

## Food labels- Energy and Health Bars

(Please colour in the blocks)

Male  Female

Age group: 10-19  20-29  30-39  40 and older

1. Do you use energy and health bars?  
Yes  No
  2. What is your favourite brand of bar?  
Jungle Oats  Black Cat  Special K  Snacker   
Coco- pops  Energy Bar  Other
  3. Which flavour of bar do you prefer most?  
Chocolate  Caramel  Yoghurt  Strawberry  Nuts  Other
  4. What do you use the bar for?  
Sports  Snacking  Concentration  Other
  5. When do you use the bar?  
Before activities  During  After
  6. Do you think the bar enhances your performance?  
Yes  No
  7. Do you read the food label contents on the bar?  
Yes  No
  8. Does the amount of calories, fat, and energy influence your purchase?  
Yes  No
  9. From what age do you think a person can start eating energy and health bars?  
0-5  6-10  11-15  16-20  21 & Older
  10. Do you think it is safe to eat energy and health bars? Motivate.  
Yes  No
- 
- 

## Food labels- Energy and Health Bars

(Please colour in the blocks)

Male  Female

Age group: 10-19  20-29  30-39  40 and older

1. Do you use energy and health bars?  
Yes  No
  2. What is your favourite brand of bar?  
Jungle Oats  Black Cat  Special K  Snacker   
Coco- pops  Energy Bar  Other
  3. Which flavour of bar do you prefer most?  
Chocolate  Caramel  Yoghurt  Strawberry  Nuts  Other
  4. What do you use the bar for?  
Sports  Snacking  Concentration  Other
  5. When do you use the bar?  
Before activities  During  After
  6. Do you think the bar enhances your performance?  
Yes  No
  7. Do you read the food label contents on the bar?  
Yes  No
  8. Does the amount of calories, fat, and energy influence your purchase?  
Yes  No
  9. From what age do you think a person can start eating energy and health bars?  
0-5  6-10  11-15  16-20  21 & Older
  10. Do you think it is safe to eat energy and health bars? Motivate.  
Yes  No
- 
-