

FOOD QUESTIONNAIRE

1. How many meals do you usually eat every day? At what times do you eat your meals?
(if you don't eat any of those meals, leave the blank space)

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Breakfast..... Lunch..... Dinner..... Supper

2. What do you usually eat for breakfast? Do you ever skip breakfast?

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3. What do you usually eat for dinner? Where do you usually eat your dinner? Do you often eat it with your family?

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4. Do you like fast food? If yes, what kind of fast food?

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5. Are you a vegetarian? Have you ever considered becoming a vegetarian? Do you think that a vegetarian diet is better than a diet including meat? If yes, why?

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6. Do you often eat fresh fruit and vegetables? How often?

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7. Do you often eat out? Where do you go? What do you eat? Do you prefer to eat at a restaurant or at home? Why?

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8. Are you concern about your daily calories intake when choosing something to eat?

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9. Are you on a diet? Have you ever been on a diet?

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10. Do you like food from other countries? If yes, which do you like the most? Do you like Japanese food? Have you ever tried it? Is it healthy food?

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11. Do you like trying new foods

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12. What are some foods that you know are healthy for you? What are some foods that
you consider unhealthy
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13. What is your favorite food? If you are living abroad, what is the food that you miss
most from home?
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14. What is the most typical and popular meal in your family?
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15. Does your family have any special recipes that are passed down from generation to
generation? What is it?
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16. Do you think that Polish food is good? Is it healthy?
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17. Do you cook at home? Are you good at cooking?
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18. Do you have your favorite recipe? What is it?
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