Food and You Survey Wave 4 (2016)

Derived variable specification

NatCen Social Research

A survey carried out for Food Standards Agency

We have compiled a list of the derived variables (DVs) including their SPSS syntax specification. Please note that not all DVs and their syntax are included in this list as the original variables with which the DVs were created are not included in the dataset. This is because the original variables:

1) Were too disclosive in their original state.
2) Were in a randomized order.

See section 1.2 for a list of these DVs.

1.1 DVs including SPSS syntax

Dietary: (D) Q2_71/Q2_73 Dietary restrictions

1 Completely vegetarian
2 Vegan
3 Not vegetarian or vegan

SPSS Syntax

```
Compute Dietary = 3.
if Q2_71 = 1 dietary = 1.
if Q2_73 = 1 dietary = 2.

variable labels Dietary “(D) Q2_71/Q2_73 Dietary restrictions”.
value labels  Dietary
-9 "Refusal"
-8 "Don't know"
1 "Completely vegetarian"
2 "Vegan"
3 "Not vegetarian or vegan".
```

Q12_1ab: (D) Q12_1 Have you ever seen any of these before?

1 Yes
2 No

SPSS Syntax

```
Compute Q12_1ab=3.
if any(1, Q12_1a,Q12_1b) Q12_1AB=1.
if any(2, Q12_1a,Q12_1b) and not any (1, Q12_1a,Q12_1b)  Q12_1AB=2.
if any(-8, Q12_1a,Q12_1b) Q12_1AB=-8.

variable labels Q12_1ab “(D) Q12_1 Have you ever seen any of these before?”.
value labels  Q12_1ab
1 “Yes”
2 “No”
-8 “Don’t know”
-9 “Refused”
-1 “Item not applicable”.
```

ProvFd1: (D) ProvFood/ProvFoodNI - All respondents: When buying food, I check to see where it was produced

1 Definitely agree
2 Tend to agree
3 Neither agree nor disagree

4 Tend to disagree
5 Definitely disagree

SPSS Syntax

```
Compute ProvFd1=-42.
if ProvFoo1<>-1 ProvFd1=ProvFoo1.
if ProvFoo8<>-1 ProvFd1=ProvFoo8.

variable labels ProvFd1 “(D) ProvFood/ProvFoodNI - All respondents: When buying food, I check to see where it was produced”.
value labels  ProvFd1
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd2: (D) ProvFood/ProvFoodNI - All respondents: Where possible, I prefer to buy food produced in Britain/the UK and Ireland

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

SPSS Syntax

```
Compute ProvFd2=-42.
if ProvFoo2<>-1 ProvFd2=ProvFoo2.
if ProvFoo9<>-1 ProvFd2=ProvFoo9.

variable labels ProvFd2 “(D) ProvFood/ProvFoodNI - All respondents: Where possible, I prefer to buy food produced in Britain/the UK and Ireland”.
value labels  ProvFd2
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd3: (D) ProvFood/ProvFoodNI - All respondents: I have greater trust in the quality of food produced in Britain/the UK and Ireland, compared to food imported from overseas

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

SPSS Syntax

```
Compute ProvFd3=-42.
if ProvFoo3<>-1 ProvFd3=ProvFoo3.
if ProvFo10<>-1 ProvFd3=ProvFo10.

variable labels ProvFd3 “(D) ProvFood/ProvFoodNI - All respondents: I have greater trust in the quality of food produced in Britain/the UK and Ireland, compared to food imported from overseas”.
value labels  ProvFd3
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd4: (D) ProvFood/ProvFoodNI - All respondents: Food produced in Britain/the UK and Ireland tastes better than food imported from overseas

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

SPSS Syntax

```
Compute ProvFd4=-42.
if ProvFoo4<>-1 ProvFd4=ProvFoo4.
if ProvFo11<>-1 ProvFd4=ProvFo11.

variable labels ProvFd4 “(D) ProvFood/ProvFoodNI - All respondents: Food produced in Britain/the UK and Ireland tastes better than food imported from overseas”.
value labels  ProvFd4
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd5: (D) ProvFood/ProvFoodNI - All respondents: It is important to support British farmers and food producers/farmers and food producers in the UK and Ireland

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

SPSS Syntax

```
Compute ProvFd5=-42.
if ProvFoo5<>-1 ProvFd5=ProvFoo5.
if ProvFo12<>-1 ProvFd5=ProvFo12.

variable labels ProvFd5 “(D) ProvFood/ProvFoodNI - All respondents: It is important to support British farmers and food producers/farmers and food producers in the UK and Ireland”.
value labels  ProvFd5
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd6: (D) ProvFood/ProvFoodNI - All respondents: Food produced in Britain/the UK and Ireland tends to be more expensive than food imported from overseas

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

SPSS Syntax

```
Compute ProvFd6=-42.
if ProvFoo6<>-1 ProvFd6=ProvFoo6.
if ProvFo13<>-1 ProvFd6=ProvFo13.

variable labels ProvFd6 “(D) ProvFood/ProvFoodNI - All respondents: Food produced in Britain/the UK and Ireland tends to be more expensive than food imported from overseas”.
value labels  ProvFd6
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

ProvFd7: (D) ProvFood/ProvFoodNI - All respondents: I would be prepared to pay more for food and drink that is produced in Britain/the UK and Ireland

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

SPSS Syntax

```
Compute ProvFd7=-42.
if ProvFoo7<>-1 ProvFd7=ProvFoo7.
if ProvFo14<>-1 ProvFd7=ProvFo14.

variable labels ProvFd7 “(D) ProvFood/ProvFoodNI - All respondents: I would be prepared to pay more for food and drink that is produced in Britain/the UK and Ireland”.
value labels  ProvFd7
-9 "Refusal"
-8 "Don't know"
1 "Definitely agree"
2 "Tend to agree"
3 "Neither agree not disagree"
4 "Tend to disagree"
5 "Definitely disagree".
```

