

Healthy Eating Module

Big Lottery Fund Well-being Evaluation

This section includes a few extra questions around healthy eating.

1) **Below is a list of things that some people find important when it comes to food. Please use the boxes next to each statement to rank them in order of their importance to you.** Put a '1' next to the thing which is *most* important, a '2' next to the second most important, through to a '5' for the least important. We understand that for some people, all of these things are important, but we ask you to take a moment to consider which are *most* important for you.

- Choosing food products and dishes that you enjoy eating
- Eating a healthy diet
- Keeping your spending on food as low as possible
- Eating your meals in the company of other people
- Choosing food products and dishes that are quick and easy to prepare

2) **The following questions ask you to indicate how confident you are about a number of things related to food. On a scale of 1 to 7, with 1 having no confidence at all, and 7 being extremely confident, how confident are you about...**

		Please circle one number						
		No confidence ←			→ Extremely confident			
a)	... choosing healthy foods when shopping?	1	2	3	4	5	6	7
b)	... being able to cook from basic ingredients?	1	2	3	4	5	6	7
c)	... following a simple recipe?	1	2	3	4	5	6	7
d)	... eating healthily?	1	2	3	4	5	6	7