DDYDDIAD"

INTERVIEWER: code as not applicable if participant doesn't eat/prepare that particular food

1. Sut mae o'n edrych (e.e. llwydni)
2. Ei liw
3. Ei arogl
4. Ei flas
5. Sut deimlad sydd iddo / ei ansawdd
6. A ydy o wedi cael ei storio'n iawn
7. Os ydy o ddim yn arnofio mewn dŵr **ONLY SHOW THIS CODE FOR "EGGS" STATEMENT**
8. Edrych ar y dyddiad 'ar ei orau cyn'
9. Edrych ar y dyddiad 'defnyddio erbyn'
10. Edrych ar y dyddiad 'i'w werthu erbyn' neu 'i'w arddangos tan'
11. Dyddiad heb ei nodi
12. Arall SPECIFY
13. DIM ATEB

**Q4\_19**

**SHOW CARD E6**

Pa rai o'r isod sy'n dangos a yw bwyd yn ddiogel i'w fwyta?

CODE ALL THAT APPLY

1. Y dyddiad 'defnyddio erbyn'
2. Y dyddiad 'ar ei orau cyn'
3. Y dyddiad 'i'w werthu erbyn'
4. Y dyddiad 'i'w arddangos tan'
5. Dim un o'r rhain
6. Ddim yn gwybod (**SPONTANEOUS ONLY**)
7. Mae'n dibynnu (**SPONTANEOUS ONLY**)

**Q4\_19b**

Pa un o'r rhain sydd orau i ddangos a yw bwyd yn ddiogel i'w fwyta?

...READ OUT...

SINGLE CODE – ROTATE ANSWER LIST

- 1.Y dyddiad 'defnyddio erbyn'
- 2.Y dyddiad 'ar ei orau cyn'
- 3.Y dyddiad 'i'w werthu erbyn'
- 4.Y dyddiad 'i'w arddangos tan'

**Q4\_21**

**SHOW CARD E7**

Ydych chi'n edrych ar y dyddiad 'defnyddio erbyn' pan fyddwch chi'n prynu bwyd?

1. Ydw, bob amser
2. Ydw, yn dibynnu ar y math o fwyd
3. Weithiau
4. Byth
5. Dydw i ddim yn prynu bwyd (**SPONTANEOUS ONLY**).

**Q6\_4**

Pa mor hawdd ydych chi'n ei chael hi i ddarllen labeli ar gynhyrchion bwyd (e.e. cynhwysion, maeth neu wybodaeth am storio) oherwydd maint y print (gan ddefnyddio sbectol neu lensys cyffwrdd os ydych chi'n gwisgo'r rhain)?

...READ OUT...

1. Yn hawdd iawn eu darllen
2. Yn eithaf hawdd eu darllen
3. Ddim yn hawdd nac yn anodd eu darllen
4. Yn eithaf anodd eu darllen
5. Yn anodd iawn eu darllen

**Q4\_22**

**SHOW CARD E7**

Ydych chi'n edrych ar y dyddiad 'defnyddio erbyn' pan fyddwch chi ar fin coginio neu baratoi bwyd?

1. Ydw, bob amser
2. Ydw, yn dibynnu ar y math o fwyd
3. Weithiau
4. Byth
5. Nid wyf yn coginio na pharatoi bwyd (**SPONTANEOUS ONLY**)

**Q4\_23a**

Os ydych yn agor <**TEXTFILL**: eitem fwyd> a'i gadw yn yr oergell, am faint o ddyddiau fyddech chi'n ei gadw yn yr oergell cyn penderfynu na fyddech yn bendant ddim < **TEXTFILL**: yn ei fwyta **TEXTFILL IF MILK**: yn ei yfed>?

SPONTANEOUS – DO NOT READ OUT

1. Hyd at ddiwrnod
2. Hyd at ddau ddiwrnod
3. Hyd at dri diwrnod
4. Hyd at bedwar diwrnod
5. Hyd at bum diwrnod
6. Mwy na phum diwrnod
7. Byddwn i'n dilyn yr wybodaeth storio ar yr eitem
8. Byddwn i'n edrych ar y dyddiad 'defnyddio erbyn'
9. Ddim yn gwybod **CODE NOT SHOWN**
10. Ddim yn berthnasol – byddwn i ddim yn bwyta nac yn defnyddio'r bwyd hwnnw

**ROTATE LIST**

paced o gig wedi'i goginio, ei sleisio neu ei halltu e.e. ham

paced o bate bwyd môr, pysgod neu gig

paced o dip ffres e.e. hufen sur a sifys neu hwmws

paced o bysgodyn wedi'i fygu e.e. mecryll mwg neu eog mwg

paced o gaws hufennog neu gaws meddal

**Q4\_24a**

Pe baech chi'n gwneud pryd o fwyd ar ddydd Sul, pa ddiwrnod fyddai'r diwrnod olaf y byddech chi'n ystyried bwyta'r bwyd dros ben?

(OS OES ANGEN: A chymryd ei fod wedi cael ei gadw yn yr oergell)

SPONTANEOUS – DO NOT READ OUT

1. Yr un diwrnod
2. Dydd Llun
3. Dydd Mawrth
4. Dydd Mercher
5. Dydd Iau
6. Dydd Gwener
7. Dydd Sadwrn
8. Y dydd Sul canlynol
9. Mwy nag wythnos
10. Does gen i fyth fwyd dros ben – byddwn i bob amser yn gorffen y bwyd neu'n taflu unrhyw fwyd dros ben ar unwaith

**IF NEVER HAVE LEFTOVERS AT Q4\_24, GO TO MWPWR, OTHERS CONTINUE**

**Q4\_25**

Sawl gwaith fyddech chi'n ystyried aildwymo bwyd ar ôl iddo gael ei goginio am y tro cyntaf?  
SPONTANEOUS – DO NOT READ OUT

1. Ddim o gwbl
2. Unwaith
3. Dwywaith
4. Tair gwaith
5. Mwy na thair gwaith

**IF NOT AT ALL SKIP TO MWPWR, OTHERS CONTINUE**

**Q4\_26**

Sut ydych chi fel arfer yn gallu dweud bod bwyd wedi cael ei aildwymo'n iawn?  
SPONTANEOUS – DO NOT READ OUT, CODE ALL THAT APPLY

1. Stêm yn codi ohono
2. Ei flasu
3. Ei droi
4. Gweld os ydy'r canol yn boeth
5. Gweld ei fod wedi twymo drwyddo
6. Rhoi fy llaw drosto / ei gyffwrdd
7. Defnyddio thermomedr/prôb
8. Defnyddio amserydd i wneud yn siŵr ei fod wedi cael ei goginio am gyfnod penodol o amser
9. Mae'n edrych yn boeth
10. Byddwn i ddim yn ei wirio
11. Arall SPECIFY

**ASK IF RESPONDENT HAS MICROWAVE OVEN (Q4\_8c = 'Microwave oven')**

**MWPwr**

Nawr, rydw i am ofyn i chi am boptai micro-don. A ydych yn gwybod bod pŵer uchaf (neu watedd) poptai micro-don yn gallu amrywio rhwng modelau?