FdSecSt: (D) Food security status

1	High food security
2	Marginal food security
3	Low food security
4	Very low food security

SPSS Syntax

```
compute FdSecRaw = -42.

variable labels FdSecRaw "(D) Food security scale - raw score".
value labels FdSecRaw
-9 "Refused"
-8 "Don't know".

*Responses of “yes,” “often,” “sometimes,” “almost every month,” and “some months but not every month” are coded as affirmative; The sum of affirmative responses to the 10 questions in the Adult Food Security Scale is the household’s raw score on the scale.

count FdSecRaw = Worried to NotEatOf (1), Worried FdLast HealthyF SkipOft NotEatOf (2).

compute FdSecSt = -42
if FdSecRaw = 0 FdSecSt = 1.
if any(FdSecRaw,1,2) FdSecSt = 2.
if any(FdSecRaw,3,4,5) FdSecSt = 3.
if any(FdSecRaw,6,7,8,9,10) FdSecSt = 4.

variable labels FdSecSt “(D) Food security status”.
value labels  FdSecSt
-9 "Refused"
-8 "Don't know"
1 "0: High food security"
2 "1-2: Marginal food security"
3 "3-5: Low food security"
4 "6-10: Very low food security".
```

BPoison: (D) Q4_28 Had food poisoning?

1	Yes
2	No

SPSS Syntax

```
recode Q4_28 (1,2 = 1) (4 = 2) (-8, 3 = -8) into BPoison.

variable labels BPoison “(D) Q4_28 Had food poisoning?”.
value labels  BPoison
-9 "Refusal"
-8 "Don't know"
1 "Yes"
2 "No".
```

DH2_11_12_13: (D) H2_11/H2_12/H2_13 Total number of fruit and vegetables portions consumed yesterday

SPSS Syntax

```
Compute DH2_11_12_13=-42.
if country<>2  dh2_11_12_13 =-1.
if H2_21 = 1 and not (any (-8, H2_20, H2_21, H2_22) or any (-9, H2_20, H2_21, H2_22) or any (-1, H2_20, H2_21, H2_22))
dh2_11_12_13 = H2_20 + H2_22 + 1.
if H2_21 = 2 and not (any (-8, H2_20, H2_21, H2_22) or any (-9, H2_20, H2_21, H2_22) or any (-1, H2_20, H2_21, H2_22))
dh2_11_12_13 = H2_20 + H2_22.
if any (-8, H2_20, H2_21, H2_22) or any (-9, H2_20, H2_21, H2_22) dh2_11_12_13 = -8.

variable labels DH2_11_12_13 “(D) H2_11/H2_12/H2_13 Total number of fruit and vegetables portions consumed yesterday
value labels DH2_11_12_13
-1 "Item not applicable"
-8 "Refused/Don't know".
```

TotCon: (D) H2_11/H2_12/H2_13 Is the total number of fruit and vegetables portions consumed yesterday in line with Agency recommendation?

1 Answer in line with Agency recommendation (5)
2 Answer below Agency recommendation (0-4)
3 Answer above Agency recommendation (6+)

SPSS Syntax

```
Compute TotCon=-42.
if dh2_11_12_13 = 5 TotCon = 1.
if dh2_11_12_13 > -1 and dh2_11_12_13 < 5 TotCon = 2.
if dh2_11_12_13 > 5 TotCon = 3.
if dh2_11_12_13 < 0 TotCon = dh2_11_12_13.

variable labels TotCon “(D) H2_11/H2_12/H2_13 Is the total number of fruit and vegetables portions consumed yesterday in line with Agency recommendation?”.
value labels TotCon
-8 "Refused/Don't know"
-1 "Item not applicable"
1 "Answer in line with Agency recommendation (5)"
2 "Answer below Agency recommendation (0-4)"
3 "Answer above Agency recommendation (6+)".
```

TotRec: (D) H2_9 How many portions of fruit and vegetables do you think that health experts recommend people should eat every day?

4 Answer in line with Agency recommendation (5)
5 Answer below Agency recommendation (0-4)
6 Answer above Agency recommendation (6+)

SPSS Syntax

```
Compute TotRec=-42.
if CountryS<>2 TotRec = -1.
if H2_9 = 5 TotRec = 1.
if H2_9 >= 0 and H2_9 <= 4 TotRec = 2.
if H2_9 >= 6 TotRec = 3.
if any(H2_9,-8,-9) TotRec  =  H2_9.

variable labels TotRec “(D) H2_9 How many portions of fruit and vegetables do you think that health experts recommend people should eat every day?”.
value labels TotRec
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Answer in line with Agency recommendation (5)"
2 "Answer below Agency recommendation (0-4)"
3 "Answer above Agency recommendation (6+)".
```

FVCorre: (D) H2_17 EatWell guide exercise - Fruit and vegetables correctly placed

1 Fruit and vegetables correctly placed
2 Fruit and vegetables not correctly placed

SPSS Syntax

```
Compute FVCorre=-42.
if CountryS<>2 FVCorre = -1.
*Respondents who placed food and vegetables into both correct and incorrect sections.
if any(1, H2_17a, H2_17b) and any(1, H2_17c to H2_17f) FVCorre = -1.
*Respondents who placed food and vegetables only into the correct section.
if any(1, H2_17a, H2_17b) and not any (1, H2_17c to H2_17f) FVCorre = 1.
*Respondents who placed food and vegetables only into the incorrect section.
if any(1, H2_17c to H2_17f) and not any(1, H2_17a, H2_17b) FVCorre = 2.
*Respondents who did not place food and vegetables into any sections.
if CountryS = 2 and not (any(1, H2_17a to H2_17f) or any(-1, H2_17a to H2_17f) or any(-8, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) FVCorre = 2.
*Respondents who did not fully complete this exercise (ie answers are a mixture of - incorrect - valid responses and dk/refs).
if not any(1, H2_17a, H2_17b) and any(-8, H2_17a, H2_17b) FVCorre = -8.
if not any(1, H2_17a, H2_17b) and any(-9, H2_17a, H2_17b) FVCorre = -9.

variable labels FVCorre “(D) H2_17 EatWell guide exercise - Fruit and vegetables correctly placed”.
value labels FVCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Fruit and vegetables correctly placed"
2 "Fruit and vegetables not correctly placed".
```

