

## **Appendices**

Appendix 1: Pre-Class Questionnaire about eating habits

Pre-Class Questionnaire about eating nabits				
SLOW FOOD QUESTIONNAIRE			Name	
1. When I'm in a new Strongly agree	city, I try to eat Agree			n a chain like KFC. Strongly disagree
Have you ever grown your own vegetables and eaten them?     Every summer				
3. How often do you Daily Almost every		al times/week	Once/week	Rarely or never
4. At home, how often Daily Almost every				Rarely or never
5. This summer, how often did you eat food from a fast food restaurant?  Daily Almost every day Several times/week Once/week Rarely or never				
When you ate fast foods was it for     Breakfast only			Snacks	
7. Does your family shop at a local Farmer's Market or farm stand? (when available) Always Most of the time Some of the time Rarely Never				
8. Does your family to Always Most of the tire			Rarely	Never
9. How often does your family use fully prepared or takeout foods for the evening meal?				

Always Most of the time Some of the time Rarely Never 10. If you go shopping and see a new fruit or vegetable, do you Buy it and try it Think but don't buy Don't eat new foods 11. If you go to a new restaurant with new or exotic foods, do you Think but don't order Don't order new foods Order it 12. When you are feeling stressed, what foods do you reach for? 13. What was the first food you ever tried to cook by yourself? How did it turn out? 14. Do you cook meals at home for other family members? Always Most of the time Some of the time Rarely Never 15. Have you ever made bread? No Yes, many times Yes, once 16. Do you cook for fun or relaxation? **NoSometimes** Often 17. Have you even worked in a restaurant? No Yes, fast food Yes, other restaurant as waiter, bus Yes, as cook 18. Do you follow any dietary restrictions? Only organic No red meat Vegetarian- strict Vegetarian- plus dairy No Vegetarian- plus more Vegan- strict Vegan- plus honey Kosher or hallal 19. Why? 20. Who else in your family follows your diet? 22. Who does most of the cooking in your house? 23. How much cooking do you do? 24. Do you have any family food traditions? What are they? 25. What is the food that you hope is waiting for you when you go home next? 26. What fresh vegetables do you eat? Pick as many as you want. red peppers carrots zucchini green beans green peppers spaghetti squash asparagus beets

mushrooms

broccoli

cauliflower

onions

lettuce

arugula radishes

tomatoes

acorn squash

okra

rhubarb