

Food label questionnaire: Cooking sauces

1. Do you use cooking sauces?
2. Why do you use cooking sauces?
3. How often do you use cooking sauces?
Daily/ weekly/ monthly/ never
4. What is your favourite cooking sauce flavour?
5. What brand of cooking sauce do you prefer?
Knorr/ Royco/ Ina Parmanns/ PnP / Woolworths
6. Do you prefer cooking sauces over home-made sauces?
7. Would you recommend using cooking sauces to other people?
8. Do you think that cooking sauces are healthy?
9. Do you know what ingredients are in cooking sauces?
10. If you were aware that cooking sauces might be bad for your health, would you still make use of them?

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