CaCorre: (D) H2_17 EatWell guide exercise - Potatoes, bread, rice, pasta and other starchy carbohydrates correctly placed

1 Potatoes, bread, rice, pasta and other starchy carbohydrates correctly placed
2 Potatoes, bread, rice, pasta and other starchy carbohydrates not correctly placed

SPSS Syntax

```
Compute CaCorre=-42.
if CountryS<>2 CaCorre = -1.
*Respondents who placed carbs into both correct and incorrect sections.
if any(2, H2_17a, H2_17b) and any(2, H2_17c to H2_17f) CaCorre = -1.
*Respondents who placed carbs only into the correct section.
if any(2, H2_17a, H2_17b) and not any (2, H2_17c to H2_17f) CaCorre = 1.
*Respondents who placed carbs only into the incorrect section.
if any(2, H2_17c to H2_17f) and not any(2, H2_17a, H2_17b) CaCorre = 2.
*Respondents who did not place carbs into any sections.
if CountryS = 2 and not (any(2, H2_17a to H2_17f) or any(-1, H2_17a to H2_17f) or any(-8, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) CaCorre = 2.
*Respondents who coded all dks/refs or whose answers are a mixture of - incorrect only! - valid responses and dk/refs).
if not any(2, H2_17a, H2_17b) and any(-8, H2_17a, H2_17b) CaCorre = -8.
if not any(2, H2_17a, H2_17b) and any(-9, H2_17a, H2_17b) CaCorre = -9.

variable labels CaCorre “(D) H2_17 EatWell guide exercise - Potatoes, bread, rice, pasta and other starchy carbohydrates correctly placed”.
value labels CaCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Potatoes, bread, rice, pasta and other starchy carbohydrates correctly placed"
2 "Potatoes, bread, rice, pasta and other starchy carbohydrates not correctly placed".
```

OiCorre: (D) H2_17 EatWell guide exercise - Oil and spreads correctly placed

1 Oil and spreads correctly placed
2 Oil and spreads not correctly placed

SPSS Syntax

```
Compute OiCorre=-42.
if CountryS<>2 OiCorre = -1.
*Respondents who placed oil into both correct and incorrect sections.
if H2_17e = 3 and any(3, H2_17a, H2_17b, H2_17c, H2_17d, H2_17f) OiCorre = -1.
*Respondents who placed oil only into the correct section.
if H2_17e = 3 and not any(3, H2_17a, H2_17b, H2_17c, H2_17d, H2_17f) OiCorre = 1.
*Respondents who placed oil only into the incorrect section.
if H2_17e <> 3 and any(3, H2_17a, H2_17b, H2_17c, H2_17d, H2_17f) OiCorre = 2.
*Respondents who did not place oil into any sections.
if CountryS = 2 and not (H2_17e = 3 or any(-1, H2_17a to H2_17f) or any(-8, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) OiCorre = 2.
*Respondents who coded all dks/refs or whose answers are a mixture of - incorrect only! - valid responses and dk/refs).
if any (H2_17e, -8, -9) and not any(3, H2_17a, H2_17b, H2_17c, H2_17d, H2_17f) OiCorre = H2_17e.

variable labels OiCorre “(D) H2_17 EatWell guide exercise - Oil and spreads correctly placed”.
value labels OiCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Oil and spreads correctly placed"
2 "Oil and spreads not correctly placed".
```

DaCorre: (D) H2_17 EatWell guide exercise - Dairy and alternatives correctly placed

1	Dairy and alternatives correctly placed
2	Dairy and alternatives correctly placed

SPSS Syntax

```
Compute DaCorre=-42.
if CountryS<>2 DaCorre = -1.
*Respondents who placed dairy into both correct and incorrect sections.
if H2_17d = 4 and any(4, H2_17a, H2_17b, H2_17c, H2_17e, H2_17f) DaCorre = -1.
*Respondents who placed dairy only into the correct section.
if H2_17d = 4 and not any(4, H2_17a, H2_17b, H2_17c, H2_17e, H2_17f) DaCorre = 1.
*Respondents who placed dairy only into the incorrect section.
if H2_17d <> 4 and any(4, H2_17a, H2_17b, H2_17c, H2_17e, H2_17f) DaCorre = 2.
*Respondents who did not place dairy into any sections.
if CountryS = 2 and not (H2_17d = 4 or any(-1, H2_17a to H2_17f) or any(-8, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) DaCorre = 2.
*Respondents who coded all dks/refs or whose answers are a mixture of - incorrect only! - valid responses and dk/refs).
if any (H2_17d, -8, -9) and not any(4, H2_17a, H2_17b, H2_17c, H2_17e, H2_17f) DaCorre = H2_17d.

variable labels DaCorre “(D) H2_17 EatWell guide exercise - Dairy and alternatives correctly placed”.
value labels DaCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Dairy and alternatives correctly placed"
2 "Dairy and alternatives not correctly placed".
```

PrCorre: (D) H2_17 EatWell guide exercise - Beans, pulses, fish, eggs, meat and other proteins correctly placed

1	Beans, pulses, fish, eggs, meat and other proteins correctly placed
2	Beans, pulses, fish, eggs, meat and other proteins not correctly placed

