# Food Consumption Survey <br> in the Younger Population 2021-2022 

Conducted for Centre for Food Safety of Food and Environmental Hygiene Department

## Demographic Information Questionnaire

## Part 1: Language

1. Language Used: $\square$ Cantonese $\square$ English $\square$ Putonghua

## Part 2: General Information

1. Serial No.: $\qquad$
2. Respondent Code : $\qquad$
3. Interviewer ID : $\qquad$
4. Date of Interview : 20 $\square_{\mathrm{y}}^{\square} \square_{\mathrm{y}}^{-}-\square_{\mathrm{m}}^{\square}-\square_{\mathrm{d}}-\square_{\mathrm{d}}$
5. Time Started :

6. Time Ended :

h h
$\square$
7. Interview Day Sequence: Day 1 / Day 2
8. Interview Method :In-PersonTelephoneVideo call (Zoom)
9. Place of Interview :Respondent's homeInterview CentreOther (Specify): $\qquad$
10. Interview completed with the help of other family members or someone else :YesNo
11. Remarks of relationship of family member :MotherFatherGrandparentDomestic helperOthers (please specify: $\qquad$ )
Page 1
12. Remarks :

## Part 3: Personal Particulars of Respondents

1. Gender :

Male
$\square$ Female
2. Age Information:

Month / Year of Birth:


Age:


Age:Group:6-8 years old9-11 years old12-14 years old15-17 years old
3. Years Lived in HK: $\qquad$ years (Note: Respondent's years lived in HK shall not exceed the age of the Respondent)ForgotRefusedSince birth
4. Ethnic Group:

Chinese (including: Hanzu and other minorities )
FilipinoIndonesianJapaneseKorean
ThaiIndianPakistaniBangladeshi / Sri-LankanNepaleseOther Asian (e.g. Malaysian, Vietnamese)White: British (e.g. English, Scottish)White: Other European (e.g. Dutch, French, German, Irish, Portuguese)White: American, CanadianWhite: Australian, New ZealanderWhite: OthersBlack (e.g. South African, Somali)Mixed: Chinese \& AsianMixed: Chinese \& WhiteMixed: Chinese \& BlackMixed: Chinese \& Other Ethnic GroupMixed: Others
Other (Specify): $\qquad$
Refused
5. Education Level:Primary (P.1)Primary (P.2)Primary (P.3)Primary (P.4)Primary (P.5)Primary (P.6)Secondary (S.1)Secondary (S.2)Secondary (S.3)Secondary (S.4)Secondary (S.5)Secondary (S.6)Other (Specify): $\qquad$Refused
6. Height: $\qquad$ . cm
$\qquad$ feet $\qquad$ inchRefused
7. Weight: $\qquad$ . kg
$\qquad$
$\square$ Refused

## Food Consumption Survey

## in the Younger Population 2021-2022

Conducted for Centre for Food Safety of Food and Environmental Hygiene Department

## 24-Hour Dietary Recall (24HDR) Questionnaire

## General Information

1. Name of questionnaire: 24 HDR
2. Serial No. : $\qquad$
3. Respondent Code : $\qquad$
4. Interviewer ID : $\qquad$
5. Date of Interview : 20 $\square_{\mathrm{y}}^{\square} \square_{\mathrm{y}}-\square_{\mathrm{m}}^{\square} \square_{\mathrm{m}}-\square_{\mathrm{d}} \square$
6. Day of Interview : Mon / Tues / Wed / Thu / Fri / Sat / Sun
7. Time Started :
 $\square$
m
m
8. Time Ended :

9. Interview Day Sequence : Day 1 / Day 2
10. Language Used: $\square$ Cantonese $\square$ English $\square$ Putonghua

## INTRODUCTION :

This part of the interview is to enable us to find out what you have eaten the previous day. All that you have eaten including drinks, snacks, sauces, spices, and salad dressings will need to be recalled. We had sent you a Food Photo Booklet with some portion-sized pictures of selected food items and eating utensils. Also, we will show you some eating utensils, which could help you to recall the amount of food eaten. There is no right or wrong answer in this interview, you only need to tell me what you have actually eaten. Do you have any questions? If not, let's start.