1. Ydw
2. Nac ydw
3. Ddim yn siwr (SPONTANEOUS ONLY)

### **MaxPwr**

Allwch chi ddweud wrthyf beth yw pŵer uchaf eich popty micro-don, mewn watiau?

SPONTANEOUS, DO NOT READ OUT, CODE ANSWER WITHIN APPROPRIATE RANGE

INTERVIEWER: IF RESPONDENT SAYS DON'T KNOW READ OUT THE FOLLOWING

PROMPT: A yw lefel y pŵer wedi'i hysgrifennu ar y micro-don?

1. Llai na 500
2. 500 - 599
3. 600-699
4. 700-799
5. 800-899
6. 900-999
7. 1000-1099
8. Mwy na 1099
9. Ddim yn gwybod - Mae'r watedd wedi'i ysgrifennu ar y micro-don
10. Ddim yn gwybod - ansicr os yw'r watedd wedi'i ysgrifennu ar y micro-don/ ddim yn meddwl bod y watedd wedi'i ysgrifennu ar y micro-don

### **MWUses**

#### **SHOW CARD E8**

Dros y mis diwethaf, a ydych wedi defnyddio'ch popty micro-don i wneud unrhyw un o'r pethau canlynol?

CODE ALL THAT APPLY

INTERVIEWER NOTE: if respondent has combined microwave/conventional oven, clarify that we are asking about using the microwave function.

1. Coginio bwyd yr ydych wedi'i baratoi eich hunain (e.e. prydau wedi'u paratoi yn y cartref, llysiau amrwd, tatws pob, uwd)
2. Coginio/cynhesu bwyd tun (e.e. ffa pob, cawl)
3. Ail-gynhesu bwyd dros ben sydd wedi'i oeri
4. Ail-gynhesu bwyd dros ben sydd wedi'i rewi
5. Coginio prydau parod wedi'u hoeri
6. Coginio prydau parod wedi'u rhewi
7. Cynhesu/ail-gynhesu diodydd
8. Dadmer cig amrwd neu bysgod wedi'u rhewi
9. Dadmer bara, llysiau neu ffrwythau wedi'u rhewi
10. Dim un o'r rhain

**IF (MWUses = 5 OR 6 THEN)**

**MWRMeal**

Wrth goginio prydau parod sydd wedi'u hoeri neu wedi'u rhewi yn y micro-don, sut ydych yn gwneud yn siŵr bod y bwyd wedi'i gynhesu'n drylwyr?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY

1. Dilyn y cyfarwyddiadau ar y deunydd pecynnu
2. Gweld a yw'n stemio
3. Ei flasu
4. Ei droi
5. Gwirio bod y canol yn boeth
6. Gwirio bod y tymheredd yn gyson drwyddo
7. Rhoi llaw drosdo/ei gyffwrdd
8. Defnyddio thermomedr/prob
9. Defnyddio amserydd i sicrhau ei fod wedi'i goginio am gyfnod penodol o amser
10. Mae'n edrych yn boeth
11. Dydw i ddim yn gwirio'r bwyd
12. Arall (nodwch)

**IF (MWRMeal = 1) THEN**

**MWDiff**

Wrth goginio prydau parod sydd wedi'u hoeri neu wedi'u rhewi, os yw watedd uchaf y micro-don yn wahanol i'r cyfarwyddiadau sydd ar y deunydd pecynnu, sut ydych yn sicrhau bod y bwyd wedi'i goginio'n drylwyr?

SPONTANEOUS, DO NOT READ OUT, CODE ALL THAT APPLY

1. Addasu'r amseru - ei goginio ychydig y hirach
2. Addasu'r amseru - ei goginio ar y watedd is
3. Gweld a yw'n stemio
4. Ei flasu
5. Ei droi
6. Gwirio bod y canol yn boeth
7. Gwirio bod y tymheredd yn gyson drwyddo
8. Rhoi llaw drosdo/ei gyffwrdd
9. Defnyddio thermomedr/prob
10. Mae'n edrych yn boeth
- 11 Gwneud dim byd
12. Ddim yn berthnasol



### IntroQ4\_27

#### SHOW CARD E9

Rydw i nawr yn mynd i ddarllen yn uchel rai pethau mae pobl wedi'u dweud. Hoffwn i pe baech chi'n dweud wrthyf a ydych chi'n cytuno â nhw ai peidio.

### Q4\_27

#### SCALE

1. Cytuno'n bendant
2. Tueddu i gytuno
3. Ddim yn cytuno nac yn anghytuno
4. Tueddu i anghytuno
5. Anghytuno'n bendant

#### RANDOMISED

Rydw i wastad yn osgoi taflu bwyd

Mae'n anhebygol y caf i wenwyn bwyd drwy'r bwyd rydw i'n ei baratoi yn fy nghartref

Os ydych yn bwyta allan yn aml, rydych yn fwy tebygol o gael gwenwyn bwyd

Dylai bwytai a sefydliadau arlwyio dalu mwy o sylw i ddiogelwch a hylendid bwyd

Rydw i'n poeni'n aml os yw'r bwyd rydw i'n ei fwyta'n ddiogel

Rydw i'n hoffi cynnig ar fwyta pethau newydd

Rydw i'n mwynhau paratoi a choginio bwyd

Yn gyffredinol, nid oes gen i ddiddordeb mewn bwyd

Nid oes gen i amser i dreulio ar baratoi a choginio bwyd

Wrth baratoi bwyd, gallwn i fod yn fwy gofalus o ran hylendid

### Q4\_28

#### SHOW CARD E10

Ydych chi erioed wedi cael gwenwyn bwyd?

1. Do, fwy nag unwaith
2. Do, unwaith
3. Rwy'n meddwl fy mod i ond dydw i ddim yn siŵr os mai gwenwyn bwyd oedd o
4. Naddo

#### ASK IF 4\_28="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"

### Q4\_26b

#### SHOW CARD E10

Ydych chi wedi cael gwenwyn bwyd yn ystod y flwyddyn ddiwethaf?

1. Do, fwy nag unwaith
2. Do, unwaith
3. Rwy'n meddwl fy mod i ond dydw i ddim yn siŵr os mai gwenwyn bwyd oedd o
4. Naddo

#### ASK IF Q4\_26B="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"

### Q4\_28a

<TEXTFILL IF MORE THAN ONCE OR I THINK SO: Gan feddwl am y tro diwethaf y cawsoch chi wenwyn bwyd,>a fuoch chi i weld y meddyg neu a fuoch chi i'r ysbyty o'i herwydd?

1. Do
2. Naddo

**ASK IF Q4\_28A="YES"**

**Q4.27b**

Gawsoch chi ddiagnosis feddygol i gadarnhau eich bod chi wedi cael gwenwyn bwyd – hynny yw, a oedd y samplau a gymerwyd yn dangos yn bendant eich bod chi wedi cael gwenwyn bwyd?

1. Do
2. Naddo
3. Ddim yn gwybod (SPONTANEOUS ONLY)

**IF Q4\_27B = 'YES'**

**Q4\_27c**

**SHOW CARD E11**

Ydych chi'n cofio pa fath o wenwyn bwyd gawsoch chi? **OS YDYN NHW'N COFIO:** Pa fath o wenwyn bwyd oedd o?

