

**Questionnaire on food habits and consumer society**

**1. GENERAL INFORMATION**

**1) Age:**

- 14
- 15
- 16-18
- older than 18
- No answer

**2) I live in**

- Finland
- Germany
- Italy
- Norway
- Poland
- Spain
- No answer

**3) I live in**

- a town (more than 5.000 inhabitants)
- a village (up to 5.000 inhabitants)
- No answer

**4) If you live in a town, how many inhabitants are there in your town?**

- Up to 20.000
- Within 20.000 and 100.000
- More than 100.000
- I don't know
- No answer

**5) My nationality is**

- Finnish
- German
- Italian
- Norwegian
- Polish
- Spanish
- Other
- No answer

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**6) How many people are there in your family including yourself?**

- 2
- 3
- 4
- 5
- More than 5
- No answer

**7) Do your grandparents live with you?**

- Yes, at least one of my grandmothers
- Yes, at least one of my grandfathers
- Yes, both
- No
- No answer

**8) Do your parents work?**

- Only my father works
- Only my mother works
- Both work
- No answer

**9) Is there anyone in your family who is allergic to food?**

- Yes
- No
- I don't know
- No answer

**10) Are you allergic to any particular food?**

- Yes
- No
- No answer

**11) What are the basic needs of human beings?**

- Proper nourishment for the body
- Proper nourishment for the body and the feeling of being free
- Proper food, shelter/house, heating, education
- Proper food, shelter/house, heating, the right to access to Health Care
- Proper food, shelter/house, heating, the respect for your own culture

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- I don't know
- No answer

**2. DEFINING CONSUMER SOCIETY**

**12) Is this the first time that you study the consumer society and food habits in your mother tongue or in a foreign language?**

- Yes
- No
- I don't remember
- No answer

**13) What best describes the word consumerism?**

- The fact that everyone buys goods in order to live
- Personal happiness with consumption and the purchase/buying of short-lived material possessions
- The fact that people like spending money and consume
- I don't know
- No answer

**14) What best describes the expression consumer society?**

- The expression describes a society in which people consume a fair amount of goods
- The expression describes the over-consumption and excessive production of short-lived items
- The expression describes the fact that societies today are based on consumption of unnecessary goods
- I don't know
- No answer

**15) When do you think consumerism started?**

- During the Roman Empire
- During the British Empire
- During the Renaissance
- During the Industrial Revolution
- In the 20th century
- 20 years ago
- I don't know
- No answer

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**16) Where do you think consumerism started?**

- In the Eastern European countries
- In the Western European countries
- In the industrialized countries with market economy
- In Northern Africa
- I don't know
- No answer

**17) What influences consumerism the most?**

- Publicity
- Selling strategies
- The need to sell more and more
- The need to buy more and more
- None of them
- I don't know
- No answer

**18) Does consumerism have any environmental effects?**

- No, it has no environmental effects
- Yes, but it has not significant environmental effects
- Yes, it has heavy environmental effects
- I don't know
- No answer

**19) Do you think that consumerism is a possible solution to economic crises?**

- Yes
- No
- I don't know
- No answer

**3. WHAT DO YOU KNOW ABOUT FOOD?**

**20) Which nutrients ARE the most important ones for health?**

- Proteins (meat, fish, eggs, legumes/pulses, cheese)
- Carbohydrates (cereals, different types of sugar, legumes/pulses)
- Fats (butter, oil, margarine)

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- Vitamins and minerals
- Vegetables and fruits
- All of them
- No answer

**21) Which nutrients SHOULD normally give the majority of daily calories intake?**

- Proteins (meat, fish, eggs, legumes/pulses, cheese)
- Carbohydrates (cereals, different types of sugar, marmalades, legumes/pulses)
- Fats (butter, oil, margarine)
- Vitamins and minerals
- Vegetables and fruits
- All of them
- No answer

**22) Which of the following proportions of nutrients represents a balanced diet best ?**

- 50-60% carbohydrates; 25-30% fats; 10-15% proteins, but depending also on the area where you live and on other factors
- 20-30% carbohydrates; 50-60% proteins; 10% fats; this proportion is fix
- 40-45% fats; 15-20% carbohydrates; 45% proteins
- There isn't any best proportion of nutrients; one should eat and drink just what one likes
- No answer

**4. CHOOSING YOUR FOOD**

**23) Who decides what you eat?**

- Only and always myself
- Only my parents
- Mainly my parents and partially myself
- Mainly myself and partially my parents
- My grandparents
- My friends
- No answer

**24) Which of the following aspects mainly conditions your choices about food?**

- The presentation of food (packaging, food adverts, etc.)
- The taste of food
- The healthiness of food

