**Dietary Behaviours Questionnaire**

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| --- | --- | --- | --- | --- | --- |
|  | **Always**  | **Very often**  | **Sometimes** | **Rarely** | **Never** |
| Do you eat at least 5 portions\* of fruit and vegetables on a typical day?  |  |  |  |  |  |
| Do you, if consuming foods and drinks high in fat, salt, or sugar, have these less often and in small amounts? |  |  |  |  |  |

For each of the questions below, please tick the answer that applies to you the most.

Please rate at what level you feel you are for each skill, **on a scale of 1–7,** where 1 is not at all confident and 7 is very confident.

|  |  |
| --- | --- |
|  | **Rating**  |
| How confident do you feel about being able to cook from basic ingredients? |  |
| How confident do you feel about tasting food that you have not eaten before? |  |

**\*Portion Size Guide:**

One portion = approximately a handful. A portion (150ml cup) of unsweetened fruit juice only counts once per day, regardless of how much you drink. The same applies to dried fruit, pulses, and beans

|  |  |
| --- | --- |
| **Type of food** | **What does this look like** |
| An apple / pear / orange / banana | One medium (size of clenched fist) |
| Grapes | 10-12 or handful |
| Berries | 15-20 or cupped hands |
| Plums/apricots/kiwis/satsumas | Two fruits |
| Dried fruit e.g., raisins | A small handful/one tablespoon |
| Peas / carrots / sweetcorn / mixed vegetables | Three heaped tablespoons |
| Pepper | Half |
| Cherry tomatoes | Seven |
| Cucumber | 2.5cm piece |
| Salad | Cereal bowlful |

*Source: British Dietetics Association. (2022). Retrieved 24 January 2022, from* [*https://www.bda.uk.com/resource/food-facts-portion-sizes.html*](https://www.bda.uk.com/resource/food-facts-portion-sizes.html)