| SOUPS   |  |  |
|---|--|--|
| Age:  | Gender:  |  |
| What flavour of soup do you usu                             | ally 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                          | ue of the ingredients of the soup before you buy it?     |  |
| Which of the following ingredien                            | ts are usually found in the soup you eat?                |  |
| Starch  | MSG  |  |
| Salt  | Flavourants  |  |
| Pasta   | Vegetables   |  |
| Sugar   | Vegetable Oils   |  |
| Do you think the ingredients in the                         | he soup is healthy for you?                              |  |
| How do you usually prepare the                              | soup?  |  |
| How can you make the soup mor                               | re healthy, by changing the way you prepare it?          |  |
| If they reduce the amount of cer                            | tain ingredients, the soup would you still buy the soup? |  |
| Do you think your salt intake is s                          | satisfactory?  |  |
| <ol> <li>Yes</li> <li>No, I think I eat too much</li> </ol> | ch salt.   |  |

3. No, I think I eat too little salt.



| Age:    |                          | Gender:   |
|---------|--------------------------|---|
| What f  | lavour of soup do you u  | isually buy?  |
| 1.      | Vegetable                |   |
| 2.      | Beef                     |   |
| 3.      | Chicken                  |   |
| 4.      |                          |   |
| 5.      | Other                    |   |
| Which   | brand of soup do you u   | usually eat?  |
| How of  | ften do you eat soup?    |   |
| Do you  | check the nutritional v  | value of the ingredients of the soup before you buy it?     |
| Which   | of the following ingred  | ients are usually found in the soup you eat?                |
|         | Starch                   | MSG   |
|         | Salt                     | Flavourants   |
|         | Pasta                    | Vegetables  |
|         | Sugar                    | Vegetable Oils  |
| Do you  | think the ingredients i  | n the soup is healthy for you?                              |
| How de  | o you usually prepare th | he soup?  |
| How ca  | an you make the soup n   | nore healthy, by changing the way you prepare it?           |
| If they | reduce the amount of o   | certain ingredients, the soup would you still buy the soup? |
| -       | think your salt intake   | is satisfactory?  |

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