Part 1: Individual Intake Form

| Quick List of Food Items | Column 1 |  |  | Column 2 |  |  |  |  |  | Column 3 <br> How much of this (Food / Beverage) did you actually (eat / drink)? |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | A. <br> Time | B. Occasion | C. <br> Place of Meal consumed | A. <br> Description of Food/Drink |  | C. <br> Seasoning added | D. <br> Kind of <br> Salt <br> added | E. <br> Savoury <br> Sauce <br> added | F. <br> Kind of <br> Cooking <br> Oil added |  |
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Page 5

| Water <br> consumed <br> (whole day) | Column 4 <br> Description of Water <br> consumed | B. <br> How much of the Water did you <br> actually drink? |
| :---: | :---: | :---: |
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Column 1B - Meal Occasion

| M01. Breakfast | M02. Brunch | M03. Lunch | M04. Afternoon <br> Tea |
| :--- | :--- | :--- | :--- |
| M05. Dinner | M06. Late night meal | M07. Fruit | M08. Food and/or <br> Beverage break |
| M09. Snack | M10. Beverages, <br> Alcoholic or others | M11. Water <br> consume (whole <br> day) |  |

## Column 1C - Place of Meal Consumed

| 01. Home | 02. Restaurant / <br> Cafeteria / Fast Food <br> Shop / Deli | 03. Bar / Lounge | 04. Food <br> Stall / <br> Hawker |
| :--- | :--- | :--- | :--- |
| 05. Canteen <br> (e.g. Work / <br> University canteen) | 06. Work place | 07. School | 08. Day <br> care |
| 09. Friend's / <br> Relative's home | 10. Outdoor <br> (e.g. picnic, BBQ) | 11. Other <br> (Specify) | 997. Forgot |
| 998. Refused |  |  |  |

## Column 2B - Cooking Method

| C00. Ready-to-eat/ <br> Consumed as raw | C01. Boiled | C02. Steamed / <br> Double-boiled | C03. Stewed / <br> Braised |
| :--- | :--- | :--- | :--- |
| C04. Stir-fried | C05. Pan-fried | C06. Deep-fried | C07. Baked / <br> Roasted |
| C08. Toasted | C09. Barbecued / <br> Grilled | C10.Microwave- <br> cooked | C11. Others <br> (Please specify) |
| C12. Air-fried |  |  |  |

Column 2C - Seasoning Type

| Seasoning for beef | Seasoning for pork | Seasoning for <br> poultry | Seasoning for egg |
| :--- | :--- | :--- | :--- |
| Seasoning for egg <br> (stir / pan-fried) | Seasoning for fish | Seasoning in <br> general | Seasoning for <br> vegetables |
| Seasoning for <br> seafood | No pre-defined <br> seasoning |  |  |

Column 2D - Savoury Sauce

| 01. "Chu-hou" paste | 02. "Hoi-sin" sauce | 03. Abalone sauce | 04. Barbecue sauce |
| :---: | :---: | :---: | :---: |
| 05 . Black pepper sauce | 06. Black soybean paste | 07. Black soybean sauce | 08. Brown sauce |
| 09. Chilli broad bean paste | 11. Chilli paste | 12. Chilli sauce | 13. Chilli sauce, Guilin-style |
| 14. Chilli sauce, Thai-style | 15. Clam sauce | 16. Concentrated chicken stock | 17. Curry sauce |
| 18. Fermented soya bean paste | 20. Garlic sauce | 21. Hollandaise sauce | 22. Hot and sour sauce |
| 23. Hot and spicy sauce, Sichuanstyle | 24. Laksa Paste | 25. Lemon sauce | 26. Miso paste |
| 27. Mustard | 28. Onion sauce | 29. Portuguese sauce | 30. Red braising sauce |
| 31. Sa Cha sauce | 32. Salsa | 33. Satay sauce | 36. Sesame seed paste |
| 37. Shrimp paste | 38. Sour plum sauce | 39. Spaghetti sauce | 40. Supreme sauce |
| 41. Sweet and sour sauce | 42. Sweet bean paste | 43. Sweet chilli sauce, Thai-style | 44. Swiss sauce |
| 46. Tartar sauce | 47. Teriyaki sauce / <br> Eel teriyaki sauce | 48. Tomato paste or Ketchup | 50. White sauce |
| 53. Korean chilli paste | 54. Truffle sauce | 55. Tempura batter | 56. Corn starch |
| 57. Corn starch sauce | 58. White pepper | 59. Granulated sugar | 60. Soya sauce, light |
| 61. Soya sauce, dark | 62. Bonito sauce | 63. Chicken powder | 64. Mushroom Powder |
| 999. Oyster sauce <br> (Item not specified) | 9999. Savoury sauces (Item not specified) |  |  |