SPSS Syntax

```
Compute PrCorre=-42.
if CountryS<>2 PrCorre = -1.
*Respondents who placed protein into both correct and incorrect sections.
if H2_17c = 5 and any(5, H2_17a, H2_17b, H2_17e, H2_17d, H2_17f) PrCorre = -1.
*Respondents who placed protein only into the correct section.
if H2_17c = 5 and not any(5, H2_17a, H2_17b, H2_17e, H2_17d, H2_17f) PrCorre = 1.
*Respondents who placed protein only into the incorrect section.
if H2_17c <> 5 and any(5, H2_17a, H2_17b, H2_17e, H2_17d, H2_17f) PrCorre = 2.
*Respondents who did not place protein into any sections.
if CountryS = 2 and not (H2_17c = 5 or any(-1, H2_17a to H2_17f) or any(-8, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) PrCorre = 2.
*Respondents who coded all dks/refs or whose answers are a mixture of - incorrect only! - valid responses and dk/refs).
if any (H2_17c, -8, -9) and not any(5, H2_17a, H2_17b, H2_17d, H2_17e, H2_17f) PrCorre = H2_17c.

variable labels PrCorre “(D) H2_17 EatWell guide exercise - Beans, pulses, fish, eggs, meat and other proteins correctly placed”.
value labels PrCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Beans, pulses, fish, eggs, meat and other proteins correctly placed"
2 "Beans, pulses, fish, eggs, meat and other proteins not correctly placed".
```

FSCorre: (D) H2_17 EatWell guide exercise - Foods high in fat, salt and sugars correctly placed

1	Foods high in fat, salt and sugars correctly placed
2	Foods high in fat, salt, and sugars not correctly placed

SPSS Syntax

```
Compute FSCorre=-42.
if CountryS<>2 FSCorre = -1.
*Respondents who placed fat into both correct and incorrect sections.
if H2_17f = 6 and any(6, H2_17a, H2_17b, H2_17c, H2_17d, H2_17e) FSCorre = -1.
*Respondents who placed fat only into the correct section.
if H2_17f = 6 and not any(6, H2_17a, H2_17b, H2_17c, H2_17d, H2_17e) FSCorre = 1.
*Respondents who placed fat only into the incorrect section.
if H2_17f <> 6 and any(6, H2_17a, H2_17b, H2_17c, H2_17d, H2_17e) FSCorre = 2.
*Respondents who did not place protein into any sections.
if CountryS = 2 and not (H2_17f = 6 or any(-1, H2_17a to H2_17f) or any(-9, H2_17a to H2_17f) ) FSCorre = 2.
*Respondents who coded all dks/refs or whose answers are a mixture of - incorrect only! - valid responses and dk/refs).
if any (H2_17f, -8, -9) and not any(6, H2_17a, H2_17b, H2_17c, H2_17d, H2_17e) FSCorre = H2_17f.

variable labels FSCorre “(D) H2_17 EatWell guide exercise - Foods high in fat, salt and sugars correctly placed”.
value labels FSCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "Foods high in fat, salt and sugars correctly placed"
2 "Foods high in fat, salt and sugars not correctly placed".
```

NuCorre: (D) H2_17 EatWell guide exercise - Number of food placed correctly

0	None of the foods in correct proportions in the guide
1	One food in correct proportion in the guide
2	Two foods in correct proportions in the guide
3	Three foods in correct proportions in the guide
4	Four foods in correct proportions in the guide
5	Five foods in correct proportions in the guide
6	All foods in correct proportions in the guide

SPSS Syntax

```
Compute NuCorre=-42.
count NuCorre  =  FVCorre to FSCorre (1).
if CountryS<>2 NuCorre = -1.
if any(-42, FVCorre to FSCorre) NuCorre  =  -1.

variable labels NuCorre “(D) H2_17 EatWell guide exercise - Number of food placed correctly”.
value labels NuCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
0 "None of the foods in correct proportions in the guide."
1 "One food in correct proportion in the guide. "
2 "Two foods in correct proportions in the guide."
3 "Three foods in correct proportions in the guide."
4 "Four foods in correct proportions in the guide."
5 "Five foods in correct proportions in the guide."
6 "All foods in correct proportions in the guide.".
```

OvCorre: (D) H2_17 EatWell guide exercise - Overall correct

1	All foods in correct proportions
2	Not all foods in correct proportions

SPSS Syntax

```
Compute OvCorre=-42.
if CountryS <>2 OvCorre  =  -1.
if NuCorre  =  6 OvCorre  =  1.
if any(NuCorre, 0,1,2,3,4,5) OvCorre  =  2.

variable labels OvCorre “(D) H2_17 EatWell guide exercise - Overall correct”.
value labels OvCorre
-9 "Refusal"
-8 "Don't know"
-1 "Item not applicable"
1 "All foods in correct proportions"
2 "Not all foods in correct proportions".
```

