

# FOOD PREFERENCE QUESTIONNAIRE

## Breakfast

1. What is your favorite breakfast food for the weekend?
2. What is your favorite breakfast food for a school/work day?
3. How do you prefer your eggs? Please be specific.
4. Which of the following do you like? (check all that apply)
  - ☐ coffeecake, scones, muffins or other baked goods
  - ☐ cold cereal
  - ☐ eggs
  - ☐ oatmeal
  - ☐ pancakes
  - ☐ waffles
  - ☐ yogurt and fruit
  - ☐ other

## Lunch

5. Which of the following beverages do you like?
  - ☐ soda, name:
  - ☐ juice, name:
  - ☐ water
  - ☐ other
6. Which of the following sandwich fillings do you like?
  - ☐ tuna
  - ☐ chicken salad
  - ☐ ham
  - ☐ turkey
  - ☐ pb and honey/jam
  - ☐ roast beef
  - ☐ other
7. Would you like cheese in your sandwich? If so, what kind.

8. Rank the following sandwich breads in the order of your preference, 1 being your favorite.

- \_\_\_\_\_ rye
- \_\_\_\_\_ wheat
- \_\_\_\_\_ white
- \_\_\_\_\_ sourdough
- \_\_\_\_\_ other

9. Which of the following baked goods do you like?

- \_\_\_\_\_ banana bread
- \_\_\_\_\_ pumpkin bread
- \_\_\_\_\_ scone
- \_\_\_\_\_ muffin, name: \_\_\_\_\_
- \_\_\_\_\_ cranberry bread
- \_\_\_\_\_ cookie, name: \_\_\_\_\_

10. Which of the following fruits do you like?.

- \_\_\_\_\_ orange
- \_\_\_\_\_ apple, specify: \_\_\_\_\_
- \_\_\_\_\_ banana
- \_\_\_\_\_ pear
- \_\_\_\_\_ peach
- \_\_\_\_\_ plum
- \_\_\_\_\_ nectarine
- \_\_\_\_\_ strawberry
- \_\_\_\_\_ grapes
- \_\_\_\_\_ other

11. Name your five favorite snacks not listed above (ie chips, carrot sticks, fruit leather, granola bar, etc)

12. Name five favorite dinner menus.