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- People's suggestions
- No answer

**25) How often do you select foods that are certified organic or sustainably produced?**

- Most of the time
- Sometimes
- Almost never
- Never
- No answer

**26) Which of the following statements describes your opinion about organic food best ?**

- Organic food is healthier, and respects the environment most
- Organic food is expensive
- Organic food is the same as non-organic food
- I don't know
- No answer

**27) Which food do you like best? (Please tick up to three items)**

- Pasta, rice, potatoes, bread and similar food
- Meat
- Fish
- Eggs
- Beans, peas, lentils and similar
- Milk, butter and cheese
- Yogurt
- Ice cream
- Vegetables
- Fresh fruit
- Sweets, biscuits, chocolates, marmalade, jam, etc.
- Cereals (cornflakes, rice flakes, muesli, etc.)

**5. COOKING HABITS**

**28) When I eat at home I usually have**

- completely home-made meals
- partly home-made meals
- reheated frozen food

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- take-away meals
- No answer

**29) How often do you cook lunch and/or supper?**

- Everyday
- Three times a week
- Twice a week
- Once a week
- Once every two weeks
- Once a month
- Never
- No answer

**30) If you cook, what do you usually prepare?**

- A dish of mainly cereals (pasta, potatoes, rice, soup with cereals, etc.)
- A main course (meat, eggs, cheese, fish)
- A vegetable dish
- A dessert
- No answer

**6. DIET HABITS**

**31) I usually eat**

- at fixed times
- only when I am hungry
- at any time of the day
- No answer

**32) Do you eat at night (from 24:00 to 06:00)?**

- Yes, at least three times a week
- Yes, but only at weekends
- Yes, once a week
- Rarely
- Never
- No answer

**33) What is your main meal?**

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- Breakfast
- Lunch
- Dinner
- No answer

**34) Which choice describes best how much you usually eat?**

- One large meal and a couple of light snacks per day
- One large meal and several light snacks per day
- Two large meals and two or three light or medium sized snacks per day
- Three large meals and several hefty sized snacks in between
- Three large meals, but no snacks
- None of the above
- No answer

**35) Do you usually have snacks during the day?**

- Yes, three times a day
- Yes, twice a day
- Yes, once a day
- Never
- No answer

**36) How often do you eat at a restaurant or similar place?**

- Three times a week or more
- Once or twice a week
- Once every two weeks
- Once a month
- Once every two or three months
- No answer

**37) I go to a restaurant**

- all year round
- mainly when I am on holiday
- mainly at weekends
- No answer

**38) How often do you eat with at least one of your parents?**



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- Three times a day
- Twice a day
- Once a day
- Two or three times a week
- Once a week
- Less than once a week
- No answer

**39) I usually have breakfast**

- with both my parents
- with my mother
- with my father
- with my relatives
- with other people
- alone
- No answer

**40) Do you usually have breakfast during the week?**

- Yes, always
- Yes, almost always
- Yes, sometimes
- Yes, but seldom
- Never
- No answer

**41) Do you usually have breakfast at weekends?**

- Yes, always
- Yes, almost always
- Yes, sometimes
- Yes, but seldom
- Never
- No answer

**42) What do you mostly have for breakfast? (Tick up to five items)**

- Cereals, muesli
- Bread, toast
- Marmalade, jam, honey

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- Biscuits, cakes
- Eggs, ham, wurst, salami
- Home-made cakes
- Yogurt
- Fruit
- Milk
- Coffee
- Tea
- Fruit juice
- Other

**43) I usually have lunch**

- at home
- at school
- No answer

**44) If I have lunch at home, I usually have it**

- with both my parents
- with my mother
- with my father
- with my relatives
- with other people
- alone
- No answer

**45) What do you mostly have for lunch? (Tick up to five items)**

- Pasta, rice and similar
- Potatoes
- Meat
- Cheese
- Eggs
- Pies
- Fish and seafood
- Beans, peas, lentils and similar food
- Vegetables
- Fruit

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- Sparkling water
- Still water
- Soft drinks (coke, fanta, etc.)
- Coffee, tea
- Herbal tea
- Milk
- Other types of drinks

**46) I usually have supper**

- with both my parents
- with my mother
- with my father
- with my relatives
- with other people
- alone
- No answer

**47) I usually have supper**

- between 4 p.m. and 6 p.m.
- between 6 p.m. and 7 p.m.
- between 7 p.m. and 8 p.m.
- between 8 p.m. and 9 p.m.
- between 9 p.m. and 10 p.m.
- after 10 p.m.
- No answer

