

# Food habits assignment

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## FoodHabits Assignment

I am also currently trying to achieve a body fat percentage of 14%, therefore I must Food and Diet Questionnaire.

Questions 1 & 2 in the Food and Diet Questionnaire ask about shopping for food and cooking meals. How would your diet change if your answer to these questions changed? Please explain. I do my own food shopping and cooking as I follow a strict diet plan and prefer to be in control of the types of foods I purchase, as well as the cooking methods. If I was no longer responsible for purchasing and cooking my food, I would no longer be able to adhere to the diet plan I choose to follow, as I would not be able to control the individual amounts of food that are used in each meal, and I would most often not agree with the cooking methods chosen, such as the oils chosen for frying. I also place a large importance on the types of products I purchase, such as organic produce that supports local farmers and is free from pesticides, as well as free-range, organic meats for ethical and health reasons.

These beliefs always influence my food purchases and I would be forced to compromise them if others were in charge of my food shopping. If the amount of money you spent on food each week doubled, how would this affect the foods you eat? Please explain. I am currently buying the highest quality of food available to me when possible, therefore even if the cost doubled, I would still purchase the same food. However, there are instances where if I am short on money, I will purchase a regular product instead of organic, such as frozen berries, as the cost difference is significant. Therefore I would be sure to always purchase organic, natural, and biodynamic foods. There would be more spent on fresh herbs and products I use to enhance cooking and

flavours, such as cocoa powder and certain spices. Overall, the foods eaten would not differ greatly.

Question 7 asks you to rate the importance of many food and eating-related behaviours. Pick two of the behaviours and explain why you answered the way you did. Select behaviours you rate as either ‘very important’ or ‘not important’. You should use references to show whether your belief was correct or not. I do not consider avoiding saturated fat an important aspect. Explain the reasons why people may choose a vegetarian diet.

Question 9 asks you to rate the importance of various factors in deciding your choice of food when shopping. Pick two of the factors that you rated either ‘not important’ or ‘extremely important’. Please explain your answer. I look at your answers to questions 11-19. Of the answers you have given, please explain which ONE has the most influence on your diet. For example, does your ethnicity determine the type of food you eat, or your living arrangements, or your age etc.?

Please explain your answer.

### Food Frequency Questionnaire

How well do you think the food frequency questionnaire captured your usual dietary intake over the past month? Please explain, giving specific food examples that support your explanation. Do you think people who identify with a culture other than your own living in Australia would have similar eating patterns (i. e. chose similar foods) to you? Please explain. How would the types of food you ate change if you had to grow and prepare all the food you eat? Check the foods you eat often in the food frequency questionnaire to

use as examples in your answer. How many serves of vegetables do you usually eat each day (question 4 in the FFQ)? How many serves of fruit do you usually eat each day (question 5 in the FFQ)? Comment on your intake compared with the recommendation for your gender and age group. The most recent national survey in Australia found a daily average intake of 3.4 serves of vegetables and 1.1 serves of fruit in adults. How do you think this intake could be increased to meet the recommendations?