

Questionnaire (English Version)

Notes:

- “Q[X]” refers to the question label in the data.
- For the Norwegian translation, refer to the file SafeConsumeVariables.xlsx, tab QuestionExplanation.

1. Pre-survey

Q1 WELCOME to a survey that is somewhat out of the ordinary, focusing on everyday food habits, conducted for a European research project. No prior knowledge is required.

- The survey runs across two rounds. This first round will last for about [TREATMENT] minutes, and you will receive [TREATMENT] points. At the end, you are invited to play an online HomeCooking game, which you will probably find amusing. (NO):The game requires only basic English language skills.
- The second round runs in a week, lasts for 15 minutes - and will reward you [TREATMENT] points, including an extra bonus for participation in both rounds.
- Further information on the study can be found [HERE](#) (pdf-file) Please note that the survey adopts forced entries, and occasional DKs. However, no response is "right" or "wrong". Whenever in doubt, please give your best possible answer.

Do you agree with the above conditions, and would you like to continue the survey?

- Yes
- No

Q6 FOOD PREPARATION

We'll start with some questions regarding food preparation. How often do you prepare a warm lunch or dinner with meat (including poultry) in your home?

- Never
- Less than once a month
- 1-3 times per month
- Once a week
- 2-4 times a week
- 5-6 times a week
- Once a day
- 2-3 times per day, or more
- Don't know

How many of these warm lunches and dinners with meat (including poultry) are pre-prepared and only need to be re-heated?

- None (0%)
- 1 in 4 (25%)
- Half (50%)
- 3 in 4 (75%)
- All (100%)

Q8 Please think about what you did last week, when answering the following questions.

Last week, how often did you...?

- Seek information about how to safely handle food?
- Prepare and serve minced meat?
- Prepare and serve chicken (not as minced meat)?
- Prepare and serve other meat or poultry?
- Feel stressed when cooking because of time pressure?

Scale for each item:

- Never
- Once
- Twice
- 3-4 times
- 5 times or more

Q13A Now, we want you to consider a situation within the last week where you cooked a warm lunch or dinner with [insert category]. How would you describe the warm dish with (insert category) that you made? Please give a brief description

Q13B Now, we want you to consider a typical situation where you cooked a warm lunch or dinner with [insert category]. How would you describe the warm dish with (insert category) that you made? Please give brief description

Q14 How long time did it take you to prepare this warm dish with (insert category)?

- Less than 15 minutes
- 15-30 minutes
- 31-45 minutes
- 46-60 minutes
- More than 1 hour

Q15 When preparing this warm dish, how often...?

- .. were you interrupted while cooking (kids, mobile phone, ...)?
- .. did you wash your hands with soap?
- .. did you clean the cutting board or use a new cutting board
- .. did you clean the kitchen surface?
- .. did you rinse a piece of raw meat?

Scale for each item:

- Never

- Once
- Twice
- 3-4 times
- 5 times or more

Q20A FOOD SHOPPING AND STORAGE Next we are interested in how you usually behave when shopping, storing, and preparing food. During the last week, did you do any of the following to check whether the meat is done?

- Kept track of the cooking time
- Used a food thermometer
- Looked at the color/texture of the surface
- Cut and checked the color/texture inside
- Did not check whether the meat is done

Scale for each item:

- Yes
- No

Q20B FOOD SHOPPING AND STORAGE Next we are interested in how you usually behave when shopping, storing, and preparing food. During a typical week, did you do any of the following to check whether the meat is done?

- Kept track of the cooking time
- Used a food thermometer
- Looked at the color/texture of the surface
- Cut and checked the color/texture inside
- Did not check whether the meat was done

Scale for each item:

- Yes
- No

Q25 Did you or another person in the household check the temperature of the fridge last week?

- Yes
- No

Q26 How likely are you to check the use-by-date of food items ?

- .. when you shop?
- .. when you are about to prepare and cook food?

Scale for each item:

- No chance or almost no chance (1 in 100)
- Very slight possibility (1 in 10)
- Slight possibility (2 in 10)
- Some possibility (3 in 10)
- Fair possibility (4 in 10)
- Fairly good possibility (5 in 10)
- Good possibility (6 in 10)
- Probable (7 in 10)
- Very probable (8 in 10)
- Almost sure (9 in 10)
- Certain or practically certain (99 in 100)

Q28 How likely would you be to rinse....?