Column 2E - Kind of Salt

| 00. No salt added | 01. Iodised salt | 02. Iodised salt, <br> low sodium | 03. Table salt |
| :--- | :--- | :--- | :--- |
| 05. Table salt, low <br> sodium | 06. Sea salt | 07. Rock salt | 08.Coarse salt |
| 09. Salt substitute <br> (Item not specified) | 10. Salt (Item not <br> specified) | 11. Unknown |  |

Column 2F-Cooking Oil

| 01. Beef tallow | 02. Butter | 03. Fish oil | 04. Lard |
| :--- | :--- | :--- | :--- |
| 05. Mutton tallow | 06. Poultry fat | 07. Animal fats and <br> oils (Item not <br> specified) | 08. "Tea seed" oil |
| 09. Camellia oil | 10. Canola oil | 11. Corn oil | 12. Cottonseed <br> oil |
| 13. Grapeseed oil | 14. Linseed oil | 15. Margarine | 16. Olive oil |
| 17. Peanut oil | 18. Rapeseed oil | 19. Safflower oil | 20. Shortening |
| 21. Soybean oil | 22. Sunflower <br> oil | 23. Tropical palm oil | 24. Rice bran oil |
| 25. Vegetable oils <br> (Item not <br> specified) | 26. No fat and <br> oil added | 27. Fats and oils (Item <br> not specified) | Unknown |

## Column 4A - Drinking Water

| 01. Bottled distilled <br> water | 02. Bottled <br> drinking water | 03. Bottled mineral <br> /Spring water | 04. Tap water |
| :--- | :--- | :--- | :--- |
| 05. Water (Item not <br> specified) | 06. Not Applicable |  |  |

## Part 2: Dietary Practice

1. Current dietary habit:
(00) No special diet, I eat almost everything
(01) Ovo-lacto-vegetarian
(02) Vegan (i.e. strict vegetarian)
(03) Dietary management regime
(04) Other special diet (Please specify): $\qquad$
2. Unusual intake / Special day meal:
(1) Usual (Proceed to "Food Frequency Questionnaire")
(2) Less than Usual (Go to Question 2a)
(3) More than usual (Go to Question 2b)

2a. Main reason for eating less than usual:
(01) Sickness/Discomfort
(02) Short of money
(03) Travelling
(04) At a social function, special meal or on a special day
(05) On vacation or day off
(06) Too busy/Being occupied
(07) Not hungry
(08) Dietary management
(09) Fasting
(10) Bored
(11) Stressed
(12) Other (Please specify): $\qquad$
(13) Issues related to home cooking
(14) Food aversion
(15) Feeling tired / Sleep related (e.g. wake up late)
(16) Skipped regular meals
(17) No specific reasons
(18) Dine out / Take-away
(19) No appetite

2b. Main reason for eating more than usual:
(01) Travelling
(02) At a social function, special meal or on a special day
(03) On vacation or day off
(04) Very hungry
(05) Bored
(06) Stressed
(07) Minimise food waste
(08) Other (Please specify): $\qquad$
(09) Food liking
(10) Dietary management
(11) Good Appetite
(12) No specific reasons
(13) Dine out / Take-away
(14) Before / After physical activities
(15) Issues related to home cooking

