

## **APPROVE Phase 2 – post-study questionnaire**

### **About you**

In this section, we want to learn a little bit about you.

#### **1.1 What is your date of birth (DD/MMYY)?**

|  |  |  |  |  |  |
|--|--|--|--|--|--|
|  |  |  |  |  |  |
|--|--|--|--|--|--|

#### **1.2 To which of the following ethnic groups do you feel you belong?**

|                                       |                          |                                             |                          |
|---------------------------------------|--------------------------|---------------------------------------------|--------------------------|
| White British                         | <input type="checkbox"/> | Bangladeshi                                 | <input type="checkbox"/> |
| White other ( <i>please specify</i> ) | <input type="checkbox"/> | Pakistani                                   | <input type="checkbox"/> |
| _____                                 |                          | Chinese                                     | <input type="checkbox"/> |
| Black Caribbean                       | <input type="checkbox"/> | Other Asian group ( <i>please specify</i> ) | <input type="checkbox"/> |
| Black African                         | <input type="checkbox"/> | _____                                       |                          |
| Black other ( <i>please specify</i> ) | <input type="checkbox"/> | Mixed                                       | <input type="checkbox"/> |
| _____                                 |                          | Indian                                      | <input type="checkbox"/> |
| Arabic                                | <input type="checkbox"/> | Other, ( <i>please specify</i> )            | <input type="checkbox"/> |
|                                       |                          | _____                                       |                          |

#### **1.3 Have you passed any exams or formal qualifications?**

*[only place number which corresponds to highest qualification in the box]*

- ☐
1. None
  2. GCSE grade D or lower/ NVQ1/ Foundation GNVQ/Scottish standard grade foundation/ School cert
  3. GCSE grade A,B,C/ RSA secretarial/ NVQ2/Intermediate GNVQ/Scottish standard grade general or credit/ Matric
  4. A levels/ AS Level/ City & Guilds/ EN(G)/ ONC/ NNEB/ BTech (day release)/ NVQ3/ Advanced GNVQ/ OND / HNC
  5. HND/ RGN/ NVQ4
  6. Degree/ NVQ5
  7. PGCE/Postgraduate degree (e.g. Masters, PhD etc.)
  8. Other (specify)\_\_\_\_\_

**1.4 Which of the following best describes your present work situation?**

- |                                     |                          |
|-------------------------------------|--------------------------|
| Employed                            | <input type="checkbox"/> |
| Self-employed                       | <input type="checkbox"/> |
| Self-employed off sick              | <input type="checkbox"/> |
| Employed off sick (paid)            | <input type="checkbox"/> |
| Employed off sick (unpaid)          | <input type="checkbox"/> |
| Maternity leave                     | <input type="checkbox"/> |
| Unemployed                          | <input type="checkbox"/> |
| Other unpaid (please specify below) | <input type="checkbox"/> |
- 

**1.5 How many people live in your household?**

1.5.1 Number of adults

1.5.2 Number of children (please include any children that may only live with you part-time e.g. your partner's children at weekends)

1.5.3 What are the dates of birth for each child in your household (DD/MM/YY)?

- |    |                      |                      |                      |                      |                      |                      |
|----|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 1. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 2. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 3. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 4. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |
| 5. | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

**1.6 Do you or your partner receive Universal Credit?**

- |        |                          |
|--------|--------------------------|
| 0. No  | <input type="checkbox"/> |
| 1. Yes | <input type="checkbox"/> |

**1.7 What is your home postcode?** \_\_\_\_\_

## Your eating habits

In this section we would like to know about some of the foods you eat and how often you eat them.

*[If more than once a day option is selected, ask the total number of times per day consumed and write in the box provided.]*

