

# Food behaviours in the UK student population: Appendix

## Co-creation session discussion guide summary

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

## Online survey

### [Introduction module]

[SHOW ALL]

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

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

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

The survey should take less than 20 minutes to complete.

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

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

[ASK ALL]

**AGECHECK** What is your age?

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

IF CONSENT = 1 CONTINUE

[ASK ALL]

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

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

IF STUDENTCHECK = 1,2,3 CONTINUE

[ASK ALL]

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

1. Yes CONTINUE
2. No CLOSE

IF KITCHEN = 1 CONTINUE

**[PHOTOS MODULE]**

[ASK ALL]

PHOTOINTRO

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

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

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

[ASK ALL]

**PHOTOFRIDGE**

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

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

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

How to take a good photo of your fridge:

A good photo...

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

Not so good...

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

[ASK ALL]  
**PHOTOSINK**

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

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

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

How to take a good photo of your sink:

A good photo...

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

Not so good...

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

**[Demographics module]**

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

[ASK ALL]

**GENDER** Which of the following describes how you think of yourself?  
Please select one answer only

SINGLE-CODE

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

[ASK ALL]

**ETHGRP** Which one of the following best describes your ethnic group or background?  
Please select one answer only

WHITE [drop down options below]

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

MIXED [drop down options below]

5. White and Black Caribbean
6. White and Black African
7. White and Asian
8. Any other mixed/multiple ethnic background (please specify)

ASIAN OR ASIAN BRITISH [drop down options below]

9. Indian
10. Pakistani
11. Bangladeshi 12. Chinese
13. Any other Asian/Asian British background (please specify)

BLACK OR BLACK BRITISH [drop down options below]

14. Caribbean
15. African
16. Any other Black/Black British background (please specify)

OTHER ETHNIC GROUP [drop down options below]

17. Arab
18. Any other ethnic group (please specify) [offer open text box for this]
19. PREFER NOT TO SAY

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

Please select one answer only

Annual Income

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

[ASK ALL]

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

[ASK ALL]

**UNIYEAR** Which year of undergraduate study are you currently in?

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

[ASK ALL]

**WHICHSUBJECT** Which subject area do you study?

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

Please select one answer

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

[ASK ALL]

**MODE** What is your mode of study?

1. Full-time
2. Part-time

[ASK ALL]

**UKSTUDENT** Are you a national or international student?

1. UK national student
2. International student

[ASK ALL]

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

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

[ASK ALL]

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

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

[ASK ALL]

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

Please select one answer only

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

[ASK ALL]

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

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

Please select one answer only

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

[ASK IF HAS NEGATIVE REACTION - FOODREAC = 1]

**REACsourc** Do you experience a bad or unpleasant physical reaction to any of the following foods?

Please select all answers that apply

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

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

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

REACSOUC\_1 Peanuts

REACSOUC\_2 Other nuts for example, almonds, hazelnuts, walnuts, cashew nuts, pecans

REACSOUC\_3 Cow's milk and products made with cow's milk for example, butter, cheese, cream, yoghurt

REACSOUC\_4 Cereals containing gluten for example, wheat, rye, barley, oats

REACSOUC\_5 Eggs

REACSOUC\_6 Fish

REACSOUC\_7 Crustaceans for example, crabs, lobster, prawns, scampi

REACSOUC\_8 Molluscs for example, mussels, snails, squid, whelks, clams, oysters

REACSOUC\_9 Soya

REACSOUC\_10 Celery/celeriac

REACSOUC\_11 Mustard

REACSOUC\_12 Lupin

REACSOUC\_13 Sesame

REACSOUC\_14 Sulphur dioxide/sulphites

REACSOUC\_15 Other cereals for example, buckwheat, rice, corn

REACSOUC\_16 Fruit

REACSOUC\_17 Vegetables

REACSOUC\_18 Other

Please select one answer only

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

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

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

REACSOURCE)?

REACCOND\_1 Peanuts

REACCOND\_2 Other nuts for example, almonds, hazelnuts, walnuts, cashew nuts, pecans

REACCOND\_3 Cow's milk and products made with cow's milk for example, butter, cheese, cream, yoghurt

REACCOND\_4 Cereals containing gluten for example, wheat, rye, barley, oats

REACCOND\_5 Eggs

REACCOND\_6 Fish

REACCOND\_7 Crustaceans for example, crabs, lobster, prawns, scampi

REACCOND\_8 Molluscs for example, mussels, snails, squid, whelks, clams, oysters

REACCOND\_9 Soya

REACCOND\_10 Celery/celeriac

REACCOND\_11 Mustard

REACCOND\_12 Lupin

REACCOND\_13 Sesame

REACCOND\_14 Sulphur dioxide/sulphites

REACCOND\_15 Other cereals for example, buckwheat, rice, corn

REACCOND\_16 Fruit

REACCOND\_17 Vegetables

REACCOND\_18 Other

Please select all answers that apply

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

[SHARED KITCHEN MODULE]

