

## Food Skills - Part 1 (FS1)

### Overview:

In this module, respondents are asked a number of questions related to how meals are prepared such as children's participation in meal preparation, frequency of meals eaten at home and the types of ingredients used. The module also asks questions about grocery shopping.

These questions will be used to examine the links between food habits and skills, and overall health.

FS1\_BEG

Rapid response module asked in November-December 2012

External variables required:

HHLDSZ: Household size from the Entry

FNAME: first name of respondent from household block

PROXMODE: proxy identifier, from the GR block

AGE: Respondent's age

CHILDREN2TO17: application derived variable to identify hhld with children 2 to 17 years old

PE\_Q01: first name of specific respondent from USU block

PE\_Q02: last name of specific respondent from USU block

Screen display:

Display on header bar PE\_Q01 and PE\_Q02 separated by a space

FS1\_C10A

If DOFS1 = 1, go to FS1\_C10B.

Otherwise, go to FS1\_END.

FS1\_C10B

If Proxy interview, go to FS1\_END.

Otherwise, go to FS1\_R10.

FS1\_R10

**Now, we would like to ask you some questions about eating habits and the way you prepare the food in your household.**

INTERVIEWER: Press <1> to continue.

FS1\_Q10

**In general, would you say that your eating habits are... ?**

INTERVIEWER: Read categories to respondent.

- 1      **Excellent**
- 2      **Very good**
- 3      **Good**
- 4      **Fair**
- 5      **Poor**
- DK
- RF      (Go to FS1\_END)

FS1\_C20

If HHLDSIZE = 1, go to FS1\_Q110.

Otherwise, go to FS1\_Q20.

FS1\_Q20

**Are you the person who prepares most of the meals in the household?**

- 1      Yes

- 2 Equally shared responsibility
  - 3 No
- DK, RF

FS1\_C30

If FS1\_Q20 = 1 or 2, go to FS1\_C50.  
Otherwise, go to FS1\_Q30.

FS1\_Q30

**How often do you help with the meal preparation?**

INTERVIEWER: Read categories to respondent

- 1 **Always**
  - 2 **Often**
  - 3 **Sometimes**
  - 4 **Rarely**
  - 5 **Never**
- DK, RF

FS1\_C40

If FS1\_Q30 = 4 or 5, go to FS1\_D40.  
Otherwise, go to FS1\_C50.

FS1\_D40

If FS1\_Q30 = 4, DT\_RARELYNEVER = "rarely".  
If FS1\_Q30 = 5, DT\_RARELYNEVER = "never".

FS1\_Q40

**What would you say is the main reason why you <sup>^</sup>RARELY/NEVER prepare or help prepare meals?**

- 01 Lack of time
  - 02 Not interested
  - 03 No Skills / Skills insufficient
  - 04 Not confident enough in my cooking ability
  - 05 Too much effort
  - 06 Not my responsibility
  - 07 Don't have appropriate cookware or appliances
  - 08 Too young
  - 09 Other
- DK, RF

FS1\_C50

If (CHILDREN2TO17 > 0) (at least one child 17 years old or younger in hhd) AND selected respondent AGE >17, go to FS1\_Q50.  
Otherwise, go to FS1\_C110.

FS1\_Q50

**Do the children in your household:**

**make suggestions for family meals?**

- 1 Yes
  - 2 No
- DK, RF

FS1\_Q60

**(Do the children in your household:)**

**participate in shopping for groceries?**

- 1 Yes

2 No  
DK, RF

FS1\_Q70

**(Do the children in your household:)**

**help to prepare meals or help to cook foods (e.g. cutting, stirring, peeling, washing)?**

1 Yes  
2 No  
DK, RF

FS1\_Q80

**Thinking about the 3 meals of the day, do the children in your household prepare meals or cook foods by themselves?**

1 Yes  
2 No  
DK, RF

FS1\_C90

If FS1\_Q50 = 2 and FS1\_Q60 = 2 and FS1\_Q70 = 2 and FS1\_Q80 = 2, go to FS1\_Q90.  
Otherwise, go to FS1\_Q100.

FS1\_Q90

**What are the reasons why the children in your household are not involved in meal preparation?**

INTERVIEWER: Mark all that apply.

01 Lack of time  
02 Children are not interested  
03 Parents are not interested  
04 Children don't have sufficient skills  
05 Parents don't have sufficient skills  
06 Too much effort  
07 Not the children's responsibility  
08 Could be harmful or dangerous  
09 Too young  
10 Other  
DK, RF

FS1\_Q100

**When at home, how often do you usually eat the MAIN meal with your family sitting at the table together? By main meal we mean the meal of the day that requires the most preparation.**

INTERVIEWER: Read categories to respondent. Not all family members need to be present.

1 **Every day**  
2 **Almost every day**  
3 **About 2 or 3 times a week**  
4 **About once a week**  
5 **Never**  
DK, RF

FS1\_Q110

**How often do you usually eat at home for the MAIN meal? By main meal we mean the meal of the day that requires the most preparation.**

INTERVIEWER: Read categories to respondent.

1 **Every day**  
2 **Almost every day**  
3 **About 2 or 3 times a week**

- 4 **About once a week**
  - 5 **Never** (Go to FS1\_Q130)
- DK, RF

FS1\_D120

If hhldsize = 1, DT\_YOURFAMILY = "do you".

Otherwise, DT\_YOURFAMILY = "does your family".

FS1\_Q120

**When preparing the MAIN meal at home, which of the following ^YOURFAMILY do the most often?**

INTERVIEWER: Read categories to respondent. Whole basic foods may also include frozen or canned fruits or vegetables.

- 1 **You use mostly whole, basic foods such as vegetables, fruits, pasta, legumes and meat**
  - 2 **You use mostly easy to prepare foods such as frozen lasagne**
  - 3 **You use a mix of whole, basic foods and easy to prepare foods**
  - 4 **You buy ready-to eat food or order takeout or delivery**
- DK, RF

FS1\_Q130

**How would you describe your personal ability to cook from basic ingredients?**

**Would you say:**

INTERVIEWER: Read categories to respondent.

- 1 **I don't know where to start when it comes to cooking**
  - 2 **I can do things such as boil an egg or cook a grilled cheese sandwich but nothing more advanced**
  - 3 **I can prepare simple meals but nothing too complicated**
  - 4 **I can cook most dishes if I have a recipe to follow**
  - 5 **I can prepare most dishes**
  - 6 **I frequently prepare sophisticated dishes**
- DK, RF

FS1\_C140

If respondent's age is <18, go to FS1\_END.

Otherwise, go to FS1\_Q140.

FS1\_Q140

**When shopping for groceries, do you sometimes:**

**have a budget on how much you can spend?**

- 1 Yes
  - 2 No
  - 3 Never shops for groceries (Go to FS1\_END)
- DK, RF

FS1\_Q150

**(When shopping for groceries, do you sometimes:)**

**use a written grocery list?**

- 1 Yes
  - 2 No
- DK, RF

FS1\_Q160

**(When shopping for groceries, do you sometimes:)**

**plan meals before going to the store?**

- 1 Yes
- 2 No
- DK, RF

FS1\_Q170

**(When shopping for groceries, do you sometimes:)**

**use recommendations from Canada's Food Guide?**

- 1 Yes
- 2 No
- DK, RF

FS1\_Q180

**(When shopping for groceries, do you sometimes:)**

**select foods based on food nutrition labels?**

- 1 Yes
- 2 No
- DK, RF

FS1\_END

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