- 1 Campylobacter
- 2 Salmonella
- 3 E. coli
- 4 Listeria
- 5 Gwenwyn bwyd firol – (SRVSs e.e. shigella)
- 6 Arall (nodwch)
- 7 Na – fedrwn i ddim cofio (**CODE NOT SHOWN**)
- 8 Ddim yn gwybod (**CODE NOT SHOWN**)

**ASK IF Q4\_28="YES MORE THAN ONCE", "YES ONCE" OR "I THINK SO"**

**4\_28b**

**SHOW CARD E12**

Mewn ymateb i'r adeg y cawsoch chi wenwyn bwyd <**TEXTFILL IF MORE THAN ONCE OR I THINK SO:** ddiwethaf>ydych chi wedi gwneud unrhyw rai o'r canlynol?

CODE ALL THAT APPLY

1. Ceisio cael rhagor o wybodaeth am y mater
2. Darllen labeli bwyd yn fwy gofalus
3. Newid y ffordd rydych chi'n coginio bwyd
4. Newid y ffordd rydych chi'n paratoi bwyd
5. Rhoi'r gorau i fwyta rhai bwydydd penodol
6. Rhoi'r gorau i fwyta mewn rhai sefydliadau bwyd penodol (e.e. bwytai/caffis)
7. Arall (nodwch)
8. Heb wneud dim (SINGLE CODE ONLY)

**Q11\_8b**

**SHOW CARD E13a/E13b (FOLLOW CAPI)**

Gan edrych ar y sgrin hon, ydych chi'n cael gwybodaeth am sut i baratoi a choginio bwyd yn ddiogel gartref o unrhyw rai o'r ffynonellau hyn?

CODE ALL THAT APPLY

PROBE: Beth am unrhyw ffynonellau eraill?

1. Teulu a ffrindiau
2. Ysgol/coleg/cwrs
3. Gwaith
4. Manwerthwyr (e.e. archfarchnadoedd)
5. Papurau newydd
6. Gwefannau newyddion
7. Sioeau bwyd ar y teledu/rhaglenni coginio
8. Cylchgronau bwyd
9. Gwefannau bwyd
10. Ymgyrchoedd ar y radio/teledu
11. Llyfrau
12. Chwilotwr rhyngwyd
13. Cyfryngau cymdeithasol
14. Deunydd pacio
15. Meddyg/Meddyg teulu
16. Arall (nodwch)
17. Byddwn i ddim yn chwilio am wybodaeth am ddiogelwch bwyd (*exclusive*)

**ASK IF Q11\_8B NOT = 'I DON'T LOOK FOR INFORMATION ON FOOD SAFETY' AND MORE THAN ONE SOURCE MENTIONED**

**Q4\_31b**

A pha un yw'r brif ffynhonnell y byddwch chi'n ei defnyddio i gael gwybod sut i baratoi ac i goginio bwyd yn ddiogel yn y cartref?

1. Teulu a ffrindiau
2. Ysgol/coleg/cwrs
3. Gwaith
4. Manwerthwyr (e.e. archfarchnadoedd)
5. Papurau newydd
6. Gwefannau newyddion
7. Sioeau bwyd ar y teledu/rhaglenni coginio
8. Cylchgronau bwyd
9. Gwefannau bwyd
10. Ymgyrchoedd ar y radio/teledu
11. Llyfrau
12. Chwilotwr rhyngwyd
13. Cyfryngau cymdeithasol
14. Deunydd pacio
15. Meddyg/Meddyg teulu
16. Arall (nodwch)
17. Dim prif ffynhonnell (SPONTANEOUS ONLY)

**RHAN 6 FOOD ISSUES**

**FdlssIntro**

Nawr, rydw i am ofyn rhai cwestiynau am nifer o faterion sy'n ymwneud â bwyd

**Label**

**SHOW CARD F1**

Yn gyffredinol, wrth brynu neu fwyta bwyd, pa mor aml ydych yn teimlo'n hyderus bod y bwyd yn cyd-fynd â'r hyn sydd ar y label neu'r fwydlen?

1. Bob amser
2. Rhan fwyaf o'r amser
3. Peth o'r amser
4. Anaml iawn
5. Byth

**ASK IF Label = 'Most of the time' OR 'Some of the time' OR 'Rarely' OR 'Never'**

**FdAuthCon**

Fe ddywedoch chi nad ydych bob amser yn hyderus bod y bwyd yn cyd-fynd â'r hyn sydd ar y label neu'r fwydlen. Am ba faterion penodol yr oeddech yn meddwl, os o gwbl?

PROMPT: Beth arall?

**ASK IF Label = 'Most of the time' OR 'Some of the time' OR 'Rarely' OR 'Never'**

**FdAuthAct**

**SHOW CARD F2**

Dros y flwyddyn ddiwethaf, a ydych chi erioed wedi gwneud unrhyw un o'r canlynol am nad oeddech yn hyderus bod bwyd yn cyd-fynd â'r hyn sydd ar y label neu'r fwydlen?

1. Ceisio cael rhagor o wybodaeth am y mater
2. Darllen am y mater wrth ddod ar ei draws, ond heb geisio gwybodaeth amdano
3. Darllen labeli bwyd yn fwy gofalus
4. Newid y ffordd yr ydych yn coginio bwyd
5. Newid y ffordd yr ydych yn paratoi bwyd
6. Rhoi'r gorau i siopa mewn rhai llefydd penodol
7. Rhoi'r gorau i fwyta rhai bwydydd penodol
8. Arall (nodwch)
9. Heb wneud unrhyw beth (**SINGLE CODE ONLY**)

## ChemKnw

### SHOW CARD F3

Nawr, hoffwn ofyn i chi am gemegion, a allai fod yn bresennol mewn bwyd am nifer o resymau. I ba raddau y byddech yn dweud eich bod yn gwybod am y materion canlynol?

1. Cemegion a gaiff eu hychwanegu'n fwriadol i fwydydd gan gynhyrchwyr (e.e. lliwiau, melysyddion, cyffeithyddion)
2. Gweddillion cemegion (e.e. plaladdwyr, meddyginiaethau milfeddygol)
3. Cemegion a allai fod yn bresennol yn naturiol mewn bwyd (e.e. tocsinau sy'n bresennol yn naturiol, metala trwm megis plwm)
4. Cemegion a allai ffurfio yn ystod y broses goginio (e.e. drwy goginio ar dymereddau uchel, drwy fygu bwyd)

### SCALE

1. Gwybod llawer iawn
2. Gwybod llawer
3. Ddim yn gwybod llawer
4. Gwybod dim byd

## ChemOpin

### SHOW CARD F4

Nesaf, dyma ddatganiadau gan bobl am fwyd mewn perthynas â chemegion a bwyd. I ba raddau ydych chi'n cytuno neu'n anghytuno â phob un o'r datganiadau canlynol?

1. Mae manteision defnyddio cemegion yn y broses cynhyrchu bwyd yn bwysicach o lawer na'r peryglon.
2. Hoffwn ragor o wybodaeth am yr hyn y gallaf i ei wneud yn bersonol i leihau presenoldeb cemegion mewn bwyd.
3. Rydw i'n bryderus am effeithiau posibl cemegion mewn bwyd ar iechyd hirdymor
4. Rydw i o'r farn bod presenoldeb cemegion mewn bwyd yn cael ei reoleiddio'n dda.

