

# The Biscuit Challenge



# Survey

1. The average chemical composition of biscuits is 5.58% protein, 28.05% of fat, 0.47% ash, 1.46 % fibre and

Please rank these components in order of desirability:

2. How many biscuits per day do you eat? (Tick the right answer)

1-3

3-5

5 or more

3. Do you never eat biscuits that are not fat-free? (Delete

YES

that don't apply:

NO

UNLIKE  
LY

4. How likely are you to eat biscuits daily?

STRONGLY  
AGREE

STRONGLY  
DISAGREE

QUITE LIKELY

5. Have you always struggled with your biscuit consumption?

(highlight the one most relevant below)

Yes, always

No, often

Don't know

6. Do the biscuits you eat contain E120?

QUITE  
LIKELEY

UNLIKELEY

NOT LIKELEY

NOT LIKELEY

7. Why do you have a problem with biscuits and how does this affect you emotionally?

Please respond here:

8. Please rank your favourite biscuit  
(1=worst and 7=best)

| Biscuit                  | Rank |
|--------------------------|------|
| Digestive                |      |
| Milk chocolate digestive |      |
| Dark chocolate digestive |      |
| Custard cream            |      |
| Bourbon                  |      |
| Florentine               |      |
| Jaffa cake               |      |

Thank you so much 😊

Biscuits photo by [Mae Mu](#) on [Unsplash](#)