OverallRP: (D) New (Revised) IRP

SPSS Syntax

```
recode Q4_9 (4 = 1) (ELSE = 0) into FRIDGEALARM.
recode Q4_10 (9 = 1) (ELSE = 0) into FRIDGEALARM410.

** Create ten measures from individual questions/combinations of questions to create new IRP.

***********************************************.
** (1) Chilling
***********************************************.
```

```
** QUESTION 4_9.

recode Q4_9 (1, 3, 4 = 1) (2, -8 = 0) (-1 = copy) into Q4_9RP.

value labels Q4_9RP -1 "N/A" 0 "NRP" 1 "RP".
Variable labels Q4_9RP '(D) Do you ever check your fridge temperature?'.

** QUESTION 4_10.

recode Q4_10 (1, 2, 3, 4, 5, 9 = 1) (-8, 6, 7, 8, 10 = 0) (-1 = -99) into Q4_10V1RP.
compute Q4_10RP = Q4_10V1RP + FRIDGEALARM.
recode Q4_10RP (-98 = 1) (-99 = -1) (ELSE = COPY).

value labels Q4_10RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_10RP '(D) How often do you or another person in your household check the temperature of the fridge?'.

** QUESTION 4_11.

recode Q4_111 (-8, 0, 1 = 0) (-1 = -99) into Q4_11_01RP.
recode Q4_112 (-8, 0 = 0) (1 = 1) (-1 = -99) into Q4_11_02RP.
recode Q4_113 (-8, 0 = 0) (1 = 1) (-1 = -99) into Q4_11_03RP.
recode Q4_114 (-8, 0 = 0) (1 = 0) (-1 = -99) into Q4_11_04RP.
recode Q4_115 (-8, 0 = 0) (1 = 0) (-1 = -99) into Q4_11_05RP.
recode Q4_116 (-8, 0 = 0) (1 = 0) (-1 = -99) into Q4_11_06RP.
recode Q4_117 (-8, 0 = 0) (1 = 0) (-1 = -99) into Q4_11_07RP.

compute Q4_11RP = Q4_11_01RP + Q4_11_02RP + Q4_11_03RP + Q4_11_04RP + Q4_11_05RP + Q4_11_06RP + Q4_11_07RP + FRIDGEALARM + FRIDGEALARM410.
recode Q4_11RP (0 = 0) (1, 2, 3, -692 = 1) (-693 = -1).

value labels Q4_11RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_11RP '(D) Thinking about your fridge temperature, can you tell me how you normally check the temperature?'.

** QUESTION 4_12.

recode Q4_12 (-8, 1, 3, 4, 5, 6, 7 = 0) (2 = 1) (-1 = COPY) into Q4_12RP.

value labels Q4_12RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_12RP '(D) What do you think the temperature inside your fridge should be?'.

** Combine four questions into one score.

count chill = Q4_9RP Q4_10RP Q4_11RP Q4_12RP (1).
recode chill (4 = 1) (else = 0) into chillRP.
if Q4_9RP = -1 or Q4_12 = -1 chillRP = -1.

**************************************************.
```

```
** (2) Cooking food to steaming hot.
*************************************************.

if any (Q4_1_13, -8, 1, 2, 3) Q4_1_13RP = 0.

if Q4_1_13 =4 Q4_1_13RP = 1.

if Q4_1_13 =5 Q4_1_13RP = -1.

value labels Q4_1_13RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_13RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; cook food to steaming hot'.

*************************************************************.
** (3) Eating chicken/turkey if juices red or pink.
*************************************************************.

if any (Q4_1_14, -8, 2, 3, 4) Q4_1_14RP = 0.

if Q4_1_14 =1 Q4_1_14RP = 1.

if Q4_1_14 =5 Q4_1_14RP = -1.

value labels Q4_1_14RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_14RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; Eat chicken or turkey if the meat is pink or has pink or red juices'.


***********************************************.
** (4) How many times re-heating food.
***********************************************.

recode Q4_25 (-8, 3, 4, 5 = 0) (1, 2 = 1) (-1 = COPY) into Q4_25RP.

value labels Q4_25RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_25RP '(D) How many times would you consider re-heating food after it was cooked for the first times?'.

*************************************************.
** (5) How to tell if re-heated properly.
*************************************************.

count Q4_26pos =  Q4_261 Q4_264 Q4_267 (1).
recode Q4_26pos (0 = 0) (1 thru hi = 1) into Q4_26RP.
if Q4_261 = -1 Q4_26RP = -1.

value labels Q4_26RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_26RP '(D) How do you usually tell that food has been re-heated properly?'.

*********************************************.
```

```
** (6) Washing raw meat/poultry.
*****************************************.

if any (Q4_1_5, -8, 2, 3, 4) Q4_1_5RP = 0.

if Q4_1_5 =1 Q4_1_5RP = 1.

if Q4_1_5 = 5 Q4_1_5RP = -1.

value labels Q4_1_5RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_5RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; Wash raw meat and poultry'.

if any (Q4_1_6, -8, 2, 3, 4) Q4_1_6RP = 0.

if Q4_1_6 =1 Q4_1_6RP = 1.

if Q4_1_6 =5 Q4_1_6RP = -1.

value labels Q4_1_6RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_6RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; Wash raw chicken'.

compute washrawRP = 0.
if Q4_1_5RP = 1 and Q4_1_6RP = 1 washrawRP = 1.
if any (-1, Q4_1_5RP, Q4_1_6RP) washrawRP = -1.

*****************************************************************.
** (7) Where and how to store meat/poultry in fridge
*****************************************************************.

count Q4_14pos = Q4_142 Q4_144 Q4_145 (1).
recode Q4_14pos (0 = 0) (1 thru hi = 1) into Q4_14RP.
if Q4_141 = -1 or any(1, Q4_1410, Q4_149) Q4_14RP = -1.

value labels Q4_14RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_14RP '(D) Where in the fridge do you store raw meat and poultry'.

count Q4_15pos  = Q4_151 Q4_152 Q4_153 (1).
recode Q4_15pos (0 = 0) (1 thru hi = 1) into Q4_15RP.
if Q4_151 = -1 Q4_15RP = -1.

value labels Q4_15RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_15RP '(D) How do you store raw meat and poultry in the fridge?'.

compute storeRP = 0.
if (Q4_14RP = 1 and Q4_15RP = 1) storeRP = 1.
if Q4_14RP = -1 or Q4_15RP = -1 storeRP = -1.

*****************************************************************.
```

```
** (8) Washing hands
*********************************************************************.

if any (Q4_1_11, -8, 1, 2, 3) Q4_1_11RP = 0.

if Q4_1_11 = 4 Q4_1_11RP = 1.

if Q4_1_11 = 5 Q4_1_11RP = -1.

value labels Q4_1_11RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_11RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; Wash hands before I start preparing or cooking food'.

if any (Q4_1_12, -8, 1, 2, 3) Q4_1_12RP = 0.

if Q4_1_12 =4 Q4_1_12RP = 1.

if Q4_1_12 = 5 Q4_1_12RP = -1.

value labels Q4_1_12RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q4_1_12RP '(D) Do you do the following things at all when you are in the kitchen and if so how frequently; Wash hands after handling raw meat/fish'.

compute washRP=0.
if (Q4_1_11RP = 1 and Q4_1_12RP = 1) or (Q4_1_11RP = 1 and Q4_1_12RP = -1) or (Q4_1_11RP = -1 and Q4_1_12RP = 1) washRP = 1.
if Q4_1_11RP = -1 and Q4_1_12RP = -1 washRP = -1.

*****************************************************************.
** (9) Use by dates
*****************************************************************.

compute Q4_19RP = 0.
if any (1, Q4_226, Q4_231) Q4_19RP = 1.
if any (-1, Q4_226 to Q4_232) Q4_19RP = -1.

value labels Q4_19RP  0 "NRP" 1 "RP".
variable labels Q4_19RP '(D) Which of these indicates whether food is safe to eat?'.

recode Q4_22 (-8, 3, 4 = 0) (1, 2 = 1) (5 = -1) into Q22RP.

value labels Q22RP -1 "N/A" 0 "NRP" 1 "RP".
variable labels Q22RP '(D) Do you check use by dates when you are about to cook or prepare food?'.

compute usebyRP=0.
if Q4_19RP = 1 and Q22RP = 1 usebyRP = 1.
if any (-1, Q4_19RP, Q22RP) usebyRP = -1.
```

```
*********************************************.
** (10) Last day eat leftovers
*********************************************.

recode Q4_24 (1, 2, 3, 10 = 1) (-8, 4, 5, 6, 7, 8, 9 = 0) (-1 = COPY) into Q4_24RP.

value labels Q4_24RP 0 "NRP" 1 "RP".
variable labels Q4_24RP '(D) If you made a meal on Sunday, What is the last day that you would consider eating the leftovers?'.

*********************************************.
** Create score
*********************************************.

count overall = chillRP Q4_1_13RP Q4_1_14RP Q4_25RP Q4_26RP washrawRP storeRP washRP usebyRP Q4_24RP (1).
count overallbase = chillRP Q4_1_13RP Q4_1_14RP Q4_25RP Q4_26RP washrawRP storeRP washRP usebyRP Q4_24RP (0,1).

if overallbase >= 5 OverallRP = overall / overallbase.

variable labels
chillRP 'Combined item: Chilling (based on questions Q4.9-Q.12)'
storeRP 'Combined item: Where/how you store raw meat and poultry in the fridge (based on questions Q4.14/Q4.15)'
washRP 'Combined item: Washing hands before food preparation/after handling raw meat/fish (based on questions Q4.1.11/Q4.1.12)'
usebyRP 'Combined item: Knowledge and checking of use by dates (based on questions Q4.19/Q22)'
OverallRP '(D) New (revised) IRP'
Overallbase 'DV Base for new (revised) IRP'.
value labels chillRP storeRP washRP usebyRP   0 "NRP" 1 "RP".

recode OverallRP (SYSMIS=-5).

value labels OverallRP
-5 "Missing: overall base less than 5".
```