- .. a whole raw chicken
- .. raw chicken breast
- .. raw beef
- .. a whole lettuce
- .. a whole water melon
- .. an apple
- .. a mango
- .. an eggplant
- .. an onion
- .. string beans
- .. brussels sprouts
- .. potatoes
- .. carrots
- .. berries
- .. an avocado
- .. bean sprouts

Scale for each item:

- No chance or almost no chance (1 in 100)
- Very slight possibility (1 in 10)
- Slight possibility (2 in 10)
- Some possibility (3 in 10)
- Fair possibility (4 in 10)
- Fairly good possibility (5 in 10)
- Good possibility (6 in 10)
- Probable (7 in 10)
- Very probable (8 in 10)
- Almost sure (9 in 10)
- Certain or practically certain (99 in 100)

Q44 Examining the two hamburgers below - which would you prefer to eat?

A: Hamburger A from ? **B:** Hamburger D from ?

- I would only eat hamburger A
- I would prefer by a large margin to eat hamburger A
- I would slightly prefer to eat hamburger A
- I would like both hamburgers equally
- I would slightly prefer to eat hamburger B
- I would prefer by a large margin to eat hamburger B
- I would only eat hamburger B

Q45 When shopping for, preparing, and cooking a meal how important is it to you that...?

- .. the meal is healthy
- .. the food is sustainable and/or organic
- .. the meal is prepared under hygienic circumstances
- .. the meal is fast to prepare
- .. the kitchen does not get messed up when cooking
- .. food waste is avoided

Scale for each item:

- Very unimportant
- Slightly unimportant
- Neutral
- Slightly important
- Very important

Q52 Do you agree with the following statement? Too much hygiene in the kitchen is the cause of allergies and prevents building up a good immune system.

- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

Q53A PREVENTING FOOD BORNE DISEASE How do the following actions affect the risk of food poisoning?

- Peeling unwashed vegetables/fruit
- Rinsing unwashed vegetables/fruit
- Picking up within 5 seconds any food that has fallen to the ground.
- Heating hamburger meat such that only the inside is pink
- Using brown eggs rather than white eggs
- Cooking chicken to an inside temperature of 63 degree Celsius
- Checking whether a food item smells fine
- Checking with a fork whether the chicken is well done
- Cooking an egg until soft-boiled (that is, the white is firm and the yolk is soft)
- Drinking a small amount of alcohol with a meal

Scale for each item:

- Increases risk by a large amount
- Increases risk by a small amount
- Has no effect on risk
- Decreases risk by a small amount
- Decreases risk by a large amount

Q53B How confident are you that your answer is correct?

Scale for each item:

- Not at all confident
- Moderately confident
- Very confident

Q57A And how do the following actions affect the risk of getting sick after food consumption?

- Rinsing a whole chicken before preparation.
- Rinsing hands under running water without using soap.
- Washing hands with soap under running water.
- Washing cutting boards and kitchen tools in between preparing different food items
- Rinsing a whole melon, before eating
- Only eating organic food.
- Only eating home grown food.
- Only eating food produced in [Country]
- Switching to a vegetarian diet.
- Only eating raw food.

Scale for each item:

- Increases risk by a large amount
- Increases risk by a small amount
- Has no effect on risk
- Decreases risk by a small amount
- Decreases risk by a large amount

Q57B How confident are you that your answer is correct? Scale for each item:

- Not at all confident
- Moderately confident
- Very confident

Q93 We will now present eight pictures of different food items. Examining each picture, imagine eating it - then indicate how disgusting you find it. How disgusting do you find...?

Please answer intuitively, there are no right or wrong answers.

- Sweetcorn picture from ?
- Melon picture from ?
- Potato picture from ?
- Tomato picture from ?
- Minced meat picture from ?
- Chocolate picture from ?
- Chicken picture from ?
- Avocado picture from ?

Scale for each item:

- 1. Not disgusting at all
- 2
- 3
- 4
- 5
- 6. Extremely disgusting

Q101 After cutting chicken, how likely is it that you will re-use the same knife (without washing it) for vegetables, salads or fruit?