### SCALE

1. Cytuno'n llwyr
2. Yn dueddol o gytuno
3. Ddim yn cytuno nac yn anghytuno
4. Yn dueddol o anghytuno
5. Bendant yn anghytuno
6. Ddim yn gwybod

**RHAN 7 IECHYD**

**Q6Info**

Nawr, rydw i am ofyn ychydig o gwestiynau i chi amdanoch chi eich hun.

**ASK ALL**

**Q6\_1**

**SHOW CARD H10**

Sut mae eich iechyd chi yn gyffredinol?

1. Da iawn
2. Da
3. Gweddol
4. Gwael
5. Gwael iawn

**ASK ALL**

**Q6\_2**

Oes gennych chi unrhyw gyflwr neu salwch iechyd meddwl neu gorfforol sy'n para, neu mae disgwyl iddo bara, am 12 mis neu fwy?

1. Oes
2. Nac oes

**IF Q6\_2 =YES, ASK Q6\_3, OTHERS GO TO Q6\_4**

**Q6\_3**

Ydy'ch cyflwr neu'ch salwch yn cyfyngu ar eich gallu i gyflawni gweithgareddau bob dydd?  
ANNOG YN BARHAUS

1. Ydy, llawer
2. Ydy, ychydig
3. Ddim o gwbl

**Mobil**

A oes gennych chi unrhyw anawsterau symudedd, er enghraifft symud o gwmpas, cerdded, dringo grisiau; neu a ydych yn defnyddio offer arbennig neu wasanaethau cynnal i'ch helpu i fod yn symudol?

INTERVIEWER: INCLUDE WHEELCHAIRS AND CRUTCHES AS EQUIPMENT

1. Oes / Ydw
2. Nac oes / nac ydw

**Dex**

A oes gennych chi unrhyw anawsterau â deheurwydd (*dexterity*), hynny yw, codi, gafael neu ddal gwrthrychau, agor caeadau sydd â thop sgrif, defnyddio agorwr tuniau neu agor deunydd pecynnu, neu ydych yn defnyddio unrhyw offer arbennig i'ch helpu â'r gweithredoedd hyn?

INTERVIEWER: INCLUDE THOSE WHO CANNOT LIFT, GRASP OR HOLD AT ALL

1. Oes
2. Nac oes

## Eye

### SHOW CARD H10

Ar hyn o bryd, sut fydddech yn barnu'ch golwg gan ddefnyddio'r ddwy lygad (gyda sbectol neu lensys cyffwrdd, os ydych yn eu gwisgo)?

6. Da iawn
7. Da
8. Gweddol
9. Gwael
10. Gwael iawn
11. Cwbl ddall (SPONTANEOUS ONLY)

### ASK ALL

#### Q6\_4Intro

Nesaf, hoffwn i ofyn rhai cwestiynau i chi am eich teimladau am wahanol agweddau ar eich bywyd. Does dim atebion cywir nac anghywir. Ar gyfer pob un o'r cwestiynau hyn, hoffwn i chi roi ateb ar raddfa o ddim i ddeg, lle mae dim yn gyfystyr â 'ddim o gwbl' a deg yn gyfystyr ag 'yn llwyr'.

#### Q6\_4a

Ar raddfa o 0 – 10, lle mae 0 yn nodi nad ydych yn fodlon o gwbl a lle mae 10 yn nodi eich bod yn hollol fodlon, yn gyffredinol, pa mor fodlon ydych chi â'ch bywyd y dyddiau hyn?

(GRADDFA: 0 (ddim yn fodlon o gwbl) i 10 (hollol fodlon))

#### Q6\_4b

Ar raddfa o 0 – 10, lle mae 0 yn nodi nad ydyn nhw'n werth chweil o gwbl a lle mae 10 yn nodi eu bod yn hollol werth chweil, yn gyffredinol, i ba raddau ydych chi'n teimlo bod y pethau rydych chi'n eu gwneud yn eich bywyd yn werth chweil?

(GRADDFA: 0 (ddim yn werth chweil o gwbl) i 10 (hollol werth chweil))

#### Q6\_4c

Ar raddfa o 0 – 10, lle mae 0 yn nodi nad ydych yn hapus o gwbl a lle mae 10 yn nodi eich bod yn hollol hapus, yn gyffredinol, pa mor hapus oeddech chi'n teimlo ddoe?

(GRADDFA: 0 (ddim yn hapus o gwbl) i 10 (hollol hapus))

#### Q6\_4d

Ar raddfa o 0 – 10, lle mae 0 yn nodi nad ydych yn bryderus o gwbl a lle mae 10 yn nodi eich bod yn hollol bryderus, yn gyffredinol, pa mor bryderus oeddech chi'n teimlo ddoe?

(GRADDFA: 0 (ddim yn bryderus o gwbl) i 10 (hollol bryderus))

**RHAN 7 DEMOGRAFFEG**

**DemogIntro**

I gloi, hoffwn ofyn rhai cwestiynau cyffredinol am (TEXTFILL if HHSIZE=1 eich hunain/ HHSIZE>1 eich aelwyd)...

**Q7\_2**

**SHOW CARD I1**

Ydych chi (neu'ch aelwyd) yn berchen ar y tŷ hwn, neu'n ei rentu?

1. Mae'n eiddo i mi yn llwyr
2. Yn ei brynu gyda help morgais neu fenthyciad
3. Yn berchen arno'n rhannol ac yn talu rhent yn rhannol (rhanberchenogaeth)
4. Yn ei rentu (gan gynnwys pawb sy'n cael Budd-dal Tai neu Lwfans Tai Lleol)
5. Yn byw yma'n ddi-rent (gan gynnwys yn ddi-rent mewn eiddo ffrind/perthynas ac eithrio sgwatio)
6. Sgwatio

**IF RENT OR RENT-FREE AT Q7\_2 ASK Q7\_3, OTHERS GO TO Q7\_5**

**Q7\_3**

Ydy'r eiddo'n dod gyda swydd unrhyw un ar yr aelwyd?

CYFARWYDDIADAU I'R CYFWELYDD:

OS YW'R EIDDO'N DOD GYDA SWYDD RHYWUN SYDD DDIM YN AELOD O'R AELWYD DROS DRO, NODWCH YDY.

OS OEDD YR EIDDO'N ARFER DOD GYDA SWYDD RHYWUN YN YR AELWYD, OND NAD FELLY Y MAE HI ERBYN HYN, NODWCH NAC YDY.

1. Ydy
2. Nac ydy

**IF RENT OR RENT-FREE AT Q7\_2**

**Q7\_4**

**SHOW CARD I2**

Pwy yw eich landlord?

