

How old are you?

(Please tick one)

- Under 15
- 15-17
- 18-25
- 26-30
- 31-40
- 41-50
- 51-60
- 60+

How many days do you eat take away per week?

(Please tick one)

- Never
- 1 or 2 times
- 1 or 2 times
- Option 3
- 3 or 4 times
- 5 or 6 times
- 7

On average, how long do you spend preparing and cooking food per meal (dinner)?

(Please tick one)

- Less than 30 minutes
- Between 30 minutes and 1 hour
- Between 1 hour and 1 1/2 hours
- Between 1 1/2 hours and 2 hours
- Over 2 hours

Do you feel it takes too long to prepare food for a balanced meal?

(Please tick one)

- Yes
- No

Do you feel that you get your 5 a day?

(Please tick one)

- Yes
- No

If you had all the ingredients would you be more adventurous in your cooking?

(Please tick one)

- Yes
- No

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How often do you do a food shop?

(Please tick one)

- Everyday
- 4-5 times a week
- Option 3
- 2-3 times a week
- 2-3 times a week
- Once a week
- Less than once a week

When you buy ingredients do you find you are wasting things that aren't used?

(Please tick one)

- Yes
- No

Do you feel you could improve your cooking skills?

(Please tick one)

- Yes
- No

How much do you spend a week on food shops?

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