

SLOW FOOD

Worksheet 1

GENERAL QUESTIONS ON FOOD AND EATING HABITS

1. Do you choose what to eat? How?
2. When buying food, how much attention do you pay to its health value?
3. Are you used to carefully read food labels?
4. How often do you eat at home?
5. Where/how at home do you consume your meals? a) sharing meals with relatives/friends; b) alone, anywhere; c) watching TV, behind my PC
6. What do you know about the Slow Food Movement?
7. Do your meals follow a regular pattern? (breakfast, lunch, dinner) On average, how long do you take for eating a complete meal?
8. In addition or instead of regular meals, are you used to nibble all along the day? (snacks, soft drinks, something else)?
9. What are the reasons why people choose fast food?
10. What's the difference between fast and slow food?

Adapted from:

http://www.youthxchange.net/main/ec01_fastorslowfood.asp