CODE FIRST THAT APPLIES

**Sefydliadau**

1. yr awdurdod lleol/y cyngor/ALMO/Housing Executive (Gogledd Iwerddon)
2. cymdeithas tai, landlord cymdeithasol cofrestredig, ymddiriedolaeth elusennol neu gwmni tai lleol
3. cyflogwr (sefydliad) rhywun sy'n byw yn y tŷ
4. sefydliad arall

**Unigolion**

5. perthynas/cydnabod i unrhyw un o aelodau'r aelwyd ers cyn i'r denantiaeth hon ddechrau
6. cyflogwr (unigolyn) rhywun sy'n byw ar yr aelwyd
7. landlord preifat arall unigol

**SOFT CHECK** - FE DDYWEDOCH CHI FOD YR EIDDO YN DDI-RENT AC MAI'R CYNGOR YW'R LANDLORD. NID YW EIDDO CYNGOR FEL ARFER YN DDI-RENT.



**IF MORE THAN ONE PERSON IN HOUSEHOLD WITH AGE >= 16, OTHERS GO TO Q7\_7**

**Q7\_5**

Yn enw pwy mae perchnogaeth neu rent yr eiddo?

**SHOW LIST OF NAMES OF PEOPLE IN HOUSEHOLD OVER 16 FROM QUESTION 1.2**

IF THERE ARE JOINT HOUSEHOLDERS, OTHERS GO TO Q7\_7

**Q7\_6**

Rydych chi wedi dweud wrthyf fod (NAMES) yn cyd-rentu neu'n gydberchnogion ar yr eiddo. Pa un ohonyn nhw sy'n ennill yr incwm mwyaf (ar ffurf enillion, budd-daliadau, pensiynau ac o unrhyw ffynonellau eraill)?

**SHOW NAMES FROM Q7.5**

OS OES GAN DDAU NEU FWY O GYD-DDEILIAID YR EIDDO YR UN INCWM, DEWISWCH YR HYNAF.

OS YDY'R YMATEBYDD YN HOLI DROS BA GYFNOD I GYFRI'R CYFARTALED – Y 12 MIS DIWETHAF, FEL SY'N GYFLEUS.

HOLWCH YN ÔL YR ANGEN

AI UN O'R CYD-DDEILIAID YW'R UNIG UN SYDD:

- MEWN GWAITH CYFLOGEDIG?
- Â PHENSIWN GALWEDIGAETHOL?

**IF HIGHEST INCOME QUESTION NOT ANSWERED FOR JOINT HOUSEHOLDERS ASSUME THE HRP IS THE ELDEST JOINT HOUSEHOLDER.**

**IF AGE >= 16**

**IF HRP IS THE RESPONDENT, INSERT THE WORD 'YOU' RATHER THAN THE NAME IN THE FOLLOWING QUESTIONS**

**COLLECT OCCUPATION DETAILS FOR HRP ONLY**

**Q7\_7**

**SHOW CARD I3**

Pa un o'r datganiadau a ganlyn sy'n disgrifio orau yr hyn <ROEDDECH CHI / HRP> yn ei wneud yn y saith diwrnod a ddaeth i ben ddydd Sul y (N)?

1. Mynd i'r ysgol neu'r coleg amser llawn (gan gynnwys ar wyliau)
2. Mewn gwaith am dâl (neu oddi cartref dros dro)
3. Hunangyflogedig (neu oddi cartref dros dro)
4. Yn dilyn cynllun hyfforddiant gwaith gan y llywodraeth
5. Yn gwneud gwaith di-dâl i fusnes yr ydych yn berchen arno, neu y mae perthynas i chi yn berchen arno
6. Yn aros i ddechrau mewn gwaith cyflogedig roeddech chi eisoes wedi'i sicrhau
7. Yn chwilio am waith cyflogedig neu gynllun hyfforddiant gan y llywodraeth
8. Ddim yn gallu gweithio dros dro oherwydd salwch tymor byr neu anaf
9. Ddim yn gallu gweithio byth eto oherwydd anabled neu salwch tymor hir
10. Wedi ymddeol o waith cyflogedig
11. Yn gofalu am y cartref neu'r teulu
12. Yn gwneud rhywbeth arall (NODWCH)

**IF Q7\_7=GOING TO SCHOOL OR COLLEGE FULL-TIME**

**Q7\_8**

Fuoch CHI / HRP yn gwneud unrhyw waith am dâl yn ystod y saith diwrnod oedd yn dod i ben ddydd Sul y (N), naill ai fel cyflogai neu fel rhywun hunangyflogedig?

1. Do
2. Naddo

**IF NOT IN EMPLOYMENT**

**(ANY OF THE FOLLOWING ANSWERS AT Q7\_7:**

**“DOING UNPAID WORK FOR A BUSINESS THAT YOU OWN, OR THAT A RELATIVE OWNS”,**

**“WAITING TO TAKE UP PAID WORK ALREADY OBTAINED”,**

**“LOOKING FOR PAID WORK OR A GOVERNMENT TRAINING SCHEME”,**

**“TEMPORARILY UNABLE TO WORK BECAUSE OF SHORT-TERM ILLNESS OR INJURY”,**

**“PERMANENTLY UNABLE TO WORK BECAUSE OF LONG-TERM SICKNESS OR DISABILITY”,**

**“RETIRED FROM PAID WORK”,**

**“LOOKING AFTER HOME OR FAMILY”,**

**“DOING SOMETHING ELSE” OR**

**“REF”**

**OR “NO” OR “REF” AT Q7\_8)**

**Q7\_9**

Ydych CHI / Ydy HRP erioed wedi bod mewn cyflogaeth am dâl neu hunangyflogaeth, ac eithrio gwaith achlysurol neu wyliau?

1. Do
2. Naddo

**IF YES, GO TO Q7\_9B, IF “NO OR “REF” GO TO Q7\_18**

**ASK Q7\_9B IF GIVEN THE FOLLOWING ANSWERS**

**“ON A GOVERNMENT SCHEME FOR EMPLOYMENT TRAINING” AT Q7\_7**

**“YES” AT Q7\_8**

**“YES” AT Q7\_9**

**Q7\_9b**

Ydych/Oeddech chi'n gweithio fel cyflogai neu'n hunangyflogedig?

1. Cyflogai
2. Hunangyflogedig

**ALL IN EMPLOYMENT/EVER WORKED**

**(“IN PAID EMPLOYMENT (OR TEMPORARILY AWAY)” OR “SELF-EMPLOYED (OR TEMPORARILY AWAY)” OR “ON A GOVERNMENT SCHEME FOR EMPLOYMENT TRAINING” AT Q7\_7 OR “YES AT Q7\_8 OR “YES” AT Q7\_9)**

**Q7\_10**

Gan feddwl am eich swydd BRESENNOL/FWYAF DIWEDDAR, beth MAE/OEDD y cwmni/ sefydliad YR YDYCH CHI / MAE HRP YN GWEITHIO iddo yn ei wneud yn bennaf (yn y lle YR YDYCH/ROEDDECH CHI / NHW YN GWEITHIO)?

DISGRIFIWCH YN LLAWN – HOLWCH – GWEITHGYNHYRCHU NEU BROSESU NEU DDOSBARTHU AC ATI A'R PRIF NWDYDDAU SY'N CAEL EU CYNHYRCHU, DEUNYDDIAU SY'N CAEL EU DEFNYDDIO, CYFANWERTHU NEU FANWERTHU AC ATI. DYLLID NODI BOD GWYBODAETH AM DDIWYDIANT YN ANGENRHEIDIOL ER MWYN GWAHANIAETHU RHWNG RHAI GALWEDIGAETHAU AR LEFEL FANWL.