- No chance or almost no chance (1 in 100)
- Very slight possibility (1 in 10)
- Slight possibility (2 in 10)
- Some possibility (3 in 10)
- Fair possibility (4 in 10)
- Fairly good possibility (5 in 10)
- Good possibility (6 in 10)
- Probable (7 in 10)
- Very probable (8 in 10)
- Almost sure (9 in 10)
- Certain or practically certain (99 in 100)

Q102 If you spilt a bit of egg, how likely is it that you would immediately clean up the spillage (with detergent)?

Q103 How likely is it that you would wash your hands (with soap or detergent) immediately after touching the raw eggs?

Q104 After cutting chicken, how likely is it that you will re-use the same chopping board for vegetables, salads or fruit?

Q105 How likely is it that you will prepare a meal from frozen/thawed chicken?

Q106 How likely is it that you would touch the chicken with your bare hands when you take it out of its packaging? Scale for each item in Q102-Q106:

- No chance or almost no chance (1 in 100)
- Very slight possibility (1 in 10)
- Slight possibility (2 in 10)
- Some possibility (3 in 10)
- Fair possibility (4 in 10)
- Fairly good possibility (5 in 10)
- Good possibility (6 in 10)
- Probable (7 in 10)
- Very probable (8 in 10)
- Almost sure (9 in 10)
- Certain or practically certain (99 in 100)

Q107 Do you agree or disagree with the following statements?

- Fruit and vegetables that will be peeled don't have to be washed.
- Washing your kitchen too often creates a sterile environment that is bad for building up a good immune system.
- Any food that has fallen to the floor and did not stay there longer than 5 seconds, is still edible.
- Only poultry, not other meats, need to be well-done to be safe to eat.
- A small amount of alcohol is good to avoid food poisoning.
- If the food smells and taste fine it is safe to eat.
- Eggs with brown shells are safer than eggs with white shells.
- Vegetarians don't get food poisoning.

Scale for each item:

- Agree
- Disagree

Q115 YOUR BACKGROUND Lastly, here follow some questions related to who you are and what you like.

How do you see yourself? Are you generally a person who is fully prepared to take risks or do you try to avoid taking risks?

- 0. Not at all willing to take risks
- 1
- 2
- 3

- 4
- 5
- 6
- 7
- 8
- 9
- 10. Very willing to take risks

Q116 Are you a person who is concerned about getting sick from food poisoning or are you not concerned about getting sick from food poisoning?

- 0. Not at all concerned about getting sick
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10. Very concerned about getting sick

Q117 Are you generally a person who follows the recommendations by the public authorities to avoid catching or spreading the Corona virus?

- 0. Not at all following the recommendations
- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10. Very much following the recommendations

Q118 Do you like playing computer games?

- Dislike extremely
- Dislike somewhat
- Neither like nor dislike
- Like somewhat
- Like extremely

Q119 How much do you play computer games?

- Less than 1 hour a month
- 1 - 3 hours a month
- 1- 2 hours a week
- 4 - 6 hours a week
- 1 - 2 hours a day
- More than 2 hours a day

Q120 Do you work or have you worked in the food industry or in gastronomy/food service?

- Yes
- No
- Don't know

Q121 Do you work or have you worked as a health professional (health worker, nurse, doctor, physician, nutritionist, ...)?

- Yes
- No
- Don't know

Q122 Have you ever had food poisoning?

- Yes
- No
- Don't know

Q123 Please watch this 2-minute video with information about safe handling of food.

Q124A You will now be redirected to another website to play a computer game, lasting for about 30 minutes. You start by watching a short video that explains how to play the game. Once you played through all 4 levels, you will be redirected to us and we will confirm that you completed this part. Remember you will only receive [TREATMENT] points if you complete this part. You can also copy the link below and paste it into your browser. [LINK] We recommend to use an updated version of the Chrome browser. Please note that the game will take some time to load, so please be patient.

Q2 How did you perceive the game?

- The game was fun
- This felt like the kind of game I would enjoy playing on my phone or computer
- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

Q125 Thank you very much for participating in this first part of the study! We will contact you about the follow-up survey in 7 days. Please keep in mind that you will receive an extra bonus of [TREATMENT] points following the completion of both survey rounds.

