

To respond: ☒ or ■

**How old are you?**

*(Please check 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 check 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 check 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 check one)*

- Yes
- No

**Do you feel that you get your 5 a day?**

*(Please check one)*

- Yes
- No

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

*(Please check one)*

- Yes
- No



**How often do you do a food shop?**

*(Please check 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 check one)*

- Yes
- No

**Do you feel you could improve your cooking skills?**

*(Please check one)*

- Yes
- No

**How much do you spend a week on food shops?**

