

A survey on the perception of consumers and parents about the packed food

Karnataka 2022

Name:

Email:

Age:

Occupation:

- 1. When you buy packed food products, what are the details that you look for in the label?**
 - a. MRP
 - b. Manufacturing date
 - c. Expiry Date / Use by date
 - d. Ingredients
 - e. Weight
 - f. Vegetarian/ non-vegetarian logo
 - g. Product name and brand
 - h. Nutritional information
 - i. All the above

- 2. Do you read the nutritional information printed on the display panel of the packaged food products/articles?**
 - a. Yes
 - b. No

- 3. If not, Why?**
 - a. Not aware that the information was available
 - b. Difficult to understand
 - c. Language is a problem
 - d. Don't have time to read
 - e. All the above



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- 4. Do food labels provide information about the quantity of salt, sugar or/and fat present in the products?**
 - a. Yes
 - b. No

- 5. Do labels tell you if a product is high on salt, sugar or/and fat?**
 - a. Yes
 - b. No

- 6. What are the harmful effects of increased in-take of salt, sugar or/and fat?**
 - a. Diabetes
 - b. Hypertension/Blood Pressure (BP)
 - c. Obesity
 - d. Cardiovascular diseases or heart diseases
 - e. Other non-communicable diseases
 - f. All the above
 - g. No knowledge on the subject

- 7. Would you like to know if a food product is high on salt, sugar or/and fat?**
 - a. Yes
 - b. No

- 8. If yes, how would you like the information to be provided on the label?**
 - a. Clear warnings about the presence of high salt, sugar, fat on front of pack
 - b. Rating, based on the nutritional value of the food, on front of pack
 - c. Grading, using symbols like traffic lights, to say if the food is good, better or bad

- 9. If you are a parent, do you caution your children from consuming packaged food items containing salt and sugar?**
 - a. Yes
 - b. No

- 10. If you caution your children from consuming packaged food products containing salt and sugar then what according to you are the reasons for the same.**
 - a. Because not good for health
 - b. Cooked food is better than packaged food
 - c. Packaged food contains high levels of salt and sugar
 - d. All the above



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11. What according to you makes people opt for packaged food?

- a. It creates craving in the mind to consume more and more
- b. It is ready to eat
- c. It is more tasty and delicious
- d. It has high brand value

12. What according to you is the most effective way to prevent children from consuming packaged food containing high levels of salt and sugar?

- a. Education at the school level
- b. Caution by parents
- c. Sustained awareness through print and electronic media
- d. Proper orientation of teachers and parents
- e. All the above