

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) local farms b) your country c) your continent d) 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)!