**48) What do you usually have for supper? (Tick up to five items)**

- Pasta, rice and similar
- Potatoes
- Meat
- Cheese
- Eggs
- Pies
- Fish and seafood
- Beans, peas, lentils and similar food
- Vegetables

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- Fruit
- Sparkling water
- Still water
- Soft drinks (coke, fanta, etc.)
- Coffee, tea
- Herbal tea
- Milk
- Other types of drinks

**49) What do you think about your diet?**

- I believe that my diet is balanced
- I believe that my diet is quite balanced
- I believe that I should make some changes in my diet
- I believe that my diet is not healthy
- I don't know
- No answer

**7. FOOD OF YOUNG GENERATIONS**

**50) How often do you usually eat at fast food restaurants?**

- Once a day
- Every two days
- Three times a week
- Twice a week
- Once a week
- Once in every two weeks
- Once a month
- Fewer than 10 times a year
- Once a year
- Never
- No answer

**51) Do you think that fast food is healthy?**

- Yes, it is healthy
- Yes, it is quite healthy
- No, it is not particularly healthy
- No, it is not healthy at all

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- I don't know
- No answer

**52) Is fast food tasty?**

- Yes, always
- Yes, many dishes
- Yes, some dishes
- No, it is not tasty, I don't like it
- No answer

**53) What describes your diet best ?**

- Vegan - Plant based foods only
- Vegetarian - Primarily plant based foods, but some dairy
- Omnivore - An assortment of meat, seafood, vegetables, dairy and grains
- Carnivore - Meat, seafood, and dairy food several times a week
- Top of food chain - Meat, seafood, or dairy at almost every meal
- No answer

**54) Where do you buy most of your food?**

- Directly from farms, markets, gardens and from other local and fresh food producers
- Organic food markets
- Supermarkets for some items, organic food stores for others
- Supermarkets, convenience stores and prepared food from restaurants
- Restaurants, fast food and take away
- I don't know
- No answer

**8. TRADITIONAL DIET**

**55) Do you know any traditional dishes from other European countries?**

- Yes, more than 10
- Yes, from 5 to 10
- Yes, from 1 to 5
- No, I don't know any European traditional dish
- No answer

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**56) Do you know any traditional dish from the following countries? (You can tick more than one item, but, please, don't tick your own country)**

- Yes, from Finland
- Yes, from Germany
- Yes, from Italy
- Yes, from Norway
- Yes, from Poland
- Yes, from Spain
- Yes, but from other European countries
- No, I don't know any dish from European countries

**9. WASTING FOOD**

**57) Do you usually eat up your meal?**

- Yes, I always eat everything
- No, I sometimes leave some food
- No, I often leave some food
- No, I always leave some food
- No answer

**58) If you don't eat all the food, why do you leave it?**

- I leave it only if I don't like it
- I leave it, because it is too much
- I thought I would eat it all, but then I realized it was too much
- No answer

**59) What do you think about wasting food?**

- It is ok to throw it away
- You should never waste food because it is a waste of energy, time and money
- I don't care about this matter
- No answer

**10. INFLUENCE OF FOOD ON SCHOOL PERFORMANCE**

**60) Do you think that food influences school performance?**

- Yes, food has an important influence on school performance, which is conditioned by the quantity, the quality and the type of food we eat
- Yes, only if you eat too much

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- Yes, only if you eat certain kinds of food
- Yes, only if you eat food of poor quality
- No, food does not interfere with students' school performance
- I don't know
- No answer

**61) To which extent do you think that food influences school performance?**

- It influences it positively
- It influences it negatively
- It could influence it positively and/or negatively
- It does not influence it at all
- No answer

**62) If you believe that food could influence school performance negatively, which kind of food does so most? (Please, tick up to four items)**

- Alcohol
- Sweets
- Cereals
- Meat
- Vegetables
- Fish
- Fast food
- The food you eat against your will
- I don't believe that food has a negative influence on school performance

**11. INFORMATION AND PUBLICITY ON FOOD**

**63) Do you think you have received enough information about proper nourishment (types of food, characteristics of different food stuff, healthy food, food to avoid, etc.)?**

- Yes
- Yes, I have received some information, but I need some more
- No
- No answer

**64) Can you make well-informed decisions on the food you eat?**

- Yes, I can
- No, I can't
- No answer

**65) Where do you get most information on food and diet?**

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- At school
- At home (parents)
- From my friends
- From the media (TV, radio, internet, press, etc.)
- No answer

**66) Do you believe that publicity on food is reliable or misleading?**

- I believe it is reliable
- I believe it is quite reliable
- I believe it is misleading
- No answer