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?
10. If you go shopping and see a new fruit or vegetable, do you
Buy it and try it Think but don’t buy Don’t eat new foods

11. If you go to a new restaurant with new or exotic foods, do you
Order it Think but don’t order Don’t order new foods

12. When you are feeling stressed, what foods do you reach for?

13. What was the first food you ever tried to cook by yourself? How did it turn out?

14. Do you cook meals at home for other family members?
Always Most of the time Some of the time Rarely Never

15. Have you ever made bread? No Yes, once Yes, many times

16. Do you cook for fun or relaxation? No Sometimes Often

17. Have you ever worked in a restaurant?
No Yes, fast food Yes, other restaurant as waiter, bus Yes, as cook

18. Do you follow any dietary restrictions?
No Only organic No red meat Vegetarian- strict Vegetarian- plus dairy
Vegetarian- plus more Vegan- strict Vegan- plus honey Kosher or halal

19. Why?

20. Who else in your family follows your diet?

22. Who does most of the cooking in your house?

23. How much cooking do you do?

24. Do you have any family food traditions? What are they?

25. What is the food that you hope is waiting for you when you go home next?

26. What fresh vegetables do you eat? Pick as many as you want.
carrots red peppers
green beans zucchini
green peppers spaghetti squash
asparagus beets
mushrooms
broccoli
cauliflower
onions
lettuce
arugula
radishes
tomatoes
acorn squash
okra
rhubarb