**(OPEN)**

**Q7\_11**

Beth yw/oedd EICH (prif) waith CHI / HRP ?

**(OPEN)**

**Q7\_12**

Beth YDYCH/OEDDECH CHI / OEDD/MAE HRP yn ei wneud yn bennaf yn EICH / EU swydd?

CADARNHEWCH PA GYMWYSTERAU/HYFFORDDIANT ARBENNIG SY'N ANGENRHEIDIOL AR GYFER Y SWYDD

**(OPEN)**

**IF EMPLOYEE (“EMPLOYEE” AT Q7\_9B OR “IN PAID EMPLOYMENT (OR TEMPORARILY AWAY)” AT Q7\_7), GO TO Q7\_13, IF SELF EMPLOYED GO TO Q7\_15**

**Q7\_13**

Yn eich swydd, OES/OEDD GENNYCH CHI / OES/OEDD GAN HRP gyfrifoldeb ffurfiol dros oruchwylio gwaith cyflogeion eraill?

PEIDIWCH Â CHYNNWYS POBL SYDD DDIM OND YN GORUCHWYLIO:  
PLANT, (E.E. ATHRAWON, NANIS, GWARCHODWYR PLANT)  
ANIFEILIAID,  
DIOGELWCH NEU ADEILADAU, (E.E. GOFALWYR, GARDIAU DIOGELWCH)

- 1.Oes/Oedd
- 2.Nac oes/Nac oedd

**Q7\_14**

Faint o bobl SY'N GWEITHIO/OEDD YN GWEITHIO i'ch cyflogwr CHI / HRP yn y lle YR YDYCH/YR OEDDECH CHI yn gweithio / y MAEN nhw/Yr OEDDEN NHW'N GWEITHIO? OES/OEDD YNA ...(AWGRYMU'N BARHAUS)...

1. 1-24
2. 25 – 499
3. neu 500 neu fwy o gyflogeion?

**IF SELF EMPLOYED (“SELF-EMPLOYED” AT Q7\_9B OR “SELF-EMPLOYED (OR TEMPORARILY AWAY)” AT Q7\_7)**

**Q7\_15**

YDYCH/OEDDECH CHI / YDY/OEDD HRP yn gweithio AR EICH PEN EICH HUN / AR EI BEN EI HUN neu A OES/OEDD GENNYCH CHI / GANDDO EF/GANDDI HI gyflogeion?  
GOFYNNWCH NEU COFNODWCH

1. Ar ei ben ei hun / gyda phartner / partneriaid ond dim cyflogeion
2. Gyda chyflogeion

**IF WITH EMPLOYEES, GO TO Q7\_16, OTHERS GO TO Q7\_17**

**Q7\_16**

Faint o bobl YDYCH/OEDDECH CHI / MAE/OEDD HRP yn eu cyflogi yn y lle YR YDYCH/OEDDECH CHI / Y MAEN NHW/YR OEDDEN NHW'N GWEITHIO?  
OES/OEDD YNA ...(AWGRYMU'N BARHAUS)...

1. 1-24
2. 25 i 499, neu
3. 500 neu fwy o gyflogeion

**ALL IN EMPLOYMENT/EVER WORKED**

**Q7\_17**

Yn EICH/EU (prif) swydd YDYCH/OEDDECH CHI / YDY/OEDD HRP yn gweithio ar sail:  
DARLLENWCH YN UCHEL

NODER: Amser llawn = Mwy na 30 awr, Rhan-amser = 30 awr neu lai

1. amser llawn
2. neu ran-amser?

**INCOME & BENEFITS QUESTIONS ASKED ABOUT HOUSEHOLD IF RESPONDENT IS HIH OR SPOUSE/PARTNER OF HIH ONLY, OTHERWISE ASKED FOR RESPONDENT ONLY**

**Q7\_18**

**SHOW CARD I4**

Ar y cerdyn hwn mae amryw o ffynonellau incwm posibl. Allwch chi ddweud wrthyf ba fathau o incwm rydych chi (A'CH GŴR/GWRAIG/PARTNER) yn eu cael?

- A Enillion o waith cyflogedig neu hunangyflogaeth
- B Pensiwn y wladwriaeth
- C Pensiwn gan gyn gyflogwr
- D Pensiynau personol
- E Budd-dal Plant
- F Lwfans Cyflogaeth a Chymorth
- G Lwfans Ceisio Gwaith
- H Credyd Pensiwn
- I Cymhorthdal Incwm
- J Credyd Treth Gwaith (heb gynnwys unrhyw gredydau treth gofal plant)
- K Credyd Treth Plant (gan gynnwys unrhyw gredydau treth gofal plant)
- L Budd-dal tai
- M Lwfans Gwarcheidwad
- N Lwfans Gofalwr
- O Budd-dal Analluogrwydd
- P Lwfans Byw i'r Anabl
- Q Lwfans Gweini
- R Budd-daliadau eraill y wladwriaeth
- S Credyd Cynhwysol
- T Taliad Annibyniaeth Personol
- U Llog o gynilion a buddsoddiadau (e.e. stociau a chyfranddaliadau)
- V Mathau eraill o lwfansau rheolaidd o'r tu allan i'r aelwyd (e.e. cynhaliaeth, benthyciadau myfyrwyr, rhent)
- W Dim ffynhonnell incwm **EXCLUSIVE**

**Q7\_19****SHŌW CARD I5**

A fyddech cystal ag edrych ar y cerdyn hwn a dweud wrthyf ba grŵp sy'n dangos beth yw cyfanswm eich incwm (CHI/CHI A'CH GŴR/GWRAIG/PARTNER GYDA'I GILYDD) o'r holl ffynonellau hyn cyn tynnu treth incwm, Yswiriant Gwladol ac ati? Rhowch y llythyren sydd nesaf at y categori perthnasol i mi.

**BOB WYTHNOS**

U	HYD AT £49
D	£50 HYD AT £99
I	£100 HYD AT £199
M	£200 HYD AT £299
O	£300 HYD AT £399
B	£400 HYD AT £499
R	£500 HYD AT £599
G	£600 HYD AT £699
K	£700 HYD AT £799
Q	£800 HYD AT £899
E	£900 HYD AT £999
T	£1,000 HYD AT £1,038
V	£1,039 HYD AT £1,076
A	£1,077 HYD AT £1,115
N	£1,116 HYD AT £1,153
W	£1,154 HYD AT £1,249
X	£1,250 HYD AT £1,346
H	£1,347 HYD AT £1,442
P	£1,443 HYD AT £1,538
S	£1,539 HYD AT £1,634
C	£1,635 HYD AT £1,730
J	£1,731 HYD AT £1,826
L	£1,827 HYD AT £1,923
F	£1,924 neu fwy

