

## SOUPS

Age: \_\_\_\_\_

Gender: \_\_\_\_\_

What flavour of soup do you usually buy?

1. Vegetable
2. Beef
3. Chicken
4. Brown Onion
5. Other

Which brand of soup do you usually eat?

\_\_\_\_\_

How often do you eat soup?

\_\_\_\_\_

Do you check the nutritional value of the ingredients of the soup before you buy it?

\_\_\_\_\_

Which of the following ingredients are usually found in the soup you eat?

Starch	MSG
Salt	Flavourants
Pasta	Vegetables
Sugar	Vegetable Oils

Do you think the ingredients in the soup is healthy for you?

\_\_\_\_\_

How do you usually prepare the soup?

\_\_\_\_\_

\_\_\_\_\_

How can you make the soup more healthy, by changing the way you prepare it?

\_\_\_\_\_

\_\_\_\_\_

If they reduce the amount of certain ingredients, the soup would you still buy the soup?

\_\_\_\_\_

Do you think your salt intake is satisfactory?

1. Yes
2. No, I think I eat too much salt.
3. No, I think I eat too little salt.



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