## Thank you for your cooperation!

## Part 3: Interview Information

Did respondent provide 24HDR related food photos for reference?
(1) Yes
(2) No

1. Did you or the respondent have difficulty with this intake interview?
(1) Yes
(2) No (Go to Question 3)
2. What was the reason for this difficulty?
$\qquad$
$\qquad$
$\qquad$
3. Interview method: (1) In-person
(2) Telephone
(3) Video Call (Zoom)
4. Place of interview: (1) Respondent's home
(2) Interview Centre
(3) Other (Please specify): $\qquad$
5. Was interview completed with the help of other family members or someone else?
(1) Yes
(2) No
6. Remarks of relationship of family member:
(1) Mother
(2) Father
(3) Grandparent
(4) Domestic helper
(5) Others (Please specify): $\qquad$
7. Remarks:

## Food Consumption Survey

## in the Younger Population 2021-2022

Conducted for Centre for Food Safety of Food and Environmental Hygiene Department

## Food Frequency Questionnaire (FFQ)

## Part 1: General Information

1. Name of questionnaire: Food Frequency Questionnaire
2. Serial No. : $\qquad$
3. Respondent Code : $\qquad$
4. Interviewer ID : $\qquad$
5. Date of Interview : 20 $\square_{\mathrm{y}}^{\square} \square_{\mathrm{y}}-\square_{\mathrm{m}} \square_{\mathrm{m}}-\square_{\mathrm{d}} \quad \square$
6. Interview Day Sequence : Day 1 / Day 2
7. Time Started :

8. Time Ended :

9. Interview Method :
(1) In-Person
(2) Telephone
(3) Video Call (Zoom)
10. Place of Interview : (1) Respondent's home
(2) Interview Centre
(3) Other (Specify):
11. Language Used:
(1) Cantonese
(2) English
(3) Putonghua
12. Remarks : $\qquad$

## INTRODUCTION :

I'd like to ask about your eating patterns over the past 12 months. Please tell me over the past 12 months did you eat each of the foods I ask you. If you didn't eat any of the food over the past 12 months, we will go to the next food; if you ate the food in past 12 months, please tell me how often you ate it and how much you ate each time. If you know the amount in $\mathrm{g} / \mathrm{oz} /$ tael, you can tell me so. If not, we have portion-sized photo for each food item that you can refer to. There is no right/wrong answer for each question. If you want to make any changes be sure to let me know. If you don't have any questions, could we please start now?

## Part 2: Food Intake Information

## 1. Cooked swordfish

1a. Over the past 12 months, how often did you eat Cooked swordfish?
(00) Never (Go to question 2)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

1b. How many times did you eat
Cooked swordfish in the selected period interval?
$\qquad$ time(s)

1c. Each time you ate Cooked swordfish, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 2. Swordfish sashimi

2 a . Over the past 12 months, how often did you eat Swordfish sashimi?
(00) Never (Go to question 3)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

2b. How many times did you eat
Swordfish sashimi in the selected period interval?
$\qquad$ time(s)

2c. Each time you ate Swordfish sashimi, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g

## 3. Swordfish sushi

3a. Over the past 12 months, how often did you eat Swordfish sushi?
(00) Never (Go to question 4)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

3b. How many times did you eat
Swordfish sushi in the selected period interval?
$\qquad$ time(s)

3c. Each time you ate Swordfish sushi, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g

## 4. Cooked tuna

4 a. Over the past 12 months, how often did you eat Cooked tuna?
(00) Never (Go to question 5)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

4b. How many times did you eat
Cooked tuna in the selected period interval?
$\qquad$ time(s)

4c. Each time you ate Cooked tuna, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 5. Tuna Sashimi

5 a. Over the past 12 months, how often did you eat Tuna sashimi?
(00) Never (Go to question 6)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don’t know

5b. How many times did you eat Tuna sashimi in the selected period interval?
$\qquad$ time(s)

5c. Each time you ate Tuna sashimi, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g

## 6. Tuna sushi

6a. Over the past 12 months, how often did you eat Tuna sushi?
(00) Never (Go to question 7)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

6b. How many times did you eat Tuna sushi in the selected period interval?
$\qquad$ time(s)

6c. Each time you ate Tuna sushi, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g