1.2 DVs without SPSS syntax

Disclosive DVs
Age_DV: (D) Age of respondent in bands BHhSize: (D) Household size Below16: (D) Q1_2c Children under 16 in the household Below6: (D) Children under 6 in the household Marstat_DV: (D) Marital status WorkStat: (D) Working Status HhdInc: (D) Household income

BEthnicity: (D) Ethnicity
Religion_DV: (D) Religion
Region_DV: (D) Region
WIMD_2014_quintile: (D) Wales - WIMD 2015 - Overall rank - quintile
NIMD_2010_quintile: (D) Northern Ireland - NIMD 2010 - quintile
UrbanRuralInd: (D) Net Urban-Rural Classification
AgePeanut: (D) ReacAge Age of allergy onset - Peanuts
AgeOthNut: (D) ReacAge Age of allergy onset - Other nuts
AgeMilk: (D) ReacAge Age of allergy onset - Cow's milk
AgeGluten: (D) ReacAge Age of allergy onset - Cereal containing gluten
AgeEggs: (D) ReacAge Age of allergy onset - Eggs
AgeFish: (D) ReacAge Age of allergy onset - Fish
AgeCrustaceans: (D) ReacAge Age of allergy onset - Crustaceans
AgeMolluscs: (D) ReacAge Age of allergy onset - Molluscs
AgeSoya: (D) ReacAge Age of allergy onset - Soya
AgeCelery: (D) ReacAge Age of allergy onset - Celery
AgeMustard: (D) ReacAge Age of allergy onset - Mustard
AgeLupin: (D) ReacAge Age of allergy onset - Lupin
AgeSesame: (D) ReacAge Age of allergy onset - Sesame
AgeSulphites: (D) ReacAge Age of allergy onset - Sulphur dioxide/sulphites
AgeOther: (D) ReacAge Age of allergy onset – Other

