

- White: British (e.g. English, Scottish)
- White: Other European (e.g. Dutch, French, German, Irish, Portuguese)
- White: American, Canadian
- White: Australian, New Zealander
- White: Others
- Black (e.g. South African, Somali)
- Mixed: Chinese & Asian
- Mixed: Chinese & White
- Mixed: Chinese & Black
- Mixed: Chinese & Other Ethnic Group
- Mixed: Others
- Other (Specify): _____
- 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): _____
 - Refused

6. Height: _____ cm
 _____ feet _____ inch

Refused

7. Weight: _____ kg
 _____ lbs

Refused

Column 1B – Meal Occasion

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

Column 1C - Place of Meal Consumed

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

Column 2B - Cooking Method

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

Column 2C - Seasoning Type

Seasoning for beef	Seasoning for pork	Seasoning for poultry	Seasoning for egg
Seasoning for egg (stir / pan-fried)	Seasoning for fish	Seasoning in general	Seasoning for vegetables
Seasoning for seafood	No pre-defined 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, Sichuan-style	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 / 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 (Item not specified)	9999. Savoury sauces (Item not specified)		

Column 2E – Kind of Salt

00. No salt added	01. Iodised salt	02. Iodised salt, low sodium	03. Table salt
05. Table salt, low sodium	06. Sea salt	07. Rock salt	08. Coarse salt
09. Salt substitute (Item not specified)	10. Salt (Item not 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 oils (Item not specified)	08. “Tea seed” oil
09. Camellia oil	10. Canola oil	11. Corn oil	12. Cottonseed 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 oil	23. Tropical palm oil	24. Rice bran oil
25. Vegetable oils (Item not specified)	26. No fat and oil added	27. Fats and oils (Item not specified)	Unknown

Column 4A – Drinking Water

01. Bottled distilled water	02. Bottled drinking water	03. Bottled mineral / Spring water	04. Tap water
05. Water (Item not 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): _____

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): _____
 - (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): _____
- (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?

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): _____

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): _____

7. Remarks:

~ **The End** ~

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?

_____ time(s)

1c. Each time you ate **Cooked swordfish**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ Tael

2. Swordfish sashimi

2a. 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?

_____ time(s)

2c. Each time you ate **Swordfish sashimi**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ 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?

_____ time(s)

3c. Each time you ate **Swordfish sushi**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ g

4. Cooked tuna

4a. 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?

_____ time(s)

4c. Each time you ate **Cooked tuna**, how much did you usually eat?

(1) _____ Serving A

(2) _____ g

(3) _____ oz

(4) _____ Tael

5. **Tuna Sashimi**

5a. 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?

_____ time(s)

5c. Each time you ate **Tuna sashimi**, how much did you usually eat?

(1) _____ Serving A

(2) _____ 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?

_____ time(s)

6c. Each time you ate **Tuna sushi**, how much did you usually eat?

(1) _____ Serving A

(2) _____ g

7. **Cooked cod fish**

7a. 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?

_____ time(s)

7c. Each time you ate **Cooked cod fish**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ 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?

_____ time(s)

8c. Each time you ate **Mitten crab / freshwater hairy crab**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ 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?

_____ time(s)

9c. Each time you ate **Fish floss**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ g
- (3) _____ 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?

_____ time(s)

10c. Each time you ate **Energy drinks**, how much did you usually eat?

- (1) _____ Serving A
- (2) _____ Serving B
- (3) _____ Serving C
- (4) _____ Serving D
- (5) _____ mL
- (6) _____ 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) _____ 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) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ 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) _____ 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) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ 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) _____ 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) _____ Serving A
- (2) _____ g
- (3) _____ oz
- (4) _____ 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) _____ 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) _____ Serving A
- (2) _____ Serving B
- (3) _____ Serving C
- (4) _____ g
- (5) _____ oz

15. Snowy mooncake

15a. 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) _____ 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) _____ Serving A
- (2) _____ Serving B
- (3) _____ g
- (4) _____ 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): _____

~ The End ~