

Last Name: _____ First Name _____

(Beginning of semester) Class meets: MWF 9:10 ; MWF 10:10 ; TTh 8:10 ; TTh 9:40

Why do you choose the foods you do?

Below are some of the many reasons that people make food choices. In each row, put an X in the box to the right of the statement that best describes you. Next, in the first column, use the numbers 1 through 5 to rank the five that are most important to you. (For example, if “appeals to my senses” is your most important consideration, put a “1” in the first column (called “Rank”), and if “is inexpensive” is your second most important consideration, put a “2” in the “Rank” column before “is inexpensive.”) (Note: only five statements should be ranked on the left.)

Use this as an opportunity to get to know yourself better. Try not to be judgmental or choose answers based on what you believe you “should” value.

It is important to me that the food I eat on a typical day:

Rank		not at all important	a little important	moderately important	very important
	Satisfies my physical hunger.				
	Appeals to my senses (tastes, smells and looks good)				
	Is nutritious and has a positive impact on my health.				
	Results in my having stable or good moods.				
	Gives me comfort or cheers me up.				
	Is environmentally friendly.				
	Is convenient to buy, eat or prepare.				
	Supports my religious values or reflects my culture.				
	Is inexpensive.				
	Will help me to lose or maintain my weight.				
	Will help me to gain weight.				
	Attracts approval/does not attract disapproval from others.				
	Is a respectful choice in terms of minimizing world hunger.				

Rank		not at all important	a little important	moderately important	very important
	Doesn't contribute to animal cruelty.				
	Is shared with others socially.				
	Is organic.				
	Has not been genetically modified.				
	Has not been irradiated.				
	Is locally grown.				
	Is low risk for contamination in ways not specified above (e.g. harmful bacteria, viruses, or prions)				
	Other:				

The purpose of this exercise was to help make your values more conscious. Many people find that while taste plays a primary role in their food choices, their desire for good tasting food gets mediated by other concerns. For example, it is common for people to balance their desire for pleasurable food with their perception of the impact it will have on their weight.

Did you learn anything about your value system for choosing food from completing this survey? Was there anything that surprised you? Please discuss.

(Grading: ½ pt for completing the checklist correctly; ½ pt for responding to question)