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

[ASK ALL]

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

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

[ASK ALL]

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

Please select all that apply

MULTICODE. RANDOMISE OPTIONS

KITCHEQUP\_a Fridge

KITCHEQUP\_b Freezer

KITCHEQUP\_c Oven

KITCHEQUP\_d Microwave

KITCHEQUP\_e Kettle



KITCHEQUP\_f Toaster  
KITCHEQUP\_g Hobs  
KITCHEQUP\_h Dishwasher  
KITCHEQUP\_i None of the above [exclusive]

**FRIDGEAREA** [ASK KITCHEQUP\_a =1]

Do you have an allocated area in the fridge?

1. Yes
2. No

**FRIDGEALLOCATED** [ASK KITCHEQUP\_a =1]

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

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

**KITSPACECHILL**

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

KITSPACECHILL\_a fridge [ASK KITCHEQUP\_a =1]

KITSPACECHILL\_b freezer [ASK KITCHEQUP\_b =1]

KITSPACECHILL\_c cupboards [ASK ALL]

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

[ASK ALL]

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

KITSPACECOOK\_a Food preparation

KITSPACECOOK\_b Food storage

KITSPACECOOK\_c Eating food

KITSPACECOOK\_d cooling or defrosting food

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

**KITLIMITCOOK** [ASK ALL]

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

Please select all that apply

KITLIMITCOOK \_a food preparation area

KITLIMITCOOK \_b fridge space

KITLIMITCOOK \_c freezer space

KITLIMITCOOK \_d cupboard space

KITLIMITCOOK \_d eating area

KITLIMITCOOK \_e cooking area

KITLIMITCOOK \_f equipment such as pans and sharp knives

KITLIMITCOOK \_g None of the above [exclusive]

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

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

### **EQUILOCATIONS** [ASK ALL]

[randomise order except EQUILOCATIONS \_m]

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

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

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

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

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

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

EQUILOCATIONS \_f Store clean cutlery, crockery, pots or pans

EQUILOCATIONS \_g Store dirty cutlery, crockery or pans

EQUILOCATIONS \_h Cook food

EQUILOCATIONS \_i Eat food

EQUILOCATIONS \_j Prepare food

EQUILOCATIONS \_k Defrost or cool food

EQUILOCATIONS \_l Wash dirty cutlery, crockery or pans

EQUILOCATIONS \_m None of the above (exclusive)

[ASK KITCHEQUP \_a =1]

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

FRIDGECONTENT \_a Food past the use-by date

FRIDGECONTENT \_b Uncovered raw or cooked meat

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

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

[ASK ALL]

**WHOCLEAN** Who is responsible for cleaning the kitchen area?

(Please select all that apply)

WHOCLEAN \_a Cleaner

WHOCLEAN \_b Residents

WHOCLEAN \_c Both cleaner and residents

WHOCLEAN \_d Other, please specify (OPEN TEXT)

**GRID** (RANDOMISE)

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

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

WHOCLEAN\_a Cleaner

WHOCLEAN\_b Residents

WHOCLEAN\_c Both cleaner and residents

WHOCLEAN\_d Other

[ASK ALL]

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

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

[ASK ALL]

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

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

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

What do you usually use to wash dishes?

Please select all that apply

WHATWASH\_a Dish sponge or cloth

WHATWASH\_b Dish brush

WHATWASH\_c Stainless steel scourer

WHATWASH\_d Washing-up liquid

WHATWASH\_e Hot water

WHATWASH\_f Handwash or hand soap

WHATWASH\_g Hands only (no sponge or cloth)

WHATWASH\_h Dishwasher

WHATWASH\_i Other, please specify [OPEN TEXT] (exclusive)

WHATWASH\_j I do not wash dishes (exclusive)

[If WHATWASH\_a = 1 ]

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

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

[ASK ALL]

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

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

[ASK ALL]

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

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

[ASK ALL]

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

SINK\_a Sink filled with dirty dishes, pots or pans

SINK\_b Old food left in sink or sink trap

SINK\_c Sink is dirty, grimy, or greasy

1. Every day
2. Most days
3. 2-3 times a week
4. About once a week
5. 2-3 times a month
6. About once a month

7. Less than once a month
8. Never
9. Can't remember

## [Food Safety Module]

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

[ASK ALL]

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

Please select one answer only

1. Yes
2. No

[ASK ALL]

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

1. Yes
2. No

[IF COOKSCRATCH=1]

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

Please select one answer only

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

[IF DOES ANY COOKING – EVCOOK = 1]

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

Please select one answer only

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

[IF DOES ANY COOKING – EVCOOK = 1]

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

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

Please select all that apply.

