

Sandwich spreads

Gender: male female

Age group: 10-20 21-30 older

1. What is your favourite food spread?
2. Do you have this preference because of :
 - The packaging
 - The taste
 - Or its healthiness
3. How often to you eat sandwich spreads?
 - Daily
 - Weekly
 - Others
4. To you have a specific brand that you prefer? Yes or no
Why?
5. Do you ever take time to read the ingredients?
6. Why it important to know what is added in the spread?
7. Do you take into consideration the amount of fat in the spread?
8. Can we use spreads to control obesity and wellness?
9. Do you know what preservatives are and the danger of eating them too much?
10. If you were given a chance to come up with a sandwich spread which ingredient would you use and why?

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