

### QUESTIONNAIRE-COOKING SAUCES AND MARINADES

NAME: \_\_\_\_\_ GENDER: \_\_\_\_\_ AGE: \_\_\_\_\_

1. Do you prefer making your own cooking sauces/marinades or buying them over a counter?  
☐ Readymade ☐ Self made

2. Rate the following that best describes how you choose readymade/marinade sauces? i.e Number1 being your first

☐ Price ☐ Taste ☐ Brand ☐ Nutritional information

☐ Packaging ☐ Method of preparation

3. How often do you use such sauces?

☐ Always ☐ Seldom ☐ Never

4. On average how much do you spend per month?

☐ R 0-R15 ☐ R31-R45

☐ R16-30 ☐ R46 or more

5. Which brand do you most prefer?

☐ Knorr ☐ Fattis and Monis  
☐ Royco ☐ other , please specify \_\_\_\_\_

6. Does nutritional information influence your decision of buying the product?

☐ Yes ☐ No

7. How do you prefer to prepare your sauces?

☐ Cooking ☐ Microwave  
☐ Baking ☐ Other, please specify \_\_\_\_\_

8. Has cooking sauces become more of a need than a trend for you?

☐ Yes ☐ No

9. How would you rate the advantages of cooking sauces? i.e. number1 being the first?

☐ Convenient ☐ Affordable

☐ Enhances cooking skills ☐ Long shelf life

☐ Variety of flavours

10. How would you rate the disadvantages of cooking sauces? i.e. number1 being the first?

☐ Makes you lazy ☐ High amount of salt and preservatives

☐ Increases excess expenses



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