

# My Food diary

We collect food diaries from all over the world. Help us find out how and what people around the world eat and where food may be thrown away more readily. What are the universal similarities and what the biggest differences? Why are we doing this? Because our dietary customs heavily impact the footprint we leave on this world. What can we learn from each other to ensure a more sustainable and fair future for all?

## What is a food diary?

A food diary documents your own dietary behavior. On the one hand this includes everything eaten and drunk, but also what is thrown away. On the other hand: where, what and how you shop. To get the most accurate overview of your dietary customs, it should be kept for at least a week. This template has room for 7 days!

The more details the better! And of course, even small „sins“ in between (snacks) should not be forgotten.

Honesty is key! We would be happy to receive a few pictures that illustrate the diary. No camera ready? Illustrations are just as great.

## Who are you?

Finally, we've got a few general questions about yourself and how you shop for groceries. After all, the others want to know where you come from and what influences your unique food and shopping choices.

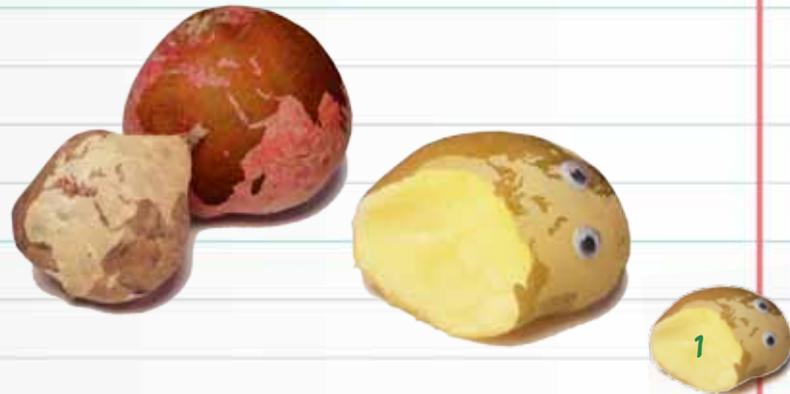
## Don't panic!

Your data is treated anonymously. The provided information, photos and illustrations are only used within the framework of the project „Food Diaries“, without individual persons being recognizable.

Exemplary food diaries will be presented in a handout and on the website [www.globalclassroom.de](http://www.globalclassroom.de).

## The project

„Food Diaries“ offers environmental education for pupils and the general public in Berlin with course modules for schools and an educational series. The results are summarized in a comprehensive handout about food diaries and the food footprint.



# Monday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
<b>Breakfast</b>  <input type="checkbox"/> home-made <input type="checkbox"/> take away <input type="checkbox"/> eating out			<input type="checkbox"/> local <input type="checkbox"/> regional <input type="checkbox"/> from far away <input type="checkbox"/> don't know  <input type="checkbox"/> all organic <input type="checkbox"/> mixed <input type="checkbox"/> nothing organic <input type="checkbox"/> don't know
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# Tuesday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
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# Wednesday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
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# Thursday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
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# Friday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
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# Saturday

	What did you eat and drink?	What were the ingredients in your food and drink?	Where do most of the ingredients come from?
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# Sunday

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## About me

Gender: .....

Age: .....

Country: .....

I live in a ... a) big city b) smaller town c) village

Number of people in your household: .....

On an average day, my activities are ... a) mostly sitting down b) mixed  
c) mostly heavy physically

During the last week I ...

... ate that much of meat, bacon, ham, salami, sausages etc.

(for comparison: 1 slice of bacon ~25g, burgerpatty ~45g, sausage ~60g, schnitzel ~125g):

a) less than 100g b) 100-200g c) 200-400g d) more than 400g

... did this with most of the leftovers:

a) ate it later b) fed it to my pet or other animals c) threw it away

## My shopping style

1. How often do you do grocery shopping per week?

a) once b) twice c) three times d) more

2. Where do you mainly do your grocery shopping?

a) directly from the farm b) market c) organic supermarket  
d) conventional supermarket e) mixed

3. How far from your home is your main shopping place?

a) less than 2 km b) between 3 and 10 km c) 15 km and more

4. How do you transport your groceries?

a) by foot b) by bicycle c) by public transport d) by car

5. Do you buy products that are in season?

a) yes b) partly c) no

6. Where does the majority of your food come from?

a) from local farms b) from your country c) from your continent  
d) from all over the world

7. For which products do you pay attention about their origin?

- a) fruits/vegetables      b) meat      c) dairy products      d) all      e) none

8. What else matters to you concerning your food?

- a) price      b) brand      c) certification (Fairtrade, Organic)

9. How often do you eat meat?

- a) daily      b) 2-4 times a week      c) less than 2 times a week      d) never

10. How often do you consume dairy products (yoghurt, cheese, etc.)?

- a) daily      b) 2-4 times a week      c) less than 2 times a week      d) never

11. How do you mainly buy your fruits and vegetables?

- a) fresh & loose      b) fresh, but in packaging      c) canned      d) deep-frozen

12. How do you carry your shopping home?

- a) bag or basket from home      b) paper bag      c) always a new plastic bag

13. How many times do you cook in a week?

- a) daily      b) almost daily      c) sometimes      d) rarely      e) never

We forgot something important or there is something we should know about your food diary? Here is room for your thoughts, photo(s) and illustration(s)!