Randomized DVs

Q2_14sub_DV: (D) Q2_14 At the moment, how often do you eat cuts or portions of beef, lamb or pork?
Q2_14su2_DV: (D) Q2_14 At the moment, how often do you eat burgers?
Q2_14su3_DV: (D) Q2_14 At the moment, how often do you eat sausages?
Q2_14su4_DV: (D) Q2_14 At the moment, how often do you eat chicken or turkey?
Q2_14su5_DV: (D) Q2_14 At the moment, how often do you eat duck or goose?
Q2_14su6_DV: (D) Q2_14 At the moment, how often do you eat pre-cooked meats (e.g. ham or meat pate)?
Q2_14su7_DV: (D) Q2_14 At the moment, how often do you eat milk and dairy foods?
Q2_14su8_DV: (D) Q2_14 At the moment, how often do you eat eggs?
Q2_14su9_DV: (D) Q2_14 At the moment, how often do you eat smoked fish excluding shellfish?
Q2_14s10_DV: (D) Q2_14 At the moment, how often do you eat cooked shellfish?
Q2_14s11_DV: (D) Q2_14 At the moment, how often do you eat raw fish or shellfish (e.g. sushi, sashimi, raw oysters)?
Q2_14s12_DV: (D) Q2_14 At the moment, how often do you eat raw fruit?
Q2_14s13_DV: (D) Q2_14 At the moment, how often do you eat raw vegetables including salad?
Q2_14s14_DV: (D) Q2_14 At the moment, how often do you eat cooked vegetables?
Q2_14s15_DV: (D) Q2_14 At the moment, how often do you eat pre-packed sandwiches?
Q2_14s16_DV: (D) Q2_14 At the moment, how often do you eat ready meals?

Q2_35b_DV: (D) Q2_35/Q2_35b Factor considered most important in deciding where to eat out
DQ3Q4: (D) Q3_3/Q3_4 Where do you/ does your household mainly shop for food?
FdFutu1: (D) FoodFut 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
FdFutu2: (D) FoodFut To produce more food, we in the UK will have to make more use of technology
FdFutu3: (D) FoodFut To help ensure there is enough food to feed the population worldwide, we in the UK will have to eat less meat
Q4_1_4: (D) Q4_1 Use different chopping boards for different foods
Q4_1_5: (D) Q4_1 Wash raw meat and poultry other than chicken
Q4_1_6: (D) Q4_1 Wash raw chicken
Q4_1_7: (D) Q4_1 Wash raw fish or seafood
Q4_1_8: (D) Q4_1 Wash fruit to be eaten raw
Q4_1_9: (D) Q4_1 Wash vegetables (including salad) to be eaten raw
Q4_1_10: (D) Q4_1 Wash fruit to be cooked
Q4_1_111: (D) Q4_1 Wash vegetables to be cooked
Q4_1_11: (D) Q4_1 Wash hands before starting to prepare or cook food
Q4_1_12: (D) Q4_1 Wash hands after handling raw meat, poultry or fish
Q4_1_13: (D) Q4_1 Cook food until it's steaming hot throughout
Q4_1_14: (D) Q4_1 Eat chicken or turkey if the meat is pink or has pink or red juices
Q4_1_15: (D) Q4_1 Eat red meat if the meat is pink or has pink or red juices
Q4_1_16: (D) Q4_1 Eat duck if the meat is pink or has pink or red juices
Q4_1_17: (D) Q4_1 Eat burgers if the meat is pink or has pink or red juices
Q4_1_18: (D) Q4_1 Eat sausages if the meat is pink or has pink or red juices
Q4_1_19: (D) Q4_1 Eat whole cuts of pork or pork chops if the meat is pink or has pink or red juices
DQ4_1bc: (D) Q4_1b/ Q4_1c Which method do you generally use to defrost frozen meat or fish?
SafeMeat1: (D) Q4_18 How it looks (e.g. mould)
SafeMeat2: (D) Q4_18 The colour of it
SafeMeat3: (D) Q4_18 How it smells
SafeMeat4: (D) Q4_18 How it tastes
SafeMeat5: (D) Q4_18 What it feels like / the texture
SafeMeat6: (D) Q4_18 Whether it has been stored correctly
SafeMeat8: (D) Q4_18 Best before date
SafeMeat9: (D) Q4_18 Use by date
SafeMeat10: (D) Q4_18 Sell by or display until date
SafeMeat11: (D) Q4_18 Date unspecified
SafeMeat12: (D) Q4_18 Other (specify)
SafeMeat13: (D) Q4_18 Not applicable
SafeDairy1: (D) Q4_18 How it looks (e.g. mould)
SafeDairy2: (D) Q4_18 The colour of it
SafeDairy3: (D) Q4_18 How it smells
SafeDairy4: (D) Q4_18 How it tastes
SafeDairy5: (D) Q4_18 What it feels like / the texture
SafeDairy6: (D) Q4_18 Whether it has been stored correctly

