

# What you eat at home...

## EkoSkola Committee questionnaire for Menu for Change

---

*Dear students and parents,*

*On behalf of all the members of the EkoSkola Committee for the "Menu for Change" project, we want to ask you for help in analysing food consumption in households.*

*The questionnaire you have in your hands is very important for our work. Aside from the fact that everyone on our team will fill it out with the help of their parents, we are asking the same of our schoolmates and their parents as well. This way we hope to get an idea of what food consumption in our homes looks like. This information will help us decide what activities our Action Plan should consist of.*

*We would be very glad if you could help us with this decision by filling out this questionnaire. We promise to evaluate your responses anonymously and to use them solely in order to plan out our activities.*

*Thank you very much in advance.*

*If you have any questions about this form, please ask. We will be happy to answer. Under each question there are instructions on how to answer them. At the beginning of the form you can find basic instructions on who should ideally fill in the form.*

*Your EkoSkola Committee*

The questions marked in purple are addressed to the students directly and should be answered by them.

If the questions concern the whole family (shopping, cooking and handling of food), it is best if the students discuss with their parents and answer them together.

**1. We would like to know where you get your food from.** For each statement, please check off how much you make use of it on scale 1 to 4 when 1 means "never" and 4 means "always."

	1 never	2	3	4 always
a) We buy food from a shop.				
b) We buy food at the farmers' market.				
c) We buy food directly from the producer/farmer.				
d) We grow our own food.				

**2. If you've checked off that you grow your own food, please write what food do you grow specifically.**

---

**3. Based on what criteria do you decide which food to buy?**

*Read each statement carefully and on scale of 1 to 4 choose the response that corresponds to how you decide what to buy when shopping. 1 means "It does not describe how I shop at all." and 4 means "It fully represents how I shop."*

*Check off the selected response for each statement.*

	1	2	3	4
We take prices into account so that we pay as little as possible.				
We buy food according to what we feel like eating at the moment.				
I buy food based on the country of origin so that it is as local as possible (grown as close as possible to the place of sale).				
I buy food labelled fair-trade or organic.				
I buy food regardless of visual qualities (e.g. crumpled package, crooked carrots or deformed vegetables, etc.).				
I buy food that does not contain palm oil when available.				
When buying fruits and vegetables I prefer those that are in season (those that are growing and ripening locally at the moment).				

**4. How often do you eat the following at home?**

*Check off the appropriate answer.*

	Every day	Every other day	Once or twice a week	Less frequently
a) meat or meat products (including ham, bacon, hot dogs, lard, etc.)				

b) vegetables				
c) fruit				
d) ready made meals ( <b>frozen pizza, instant porridge, instant roux, bouillon cubes, ready-made meals, etc.</b> )				

**5. How often do you eat breakfast per week?**

	Every day	Every other day	Once or twice a week	Less than once or twice a week
...at home.				
...on the way to school at a grocer shop/supermarket or convenience store.				
...on the way to school at a fast food outlet.				
...purchased at school (tuckshop/vending machine).				
...prepared at the canteen.				
...provided by a breakfast club at school.				

**OPTIONAL QUESTION: 6. How often do you go to fast food outlets?**

	Every day	Every other day	Once or twice a week	Less frequently
a) alone?				
b) with friends?				
c) with parents?				

**7. Do you change what you eat based on what is in season in season in Malta? For example, in spring you eat globe artichokes and broad beans and in autumn you cook with pumpkin, etc.**

*Check off the appropriate answer.*

Definitely not	
Rather not	
Rather yes	
Definitely yes	



**8. Do you know how to cook anything?**

Select the appropriate answer.

Yes	<input type="checkbox"/>	If yes, what? _____
No	<input type="checkbox"/>	

**9. Where were the foods you eat or use for cooking at home produced?**

Over the course of a weekend, write down the foods you ate at home and check off where they came from. Add lines according to your needs. Use the grey fields below as inspiration.

Type of food	Area of origin – tag one of the below options based on the location of where the food comes from			
	Directly from a farmer you know, local producer or your own garden?	 Maltese Islands (But unknown farmer/producer)	 Other European country	World (write from which continent/s)
grapes				
garlic				
cheese				
tomatoes				

**10. How often do you throw away unused food at home?**

Check off the answer that best corresponds to reality.

Every day	<input type="checkbox"/>
Every other day	<input type="checkbox"/>
Once or twice a week	<input type="checkbox"/>
Less frequently	<input type="checkbox"/>

**OPTIONAL QUESTION: 11. What do you do with food that is past its best before date?**

*Check off the answer that best corresponds to reality.*

We automatically throw it away.	
We throw some of it away and some we feed to animals.	
We throw some of it away and what we think is still good we eat.	
We consume it all; we don't pay any attention to best before dates.	
We handle it differently.*	

\*Please specify: \_\_\_\_\_

**12. What are the most frequent reasons for throwing away food at home?**

*On scale 1 to 4 when 1 means "never" and 4 means "always" check off the related option based on how it works at your home.*

	1 never	2	3	4 always
It goes bad				
It goes past its best before date				
We cook too much and food is left over				
Nobody feels like eating it anymore				
There's an accident (falls on the floor, burns, etc.)				

**13. To what extent do you think that by changes in areas that the questionnaire focused on we can influence the world?**

*Check off one of the boxes behind the end of the statement that fits your opinion.*

By changes in these areas...:

We cannot influence the world at all.	
It is improbable that we can influence the world.	
It is probable that we can influence the world.	
We are certain that we can influence the world strongly.	

**OPTIONAL QUESTION: 13. How many members are in your family?**

\_\_\_\_\_