**BOB MIS**

HYD AT £216
£217 HYD AT £432
£433 HYD AT £866
£867 HYD AT £1,299
£1,300 HYD AT £1,732
£1,733 HYD AT £2,166
£2,167 HYD AT £2,599
£2,600 HYD AT £3,032
£3,033 HYD AT £3,466
£3,467 HYD AT £3,899
£3,900 HYD AT £4,332
£4,333 HYD AT £4,499
£4,500 HYD AT £4,667
£4,668 HYD AT £4,833
£4,834 HYD AT £4,999
£5,000 HYD AT £5,416
£5,417 HYD AT £5,833
£5,834 HYD AT £6,249
£6,250 HYD AT £6,666
£6,667 HYD AT £7,083
£7,084 HYD AT £7,499
£7,500 HYD AT £7,916
£7,917 HYD AT £8,333
£8,334 neu fwy

**BOB BLWYDDYN**

HYD AT £2,599
£2,600 HYD AT £5,199
£5,200 HYD AT £10,399
£10,400 HYD AT £15,599
£15,600 HYD AT £20,799
£20,800 HYD AT £25,999
£26,000 HYD AT £31,199
£31,200 HYD AT £36,399
£36,400 HYD AT £41,599
£41,600 HYD AT £46,799
£46,800 HYD AT £51,999
£52,000 HYD AT £53,999
£54,000 HYD AT £55,999
£56,000 HYD AT £57,999
£58,000 HYD AT £59,999
£60,000 HYD AT £64,999
£65,000 HYD AT £69,999
£70,000 HYD AT £74,999
£75,000 HYD AT £79,999
£80,000 HYD AT £84,999
£85,000 HYD AT £89,999
£90,000 HYD AT £94,999
£95,000 HYD AT £99,999
£100,000 neu fwy

**IF HOUSEHOLD CONTAINS MORE THAN TWO ADULTS OR TWO ADULTS WHO ARE NOT LIVING TOGETHER AS A COUPLE**

**Q7\_20**

I gadarnhau, a oes unrhyw un arall ar yr aelwyd yn cael incwm o unrhyw ffynhonnell?

1. Oes
2. Nac oes

**IF OTHERS IN HOUSEHOLD WITH SOURCE OF INCOME (IF 7.20 IS YES)****Q7\_21**

SHOW CARD I5

Gan feddwl am incwm eich aelwyd chi i gyd gyda'i gilydd, pa grwpiau ar y cerdyn hwn sy'n dangos cyfanswm incwm yr aelwyd i gyd gyda'i gilydd cyn tynnu treth incwm, Yswiriant Gwladol ac ati? Rhowch y llythyren sydd nesaf at y categori sy'n berthnasol i mi.

**BOB WYTHNOS**

U HYD AT £49  
 D £50 HYD AT £99  
 I £100 HYD AT £199  
 M £200 HYD AT £299  
 O £300 HYD AT £399  
 B £400 HYD AT £499  
 R £500 HYD AT £599  
 G £600 HYD AT £699  
 K £700 HYD AT £799  
 Q £800 HYD AT £899  
 E £900 HYD AT £999  
 T £1,000 HYD AT £1,038  
 V £1,039 HYD AT £1,076  
 A £1,077 HYD AT £1,115  
 N £1,116 HYD AT £1,153  
 W £1,154 HYD AT £1,249  
 X £1,250 HYD AT £1,346  
 H £1,347 HYD AT £1,442  
 P £1,443 HYD AT £1,538  
 S £1,539 HYD AT £1,634  
 C £1,635 HYD AT £1,730  
 J £1,731 HYD AT £1,826  
 L £1,827 HYD AT £1,923  
 F £1,924 neu fwy

**BOB MIS**

HYD AT £216  
 £217 HYD AT £432  
 £433 HYD AT £866  
 £867 HYD AT £1,299  
 £1,300 HYD AT £1,732  
 £1,733 HYD AT £2,166  
 £2,167 HYD AT £2,599  
 £2,600 HYD AT £3,032  
 £3,033 HYD AT £3,466  
 £3,467 HYD AT £3,899  
 £3,900 HYD AT £4,332  
 £4,333 HYD AT £4,499  
 £4,500 HYD AT £4,667  
 £4,668 HYD AT £4,833  
 £4,834 HYD AT £4,999  
 £5,000 HYD AT £5,416  
 £5,417 HYD AT £5,833  
 £5,834 HYD AT £6,249  
 £6,250 HYD AT £6,666  
 £6,667 HYD AT £7,083  
 £7,084 HYD AT £7,499  
 £7,500 HYD AT £7,916  
 £7,917 HYD AT £8,333  
 £8,334 neu fwy

**BOB BLWYDDYN**

HYD AT £2,599  
 £2,600 HYD AT £5,199  
 £5,200 HYD AT £10,399  
 £10,400 HYD AT £15,599  
 £15,600 HYD AT £20,799  
 £20,800 HYD AT £25,999  
 £26,000 HYD AT £31,199  
 £31,200 HYD AT £36,399  
 £36,400 HYD AT £41,599  
 £41,600 HYD AT £46,799  
 £46,800 HYD AT £51,999  
 £52,000 HYD AT £53,999  
 £54,000 HYD AT £55,999  
 £56,000 HYD AT £57,999  
 £58,000 HYD AT £59,999  
 £60,000 HYD AT £64,999  
 £65,000 HYD AT £69,999  
 £70,000 HYD AT £74,999  
 £75,000 HYD AT £79,999  
 £80,000 HYD AT £84,999  
 £85,000 HYD AT £89,999  
 £90,000 HYD AT £94,999  
 £95,000 HYD AT £99,999  
 £100,000 neu fwy

**ASK ALL**

**Q7\_22**

**SHOW CARD I6**

Gan ddechrau ar frig y cerdyn, darllenwch y rhestr hon o gymwysterau a rhowch rif y cymhwyster cyntaf yr ydych chi'n ei gyrraedd yr ydych chi wedi'i basio i mi.

1 Cymhwyster ôl-radd neu radd uwch

2 Gradd (israddedig) (gan gynnwys B.Ed.), Tystysgrif neu ddiploma ôl-radd (gan gynnwys TAR), Cymhwyster proffesiynol ar lefel gradd (e.e. syrfëwr/cyfrifydd siartredig), NVQ / SVQ Lefel 4 neu 5

3 Diploma addysg uwch neu gymhwyster AU arall, HNC / HND / BTEC Uwch, Cymhwyster addysgu ar gyfer ysgolion neu addysg bellach (o dan lefel gradd), Cymhwyster nyrsio neu gymhwyster meddygol arall (o dan lefel gradd), Diploma RSA Uwch

4 Lefel A/AS / SCE Uwch / Tystysgrif Addysg Astudiaethau 6ed Blwyddyn yr Alban, NVQ / SVQ / GSVQ lefel 3 / GNVQ Uwch, ONC / OND / BTEC Cenedlaethol, Cymhwyster Crefft Uwch City and Guilds / Lefel derfynol / Rhan III / RSA, Diploma Uwch

5 Prentisiaeth masnach

6 Lefel O / TGAU graddau A-C / SCE Safonol / Graddau cyffredin 1-3, TAU gradd 1, NVQ / SVQ / GSVQ lefel 2 / GNVQ canolradd, Diploma Gyntaf / Gyffredinol BTEC / SCOTVEC, Cymhwyster Crefft City and Guilds / Lefel Gyffredin / Rhan II / Diploma RSA

7 Lefel O / TGAU graddau D-G / SCE Safonol / Cyffredin is na gradd 3, TAU graddau 2-5, NVQ / SVQ / GSVQ lefel 1 / GNVQ sylfaenol, Diploma Gyntaf / Gyffredinol BTEC / SCOTVEC, Cymhwyster Crefft City and Guilds Rhan 1 / RSA Lefel I-III, Tystysgrif Iau / Modiwlau SCOTVEC

8 Cymwysterau eraill (gan gynnwys rhai tramor) (SPECIFY)

9 Dim o'r rhain



**ASK IF WALES SAMPLE**

**Q7\_23Wal**

**SHOW CARD I8**

Beth yw eich grŵp ethnig?

