

### SOFT DRINKS QUESTIONNAIRE GROUP L

Awareness and impact of soft drinks and its contribution towards an unhealthy lifestyle of the average South African

Name\_\_

Age:

Gender:

1. Do you drink soft drinks?

☐ YES

☐ No

2. How many soft drinks do you drink per week?

☐

None

☐

1-2

☐

3-4

☐

5-6

☐

7 or more

3. What soft drink do you prefer?

☐

Sprite, Coke, Fanta etc.

☐

Energy Drinks

☐

Liqui Fruit, Just Juice, Fruitree, Appletiser

☐

Diet coke, Tab

4. Do soft drinks affect your health badly?

☐ YES

☐ No

5. The extremely popular soft drink : Coke has the following ingredients: Carbonated water, Sugar, Caramel, Phosphoric acid, Flavourant and Caffeine. How many of these ingredients do you know?

☐

Less than 1

☐

A few

☐

Mostly

☐

Everything

6. Do you know anybody that experiences any side affects after drinking a soft drink?

☐ YES

☐ No

7. Have you ever thought of switching to an alternatively healthier drink? Like tea, water or 100% fruit juice.

☐ YES

☐ No

8. What is important when you consider preparing a meal?

☐

Taste

☐

Nutrition Value

☐

Price

☐

I don't mind much

9. Would you consider yourself as a health conscious person?

☐ YES

☐ No

10. Is the soft drink worth the price?

☐ YES

☐ No

11. Do you think soft drinks could have this effect on your teeth?

☐ YES

☐ No



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