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

[ASK IF FOODREH 1-10]

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

SINGLE CODE

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

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

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

EATPINK1\_a Eat chicken or turkey when the meat is pink or has pink or red juices

EATPINK1\_b Eat red meat when it is pink or has pink or red juices

EATPINK1\_c Eat duck when it is pink or has pink or red juices

Please select one answer only for each statement

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

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

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

EATPINK2\_a Eat beef burgers when the meat is pink or has pink or red juices

EATPINK2\_b Eat sausages when the meat is pink or has pink or red juices

EATPINK2\_c Eat whole cuts of pork or pork chops when the meat is pink or has pink or red juices

Please select one answer only for each statement

1. Always

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

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

HOWDEF Typically, how do you defrost frozen meat or fish?  
SINGLE CODE. RANDOMISE ANSWER. EXCLUDE 5, 6 and 7 from RANDOMISATION  
Please choose the method you use most often.

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

[ASK ALL]

**LEFTOVER1** Generally, what do you do with any leftovers following a meal?  
SINGLE CODE. RANDOMISE ANSWER  
Please select one answer only

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

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

**LEFTOVER2** Typically, how soon after cooking do you put any leftovers in the fridge or freezer?  
Please select one answer only

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

[ASK ALL]

**LEFTOVER3** When is the latest you would consume any leftovers stored in the fridge?  
Please select one answer only

1. The same day
2. Within 1-2 days
3. Within 3-5 days
4. More than 5 days later
5. It varies too much
6. Don't know

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

**HOWCHOP** Typically, how do you use chopping boards when preparing a meal with raw meat?

Please select one answer only

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

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

**WHENCHOP** When you use the same chopping board to prepare raw meat and other foods, in which order do you prepare food?

Please select one answer only

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

[ASK IF PREPARES / COOKS –EVCOOK=1,]

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

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

...wash raw chicken?

WASHTUR ...wash raw turkey?

WASHDUC ...wash raw duck or goose?

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

WASHFISH ...wash raw fish and seafood?

Please select one answer only

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

[ASK ALL]

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

Please select all that apply

MULTICODE

1. Use by date
2. Best before date
3. Sell by date
4. Display until date



5. It depends [EXCLUSIVE]
6. None of these [EXCLUSIVE]
7. Don't know [EXCLUSIVE]

[ASK IF PREPARES / COOKS –EVCOOK=1]

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

Please select one answer only

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

[ASK ALL]

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

RANDOMISE ROWS.

Please select one answer for each food.

FREQUSE\_a

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

FREQUSE\_b Smoked fish [ASK IF VEG=2,4,5 or 6]

FREQUSE\_c Bagged salads [ASK ALL]

FREQUSE\_d Cheese [ASK IF VEG=1,2,4,5 or 6]

FREQUSE\_e Milk [ASK IF VEG=1,2,4,5 or 6]

FREQUSE\_f Tofu or meat substitutes for example, Quorn, Beyond Burger [ASK ALL]

FREQUSE\_g Plant-based milk alternative for example, soy milk, oat milk, almond milk [ASK ALL]

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

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

[ASK ALL]

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

RANSOMISE CODES 1-4.

Please select one answer only

1. I eat it by the use by date
2. I freeze it by the use by date
3. I throw it away (after the use by date)
4. I keep it and eat it after the use by date
5. It varies too much to say
6. I don't check use by dates

[ASK ALL]

**STOROPEN**

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

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

Please select one answer for each food

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

**RANDOMISE ROWS**

STOROPEN\_a Cooked meats [ASK IF VEG=4,5 or 6]

STOROPEN\_b Smoked fish [ASK IF VEG=2,4,5 or 6]

STOROPEN\_c Bagged salads [ASK ALL]

STOROPEN\_d Cheese [ASK IF VEG=1,2,4,5 or 6]

STOROPEN\_e Milk [ASK IF VEG=1,2,4,5 or 6]

STOROPEN\_f Tofu or meat substitutes for example, Quorn, Beyond Burger [ASK ALL]

STOROPEN\_g Plant-based milk alternative for example, soy milk, oat milk, almond milk [ASK ALL]

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

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

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

**RANDOMISE CODES 1-5**

Please select all that apply

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

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

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

Please select all that apply

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

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

**FROCHICEAT**

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

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

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

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

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

#### **FROCHICSTORE**

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

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

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

#### **FROCHICDEFROST**

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

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

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

#### **FROCHICCOOK**

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

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

[SEE ROUTING INSTRUCTIONS BELOW]

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

RANDOMISE ANSWERS APART FROM EXCLUSIVE CODES

**COOKSAFE1\_a)** ...Raw meat like beef, lamb, pork or poultry [ASK IF VEG=4,5 or 6]

Please select all that apply.