## 7. Cooked cod fish

7 a . Over the past 12 months, how often did you eat Cooked cod fish?
(00) Never (Go to question 8)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

7b. How many times did you eat
Cooked cod fish in the selected period interval?
$\qquad$ time(s)

7c. Each time you ate Cooked cod fish, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 8. Mitten crab / freshwater hairy crab

8a. Over the past 12 months, how often did you eat Mitten crab / freshwater hairy crab?
(00) Never (Go to question 9)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

8b. How many times did you eat
Mitten crab / freshwater hairy crab in the selected period interval?
$\qquad$ time(s)

8c. Each time you ate Mitten crab / freshwater hairy crab, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 9. Fish floss

9a. Over the past 12 months, how often did you eat Fish floss?
(00) Never (Go to question 10)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

9b. How many times did you eat Fish floss in the selected period interval?
$\qquad$ time(s)

9c. Each time you ate Fish floss, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz

## 10. Energy drinks

10a. Over the past 12 months, how often did you eat Energy drinks?
(00) Never (Go to question 11)
(01) Every day
(02) Every week
(03) Every month
(04) Every year
(05) Don't know

10b. How many times did you eat Energy drinks in the selected period interval?
$\qquad$ time(s)

10c. Each time you ate Energy drinks, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ Serving B
(3) $\qquad$ Serving C
(4) $\qquad$ Serving D
(5) $\qquad$ mL
(6) $\qquad$ fl oz

## 11. Lychee

11a. Over the past 12 months, did you eat Lychee?
(00) No (Go to question 12)
(01) Yes
(02) Don't know

11b. How many times did you eat Lychee when in season?
(1) $\qquad$ time(s)
(2) 0 time
(3) Don't know

11c. Each time you ate Lychee when in season, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 12. Chinese New Year pudding

12a. Over the past 12 months, did you eat Chinese New Year pudding?
(00) No (Go to question 13)
(01) Yes
(02) Don't know

12b. How many times did you eat Chinese New Year pudding during the Chinese New Year?
(1) $\qquad$ time(s)
(2) 0 time
(3) Don't know

12c. Each time you ate Chinese New Year pudding during the Chinese New Year, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 13. Crispy triangle

13a. Over the past 12 months, did you eat Crispy triangle?
(00) No (Go to question 14)
(01) Yes
(02) Don't know

13b. How many times did you eat
Crispy triangle during the Chinese New Year?
(1) $\qquad$ time(s)
(2) 0 time
(3) Don't know

13c. Each time you ate Crispy triangle during the Chinese New Year, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ g
(3) $\qquad$ oz
(4) $\qquad$ Tael

## 14. Baked mooncake

14a. Over the past 12 months, did you eat Baked mooncake?
(00) No (Go to question 15)
(01) Yes
(02)
(03) Don't know

14b. How many times did you eat
Baked mooncake during the period of Mid-Autumn Festival?
(1) $\qquad$ time(s)
(2) 0 time
(3) Don't know

14c. Each time you ate Baked mooncake during the period of Mid-Autumn Festival, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ Serving B
(3) $\qquad$ Serving C
(4) $\qquad$ g
(5) $\qquad$ oz

## 15. Snowy mooncake

15 a . Over the past 12 months, did you eat Snowy mooncake?
(00) No
(01) Yes
(02) Don't know

15b. How many times did you eat Snowy mooncake during the period of Mid-Autumn Festival?
(1) $\qquad$ time(s)
(2) 0 time
(3) Don't know

15c. Each time you ate Snowy mooncake during the period of Mid-Autumn Festival, how much did you usually eat?
(1) $\qquad$ Serving A
(2) $\qquad$ Serving B
(3) $\qquad$ g
(4) $\qquad$ oz

## Part 3: Interview Information

1. Did you or the respondent have difficulty with this intake interview?
(1) Yes
(2) No (Go to Question 3)
2. What was the reason for the difficulty?
3. Was interview completed with the help of other family members or someone else?
(1) Yes
(2) No
4. Remarks of relationship of family member:
(1) Mother
(2) Father
(3) Grandparent
(4) Domestic helper
(5) Others (Please specify): $\qquad$
~The End~