2. Post-survey

Q1 WELCOME to the second part of the survey focusing on everyday food habits, conducted for a European research project. Again, no prior knowledge is required.

- The first part was completed a week ago.
- This second part lasts for 15 minutes only - and will reward you [TREATMENT] points, including an extra bonus for participation in both rounds!
- And again, no response is “right” or “wrong”. Whenever in doubt, please give your best possible answer.

Q2 How did you perceive the game?

- The game was fun
- This felt like the kind of game I would enjoy playing on my phone or computer
- Strongly disagree
- Somewhat disagree
- Neither agree nor disagree
- Somewhat agree
- Strongly agree

Q8 Please think about what you did last week, when answering the following questions.

Last week, how often did you...?

- Seek information about how to safely handle food?
- Prepare and serve minced meat?
- Prepare and serve chicken (not as minced meat)?
- Prepare and serve other meat or poultry?
- Feel stressed when cooking because of time pressure?

Scale for each item:

- Never
- Once
- Twice
- 3-4 times
- 5 times or more

Q13A Now, we want you to consider a situation within the last week where you cooked a warm lunch or dinner with [insert category]. How would you describe the warm dish with (insert category) that you made? Please give brief description

Q13B Now, we want you to consider a typical situation where you cooked a warm lunch or dinner with [insert category]. How would you describe the warm dish with (insert category) that you made? Please give a brief description

Q14 How long time did it take you to prepare this warm dish with (insert category)?

- Less than 15 minutes
- 15-30 minutes
- 31-45 minutes
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Q15 When preparing this warm dish, how often...?

- .. were you interrupted while cooking (kids, mobile phone, ...)?
- .. did you wash your hands with soap?
- .. did you clean the cutting board or use a new cutting board
- .. did you clean the kitchen surface?
- .. did you rinse a piece of raw meat?

Scale for each item:

- Never
- Once
- Twice
- 3-4 times
- 5 times or more

Q20A **FOOD SHOPPING AND STORAGE** Next we are interested in how you usually behave when shopping, storing, and preparing food. During the last week, did you do any of the following to check whether the meat is done?

- Kept track of the cooking time
- Used a food thermometer
- Looked at the color/texture of the surface
- Cut and checked the color/texture inside
- Did not check whether the meat is done

Scale for each item:

- Yes
- No

Q20B FOOD SHOPPING AND STORAGE Next we are interested in how you usually behave when shopping, storing, and preparing food. During a typical week, did you do any of the following to check whether the meat is done?

- Kept track of the cooking time
- Used a food thermometer
- Looked at the color/texture of the surface
- Cut and checked the color/texture inside
- Did not check whether the meat was done

Scale for each item:

- Yes
- No

Q25 Did you or another person in the household check the temperature of the fridge last week?

- Yes
- No

Q26 How likely are you to check the use-by-date of food items ?

- .. when you shop?
- .. when you are about to prepare and cook food?

Scale for each item:

- No chance or almost no chance (1 in 100)
- Very slight possibility (1 in 10)
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Q28 How likely would you be to rinse....?

- .. a whole raw chicken
- .. raw chicken breast
- .. raw beef
- .. a whole lettuce
- .. a whole water melon
- .. an apple
- .. a mango
- .. an eggplant
- .. an onion
- .. string beans
- .. brussels sprouts
- .. potatoes
- .. carrots
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Q52 Do you agree with the following statement? Too much hygiene in the kitchen is the cause of allergies and prevents building up a good immune system.

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- Neither agree nor disagree
- Somewhat agree
- Strongly agree

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Scale for each item:

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- Decreases risk by a large amount

Q53B How confident are you that your answer is correct?

Scale for each item:

- Not at all confident
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- Only eating organic food.
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- Only eating food produced in [Country]
- Switching to a vegetarian diet.
- Only eating raw food.

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- Any food that has fallen to the floor and did not stay there longer than 5 seconds, is still edible.
- Only poultry, not other meats, need to be well-done to be safe to eat.
- A small amount of alcohol is good to avoid food poisoning.
- If the food smells and taste fine it is safe to eat.
- Eggs with brown shells are safer than eggs with white shells.
- Vegetarians don't get food poisoning.

Scale for each item:

- Agree
- Disagree