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

**COOKSAFE1\_b)** ... Milk and yoghurt [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

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

**COOKSAFE1\_c)** ...Cheese [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

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

**COOKSAFE2\_a)** ...Eggs [ASK IF VEG=1,2,4,5 or 6]

Please select all that apply.

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

**COOKSAFE2\_b)**...Fish, excluding shellfish [ASK IF VEG=2, 4,5 or 6]

Please select all that apply.

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

**COOKSAFE2\_c)**.....Dried or cured meats (for example, chorizo) [ASK IF VEG=4,5 or 6]  
Please select all that apply.

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

[ASK ALL]

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

Please select one answer only

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

[ASK HH CHECKS FRIDGE. FRIDGECH1=1]

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

Please select one answer only

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

[ASK HH CHECKS FRIDGE. FRIDGECH1=1]

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

RANDOMISE APART FROM EXCLUSIVE CODES

Please select one answer only

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

[ASK ALL]

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

Please select one answer only

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

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

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

HANDWASH\_a ...Wash your hands before starting to prepare or cook food

HANDWASH\_b ...Wash your hands immediately after handling raw meat, poultry or fish

HANDWASH\_c ...Wash your hands before eating

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

Please select one answer only for each statement

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

[ASK ALL]

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

Please select one answer only

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

[ASK ALL]

[INFORMATION BUTTON] Symptoms of food poisoning include:

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

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

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

Please select one answer only

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

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

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

Please select one answer only

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

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

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

Please select one answer only

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

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

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

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

Please select all that apply

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

[ASK ALL]

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

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

Please select all answers that apply

1. Family and friends
2. TV or radio programmes for example, cooking shows
3. Food Standards Agency/Food Standards Scotland website
4. Recipes – in books, magazines or online

5. Internet search engine
6. Social media
7. Product packaging
8. From a food hygiene / safety course or training previously attended
9. The Tab
10. Other, please specify [OPEN TEXT]
11. I don't need information on food safety [EXCLUSIVE]
12. I don't cook or prepare food [EXCLUSIVE]
13. Don't know [EXCLUSIVE]

[ASK IF ATTEND ASTON UNIVERITY]

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

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

### [Food Shopping Module]

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

[ASK ALL]

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

Please select one answer only

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

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

1. Yes
2. No

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

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

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

**SHOPTYP1\_a** ... shop for food in store at a supermarket (including mini supermarkets like Metro/Local)?

**SHOPTYP1\_b** ... shop for food at independent greengrocers, butchers, bakers or fishmongers?

**SHOPTYP1\_c** ... shop at local / corner shops, newsagents or garage forecourts?

**SHOPTYP1\_d** ... shop for food using an online marketplace for example, Amazon, Etsy, Gumtree, Facebook Marketplace?

**SHOPTYP1\_e** ...get food though a food sharing app for example, Olio



Please select one answer only for each statement

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

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

SHOPTYP2 How often, if at all, do you ... SHOPTYP2\_a

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

SHOPTYP2\_b ... shop at a local market, farmers market or farm shop [INFO BUTTON: this includes farm deliveries for example, vegetable boxes?]

SHOPTYP2\_c ... get a recipe box delivered (for example, Hello Fresh, Gousto)? [INFO BUTTON: This includes recipe boxes ordered online that are delivered to you]

SHOPTYP2\_d ...get food from supermarket or shop waste area or bins for example, freegan

Please select one answer only for each statement

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

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

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

FOODCHK1\_a ...use by dates? [INFO BUTTON: a use by date on food is about safety. Foods can be eaten until the use by date but not after. You will see use by dates on food that goes off quickly, such as meat products or ready-to-eat salads]

FOODCHK1\_b ...best before dates? [INFO BUTTON: The best before date, sometimes shown as best before end (BBE), is about quality and not safety. The food will be safe to eat after this date but may not be at its best. Best before dates appear on a wide range of foods including frozen, dried and tinned foods]

FOODCHK1\_c ...list of ingredients?

FOODCHK1\_d ...allergen information?

FOODCHK2\_a ...nutritional information (for example, calories, fat, sugar, salt)?

