

What you eat is what you are ... - A short questionnaire on your eating habits

Please answer the following questions; these questions refer to a normal weekday and we are aware that there might be exceptions – just think of answering the questions with an “I usually/normally/ mainly ...” – thank you for your answers!

General questions

How often do you eat a day?

1 x <input type="checkbox"/>	2 x <input type="checkbox"/>	3 x <input type="checkbox"/>	4 x <input type="checkbox"/>	5 or more <input type="checkbox"/>
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One meal/kind of food you couldn't live without? _____

In the blank columns you have the possibility to fill in any other kind of meal you have per day, e.g. coffee breaks, tea time etc.!

		When and where do you have ...	What do you have for ...	Who has breakfast/lunch/dinner with you?
<input type="checkbox"/>	...breakfast			
<input type="checkbox"/>				
<input type="checkbox"/>	...lunch			
<input type="checkbox"/>				
<input type="checkbox"/>	...dinner			
<input type="checkbox"/>				

↑ Please mark the most important meal for you in a day!

Traditional food and festivities

What do you have for Christmas? _____

Do you have any special/traditional meals at Easter, Carnival etc.? _____

Any other occasion when you have a special meal – and what is it? _____

Which drinks are served with these festive meals? _____