



RESEARCH HANDOUT: SESSION 1

How You Decide What Food to Eat – Survey

Please tell us how you decide on the foods and drinks you have each day and where you get them from.

1. Foods

1. **Your favorite types of foods:**
 - ☐ Salty snacks
 - ☐ Sweet snacks
 - ☐ Fruits/vegetables
 - ☐ Meals like pizza/pasta/burgers
 - ☐ Other: _____
 2. **How often do you eat your favorite foods?**
 - ☐ Daily
 - ☐ A few times a week
 - ☐ Once a week or less
 3. **What type of snack foods do you like the best?**
 - ☐ Salty snacks
 - ☐ Sweet snacks
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2. Snacks & Eating Locations

4. **Where do you usually get snacks?**
 - ☐ Home
 - ☐ School
 - ☐ Store
 - ☐ Friends
 - ☐ Other: _____
5. **After school, you usually eat:**
 - ☐ At home
 - ☐ Something I buy
 - ☐ Whatever is available
 - ☐ Depends on the day

3. Home Food Options

6. Food options at home are:

- ☐ Usually what I like
- ☐ Sometimes what I like
- ☐ Not often what I like

7. Would you like different or more kinds of food at home?

- ☐ Yes
 - ☐ Maybe
 - ☐ No
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4. Choosing What to Eat

8. What matters most when choosing food? (Choose up to 2)

- ☐ Taste
- ☐ Healthiness
- ☐ Convenience
- ☐ Price
- ☐ What others are eating

9. Do you spend your own money on snacks/food?

- ☐ Often
 - ☐ Sometimes
 - ☐ Never
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5. Relationships & Influence

11. Are your food choices different from your parents/caregivers?

- ☐ Yes
- ☐ Somewhat
- ☐ No

12. Would your parents want you to eat differently?

- ☐ Yes
 - ☐ Maybe
 - ☐ No / Not sure
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6. Parents' Awareness

13. How much do your parents know about what you eat when you're not with them?

- ☐ A lot
- ☐ Some
- ☐ Very little

7. Final Question

14. Anything else you want to share?

- ☐ Yes: _____
- ☐ No