



Appendices

Appendix 1: Pre-Class Questionnaire about eating habits

SLOW FOOD QUESTIONNAIRE

Name _____

1. When I'm in a new city, I try to eat at a local restaurant rather than a chain like KFC.
Strongly agree Agree Neither Disagree Strongly disagree

2. Have you ever grown your own vegetables and eaten them?
Every summer Tried before but not now Never

3. How often do you eat meat?
Daily Almost every day Several times/week Once/week Rarely or never

4. At home, how often does your family sit down to dinner together?
Daily Almost every day Several times/week Once/week Rarely or never

5. This summer, how often did you eat food from a fast food restaurant?
Daily Almost every day Several times/week Once/week Rarely or never

6. When you ate fast foods was it for
Breakfast only Lunch only Dinner only Snacks
Combination

7. Does your family shop at a local Farmer's Market or farm stand? (when available)
Always Most of the time Some of the time Rarely Never

8. Does your family try to purchase organic foods?
Always Most of the time Some of the time Rarely Never

9. How often does your family use fully prepared or takeout foods for the evening meal?

mushrooms
broccoli
cauliflower
onions
lettuce
arugula
radishes
tomatoes
acorn squash
okra
rhubarb