Dewiswch un opsiwn sy'n disgrifio orau eich grŵp neu'ch cefndir ethnig

**Gwyn**

1. Cymreig / Seisnig / Albanaidd / Gwyddelig Gogledd Iwerddon / Prydeinig
2. Gwyddelig
3. Sipsi neu Deithiwr Gwyddelig
4. Unrhyw gefndir gwyn arall – rhowch ddisgrifiad

**Grwpiau Aml-ethnig/Cymysg**

5. Gwyn a Du Caribïaidd
6. Gwyn a Du Affricanaidd
7. Gwyn ac Asiaidd
8. Unrhyw gefndir cymysg/amly-ethnig arall – rhowch ddisgrifiad

**Asiaidd/Asiaidd Prydeinig**

9. Indiaidd
10. Pacistanaidd
11. Bangladeshaidd
12. Tsieineaidd
13. Unrhyw gefndir Asiaidd arall – rhowch ddisgrifiad

**Du / Affricanaidd / Caribiaidd / Du Prydeinig**

14. Affricanaidd
15. Caribiaidd
16. Unrhyw gefndir Du/Affricanaidd/Caribiaidd arall – rhowch ddisgrifiad

**Grŵp ethnig arall**

17. Arabaidd
18. Unrhyw grŵp ethnig arall – rhowch ddisgrifiad

## ASK IF WALES SAMPLE

Q7\_24b

### SHOW CARD I11

Beth yw eich crefydd, hyd yn oed os nad ydych chi'n arfer y grefydd honno ar hyn o bryd?

1. Dim crefydd
2. Cristion (unrhyw enwad)
3. Bwdhydd
4. Hindŵ
5. Iddew
6. Mwslim
7. Sikh
8. Unrhyw grefydd arall – rhowch ddisgrifiad OPEN BOX
9. Byddai'n well gen i beidio â dweud

Q7\_25

Ydych chi, neu unrhyw aelodau o'ch aelwyd, yn berchen ar unrhyw gerbyd modur neu'n defnyddio unrhyw gerbyd modur yn gyson ar hyn o bryd?

GAN GYNNWYS CEIR CWMNI (OS YDYNT AR GAEL AT DDEFNYDD PREIFAT)

1. Ydw
2. Nac ydw

8.25b

Mae'r cwestiwn a ganlyn yn trafod mynediad eich aelwyd chi at y rhyngrwyd.

Yr hyn sydd gen i mewn golwg yw a fyddai unrhyw aelod o'ch aelwyd chi'n gallu defnyddio'r rhyngrwyd yn y cartref, pe bai am wneud hynny, hyd yn oed er mwyn anfon e-bost yn unig?

Ydy'ch aelwyd chi'n gallu defnyddio'r rhyngrwyd yn y cartref?

NODYN I'R CYFWELYDD:

GALLWCH DDEWIS 'YMATEBYDD YN METHU AG ATEB Y CWESTIWN' DIM OND OS YW'N AMLWG NAD YW'R YMATEBYDD YN GWYBOD BETH YW'R RHYNGRWDYD – RHOWCH GOD 3.

OS YW'R YMATEBYDD YN GWYBOD BETH YW'R RHYNGRWDYD, OND NAD YW'N GWYBOD A OES MODD I'R AELWYD EI DDEFNYDDIO, RHOWCH GOD 4.

1. Ydy
2. Nac ydy
3. Nac ydy – yr ymatebydd yn methu ag ateb y cwestiwn
4. Ddim yn gwybod a yw'r aelwyd yn gallu defnyddio'r rhyngrwyd

## ASK ALL

Q8\_26b

Ac ar hyn o bryd, ydych chi'n defnyddio'r rhyngrwyd at ddefnydd gwaith a/neu bersonol?

1. Gwaith
2. Defnydd personol
3. Y ddau
4. Y naill na'r llall

**IF CODE 2 OR 3 AT Q8\_26B**

**Q8\_27**

Ym mha rai o'r ffyrdd a ganlyn fyddwch chi'n defnyddio'r rhyngwrwyd at ddefnydd personol?

READ OUT, CODE ALL THAT APPLY

1. Drwy gyfrifiadur
2. Drwy liniadur neu welyfr
3. Drwy lechen (e.e. iPad)
4. Drwy ffôn symudol
5. Drwy beiriant chwarae gemau
6. Drwy deledu â chysylltiad â'r we/set-top box
7. Drwy ddyfais electronig arall â chysylltiad â'r we (e.e. iPod touch, peiriant darllen eLyfrau, cyfrifiadur cleidr llaw)

**Q7\_30**

Dyma ddiwedd y prif holiadur. Yr Asiantaeth Safonau Bwyd, un o adrannau'r llywodraeth ganolog, sy'n ariannu'r astudiaeth hon. A fyddech chi'n fodlon i'r Asiantaeth, neu i sefydliad sy'n gweithredu ar ei rhan, gysylltu â chi eto i ofyn rhagor o gwestiynau am yr arolwg hwn, neu i ofyn i chi gymryd rhan mewn gwaith ymchwil yn y maes hwn yn y dyfodol? Fyddai dim rheidrwydd arnoch chi i gymryd rhan.

Byddwn  
Na fyddwn

**IF "YES" AT Q7\_30**

**Q7\_31**

Er mwyn cynnal y gwaith ymchwil hwn yn y dyfodol, mae'n bosibl y bydd eich manylion cyswllt yn cael eu cysylltu â'r atebion rydych chi wedi'u rhoi yn yr arolwg hwn. A fyddech chi'n fodlon i ni roi'r wybodaeth hon i'r Asiantaeth Safonau Bwyd neu i sefydliad sy'n gweithredu ar ei rhan?

**OS OES ANGEN, Y CYFWELYDD I YCHWANEGU:** Dim ond i'r Asiantaeth neu i gwmni ymchwil arall sy'n gwneud gwaith ymchwil dilys ar ran yr Asiantaeth y bydden ni'n rhoi eich manylion cyswllt a'r wybodaeth rydych chi wedi'i rhoi i ni yn y cyfweiliad hwn. Fydden ni fyth yn rhannu'r data rydych chi wedi'i roi yn y cyfweiliad hwn ag unrhyw un arall nac yn ei ddefnyddio at ddibenion masnachol.

Byddwn  
Na fyddwn

**ANSAWDD**

Cofnodwch y manylion a ganlyn:

Enw  
Cyfeiriad  
Rhif ffôn  
Rhif ffôn symudol  
E-bost