SafeDairy8: (D) Q4_18 Best before date
SafeDairy9: (D) Q4_18 Use by date
SafeDairy10: (D) Q4_18 Sell by or display until date
SafeDairy11: (D) Q4_18 Date unspecified
SafeDairy12: (D) Q4_18 Other (specify)
SafeDairy13: (D) Q4_18 Not applicable
SafeCheese1: (D) Q4_18 How it looks (e.g. mould)
SafeCheese2: (D) Q4_18 The colour of it
SafeCheese3: (D) Q4_18 How it smells
SafeCheese4: (D) Q4_18 How it tastes
SafeCheese5: (D) Q4_18 What it feels like / the texture
SafeCheese6: (D) Q4_18 Whether it has been stored correctly
SafeCheese8: (D) Q4_18 Best before date
SafeCheese9: (D) Q4_18 Use by date
SafeCheese10: (D) Q4_18 Sell by or display until date
SafeCheese11: (D) Q4_18 Date unspecified
SafeCheese12: (D) Q4_18 Other (specify)
SafeCheese13: (D) Q4_18 Not applicable
SafeEgg1: (D) Q4_18 How it looks (e.g. mould)
SafeEgg2: (D) Q4_18 The colour of it
SafeEgg3: (D) Q4_18 How it smells
SafeEgg4: (D) Q4_18 How it tastes
SafeEgg5: (D) Q4_18 What it feels like / the texture
SafeEgg6: (D) Q4_18 Whether it has been stored correctly
SafeEgg7: (D) Q4_18 If it doesn't float in water
SafeEgg8: (D) Q4_18 Best before date
SafeEgg9: (D) Q4_18 Use by date
SafeEgg10: (D) Q4_18 Sell by or display until date
SafeEgg11: (D) Q4_18 Date unspecified
SafeEgg12: (D) Q4_18 Other (specify)
SafeEgg13: (D) Q4_18 Not applicable
SafeFish1: (D) Q4_18 How it looks (e.g. mould)
SafeFish2: (D) Q4_18 The colour of it
SafeFish3: (D) Q4_18 How it smells
SafeFish4: (D) Q4_18 How it tastes
SafeFish5: (D) Q4_18 What it feels like / the texture
SafeFish6: (D) Q4_18 Whether it has been stored correctly
SafeFish8: (D) Q4_18 Best before date
SafeFish9: (D) Q4_18 Use by date
SafeFish10: (D) Q4_18 Sell by or display until date
SafeFish11: (D) Q4_18 Date unspecified
SafeFish12: (D) Q4_18 Other (specify)
SafeFish13: (D) Q4_18 Not applicable
KeepHam: (D) Q4_23a Maximum number of days you would keep a packet of sliced cooked or cured meat e.g. ham in the fridge once opened before deciding you would definitely not eat or drink it?
KeepPate: (D) Q4_23a Maximum number of days you would keep a packet of meat, fish or seafood pâté in the fridge once opened before deciding you would definitely not eat or drink it?
KeepDip: (D) Q4_23a Maximum number of days you would keep a packet of fresh dip e.g. sour cream and chive or hummus in the fridge once opened before deciding you would definitely not eat or drink it?

KeepSmoked: (D) Q4_23a Maximum number of days you would keep a packet of smoked fish e.g. smoked mackerel or smoked salmon in the fridge once opened before deciding you would definitely not eat or drink it?
KeepCheese: (D) Q4_23a Maximum number of days you would keep a packet of soft or cream cheese in the fridge once opened before deciding you would definitely not eat or drink it?
Q4_27_1_Slice: (D) Q4_27 I always avoid throwing food away
Q4_27_2_Slice: (D) Q4_27 I am unlikely to get food poisoning from food prepared in my own home
Q4_27_4_Slice: (D) Q4_27 If you eat out a lot you are more likely to get food poisoning
Q4_27_5_Slice: (D) Q4_27 Restaurants and catering establishments should pay more attention to food safety and hygiene
Q4_27_6_Slice: (D) Q4_27 I often worry about whether the food I have is safe to eat
Q4_276DV: (D) Q4_27 I like trying new things to eat
Q4_277DV: (D) Q4_27 I enjoy preparing and cooking food
Q4_278DV: (D) Q4_27 I'm not generally interested in food
Q4_279DV: (D) Q4_27 I don't have time to spend preparing and cooking food
Q4_31b_DV: (D) Q11_8b/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?
H2_13_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Jacket potatoes
H2_14_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Dried fruit
H2_15_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Rice
H2_16_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Tinned fruit
H2_17_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Fruit smoothies
H2_18_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Pulses
H2_19_DV: (D) H2_10 Do you think the following can be counted towards your fruit and vegetable intake? - Baked beans
H2_23_DV: (D) H2_14 At the moment, how often do you eat biscuits, pastries and cakes?
H2_24_DV: (D) H2_14 At the moment, how often do you eat sweets and chocolate?
H2_25_DV: (D) H2_14 At the moment, how often do you eat savoury snacks?
H2_26_DV: (D) H2_14 At the moment, how often do you eat bread, rice, pasta, potatoes and other starchy foods?
H2_27_DV: (D) H2_14 At the moment, how often do you eat fried chips or roast potatoes?
H2_28_DV: (D) H2_14 At the moment, how often do you eat oily fish, like salmon, sardines, mackerel or fresh tuna?
H2_29_DV: (D) H2_14 At the moment, how often do you eat fruit and vegetables?
H2_30_DV: (D) H2_16 The tastiest foods are the ones that are bad for you

H2_31_DV: (D) H2_16 I get confused over what's supposed to be healthy and what isn't
H2_32_DV: (D) H2_16 If you are not overweight you can eat whatever you like
H2_33_DV: (D) H2_16 Small dietary changes, such as eating less fat or cutting down on sugar, can lead to benefits for my future health
H2_34_DV: (D) H2_16 As long as you take enough exercise you can eat whatever you want
H2_35_DV: (D) H2_16 The main reason for people to eat a more healthy diet is to lose weight
H2_36_DV: (D) H2_16 Good health is just a matter of good luck
H2_37_DV: (D) H2_16 The experts contradict each other over what foods are good or bad for you
H2_38_DV: (D) H2_16 What you eat makes a big difference to how healthy you are
H2_40_DV: (D) H2_18 Eating foods such as bread, rice, pasta and potatoes
H2_41_DV: (D) H2_18 Eating fruit and vegetables
H2_42_DV: (D) H2_18 Eating fish, including oily fish
H2_43_DV: (D) H2_18 Limiting foods high in saturated fat
H2_44_DV: (D) H2_18 Limiting foods high in total fat
H2_45_DV: (D) H2_18 Limiting food and drinks high in sugar
H2_46_DV: (D) H2_18 Eating less salt
H2_47_DV: (D) H2_18 Keeping to a healthy weight
H2_48_DV: (D) H2_18 Drinking plenty of water
H2_49_DV: (D) H2_18 Eating breakfast every day
H2_50_DV: (D) H2_18 Eating white meat such as chicken or turkey
H2_51_DV: (D) H2_18 Eating dairy produce such as cheese, milk or yoghurt
H2_52_DV: (D) H2_18 Eating pulses such as soya beans, lentils or chickpeas
H2_53_DV: (D) H2_18 Eating the right amount of calories each day