| 2.1 OVER THE PAST MONTH HOW OFTEN HAVE YOU EATEN THESE FOODS? |                                                                                                              |        |              |                      |                    |                    |            |                                                         |
|---------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------|--------------|----------------------|--------------------|--------------------|------------|---------------------------------------------------------|
|                                                               | Over the past month                                                                                          | Never  | Once a Month | Once every two weeks | 1-2 Times per Week | 3-6 Times per Week | Once a day | More than once a day                                    |
| 2.1.1                                                         | Peppers and watercress                                                                                       |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.2                                                         | Tomatoes                                                                                                     |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.3                                                         | Vegetable dishes                                                                                             |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.4                                                         | Courgettes, marrows and leeks                                                                                |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.5                                                         | Green salad                                                                                                  |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.6                                                         | Brown and wholemeal bread                                                                                    |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.2.7                                                         | Average number of slices per serving                                                                         | Slices |              |                      |                    |                    |            |                                                         |
| 2.1.8                                                         | Onions                                                                                                       |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.9                                                         | Vegetarian foods                                                                                             |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.10                                                        | Pasta and dumplings                                                                                          |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.11                                                        | Spinach                                                                                                      |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.12                                                        | Full-fat liquid milk                                                                                         |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.13                                                        | How much <b>full-fat milk</b> on average do you use per day in your drinks, added to breakfast cereals, etc? | pints  |              |                      |                    |                    |            |                                                         |
| 2.1.14                                                        | Crisps and savoury snacks                                                                                    |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.15                                                        | Yorkshire puddings and savoury pancakes                                                                      |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.16                                                        | White bread                                                                                                  |        |              |                      |                    |                    |            | <input style="width: 40px; height: 20px;" type="text"/> |
| 2.1.17                                                        | Average number of slices per serving                                                                         |        |              |                      |                    |                    |            |                                                         |

|        |                                                                                                |       |              |                      |                    |                    |            |                      |
|--------|------------------------------------------------------------------------------------------------|-------|--------------|----------------------|--------------------|--------------------|------------|----------------------|
| 2.1.18 | Sugar                                                                                          |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.17 | How many teaspoons of sugar do you add each day to breakfast cereals, tea, coffee, etc.?       |       |              |                      |                    | teaspoons          |            |                      |
|        | Over the past month                                                                            | Never | Once a Month | Once every two weeks | 1-2 Times per Week | 3-6 Times per Week | Once a day | More than once a day |
| 2.1.18 | Gravy granules and powders                                                                     |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.19 | Sausages                                                                                       |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.20 | Meat pies                                                                                      |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.21 | Beef                                                                                           |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.22 | Chips and roast potatoes                                                                       |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.23 | How many portions of chips per serving (Regular McDonalds size)?                               |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.24 | How many egg sized potatoes per serving                                                        |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.25 | Cakes, pies, puddings or pastries                                                              |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.26 | Sweets or chocolate                                                                            |       |              |                      |                    |                    |            | <input type="text"/> |
| 2.1.27 | Fizzy drinks, or soft drinks like squash<br><i>[doesn't include diet or sugar-free drinks]</i> |       |              |                      |                    |                    |            | <input type="text"/> |

We would like to know how many portions of fruit and vegetables that you eat on a typical day.

**2.2.1 How many pieces of fruit, of any sort, do you eat on a typical day?**

 

*[A portion constitutes 80 g or 1 apple, banana, pear or similar sized fruit or 30 g of dried fruit. Also includes one small 150ml glass of fruit juice or smoothie.]*

**2.2.2 How many portions of vegetables, excluding potatoes, do you eat on a typical day?**

 

*[A portion constitutes either 3 heaped table spoons of vegetables or a desert bowl of salad.]*

## Shopping

In this section we want to understand a little about your food shopping habits.

We would like to know what products you buy from the checkout at the supermarket.

**3.1 Please select the option that is most true to you:**

|              |                                                                    | Always | Sometimes | Never |
|--------------|--------------------------------------------------------------------|--------|-----------|-------|
| <b>3.1.1</b> | Do you browse products displayed at checkouts?                     |        |           |       |
| <b>3.1.2</b> | Do you buy sugary drinks when displayed at checkouts?              |        |           |       |
| <b>3.1.3</b> | Do you buy confectionery when displayed at checkouts?              |        |           |       |
| <b>3.1.4</b> | Do you buy water or sugar free drinks when displayed at checkouts? |        |           |       |
| <b>3.1.5</b> | Do you buy fruit when displayed at checkouts?                      |        |           |       |
| <b>3.1.6</b> | Do you buy non-food items when displayed at checkouts?             |        |           |       |

**3.2 What are your reasons for browsing products at checkouts?**

To keep occupied

☐

Didn't intend to buy but fancied it

☐

Forgot to buy in aisle

☐

Do not browse

☐

Other (please specify in the box below):