Please check one answer only for each statement

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

4. Occasionally
5. Never
6. Don't know

### **[Eat out and takeaway]**

[ASK ALL]

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

Please select all that apply

MULTI CODE. RANDOMISE APART FROM 13

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

None of these [EXCLUSIVE]

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

[STUDENTCHECK 1,3] FHR1 Have you heard of the Food Hygiene Rating Scheme?

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

[ASK IF HAVE AWARENESS OF FHR FHR1= 1-4]

**FHR6** In the last 12 months, have you checked the hygiene rating of a food business? You may have checked a rating at the business premises, online, in leaflets or menus; whether or not you decided to purchase food from there.

1. Yes, I have checked the Food Hygiene Rating of a food business
2. No, I have not checked the Food Hygiene Rating of a food business

3. Don't know

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

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

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

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

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

[HEALTHY EATING MODULE]

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

[ASK ALL]

**HEALTHY**  
SINGLE CODE

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

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

[ASK ALL]

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

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

**PORTION\_VEG** Vegetables did you eat yesterday?

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

[OPEN BOX]

98. Don't know

**PORTION\_FRUIT** Fruit did you eat yesterday?

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

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

[OPEN BOX]

98. Don't know

[ASK ALL]

**FJUICE**

Did you drink fruit juice or smoothie yesterday?

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

Please select one answer

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

[ASK ALL] [DEFRA BARRIERS]

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

Please select all that apply

PROGRAMMING INSTRUCTIONS: RANDOMISE.

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

[ASK ALL]

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

Please select all that apply

RANDOMISE.

1. I eat enough vegetables already [EXCLUSIVE]
2. I am allergic to certain types of vegetables / some vegetables [EXCLUSIVE]
3. I prefer other types of food
4. Other people in my term-time residence prefer other types of food
5. I don't like vegetables / some types of vegetables

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

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

### **CONSUME**

How often do you...

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

CONSUMESWEETS ...eat sweets and chocolate?

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

CONSUMECHIPS...eat chips and other fried foods?

CONSUMEFV ...eat fruit and vegetables?

Please select one answer only for each statement

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

### **[Food Security nodule]**

[NEW SCREEN]

The following questions ask about your personal situation.

[ASK ALL]

[FOR THE FOLLOWING PLEASE USE CAROUSEL GRID FORMAT]

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

FOODSEC\_1 I worried whether my food would run out before I got money to buy more.

FOODSEC\_2 The food that I bought just didn't last, and I didn't have money to get more.

FOODSEC\_3 I couldn't afford to eat balanced meals.

Please select one answer only for each statement

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

[ASK IF FOODSEC\_1=1 or 2 FOODSEC\_2=1 or 2 FOODSEC\_3=1 or 2]

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

Please select one answer only

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

[IF SKIPMEAL = 1]

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

Please select one answer only

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

[ASK IF FOODSEC\_1=1 or 2 FOODSEC\_2=1 or 2 FOODSEC\_3=1 or 2]

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

Please select one answer only

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

[ASK IF FOODSEC\_1=1 or 2 FOODSEC\_2=1 or 2 FOODSEC\_3=1 or 2]

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

Please select one answer only

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

[ASK IF FOODSEC\_1=1 or 2 FOODSEC\_2=1 or 2 FOODSEC\_3=1 or 2]

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

Please select one answer only

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

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

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

SINGLE CODE

Please select one answer only

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

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

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

Please select one answer only

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

[ASK ALL]

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

MULTICODE. RANDOMISE ANSWERS APART FROM CODES 14 AND 15

Please select all that apply.

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

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

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

RANDOMISE ANSWERS APART FROM 6 AND 7

Please select all that apply

1. Financial reasons
2. Health reasons
3. Food safety reasons (for example, to avoid food poisoning)
4. Due to the bad or unpleasant physical reaction that certain foods cause (for example, allergy, intolerance or other food hypersensitivity)
5. Because of lockdown/COVID-19
6. Going to/returning to university
7. Other (please specify)

8. Prefer not to say

[ASK ALL]

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

Please select one answer only

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

[ASK IF CHANGE=13 or FOODBANK=1]

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

Please select one answer only

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

[ASK ALL][

### [Recontact]

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

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

Please select one answer only

1. Yes
2. No

[ASK IF RC1 = 1]

**RC3** What is your name (forename and surname)? Please write your names in the box below [Provide suitable standard space and format for this to be entered] [If they try to move on without entering details or with just one letter in a field: Error message: If you are willing to be re-contacted about this study or follow up research we need your full name in order to contact you]

[ASK IF RC1=1]

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



[IF RC1 = 1]

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