**Global perspective**

**Beliefs about Food**

Embarking on a compelling journey, our project delves into the intricate realm of beliefs surrounding food through a comprehensive survey. This exploration aims to uncover diverse perspectives, cultural influences, and personal convictions that shape people's attitudes and choices regarding food. By examining these beliefs, we seek to gain valuable insights into the complex interplay of culture, individual values, and societal influences in the context of our relationship with food. Join us as we navigate through the diverse tapestry of beliefs woven into the fabric of our culinary experiences.

1. Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

2. Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Location (City/Region): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\*\*Section 1: Dietary Preferences\*\*

**1. How important is it for you to eat organic food?**

- Very Important

- Somewhat Important

- Not Important

**2. Do you believe in the benefits of a vegetarian or vegan diet?**

- Strongly Believe

- Somewhat Believe

- Do Not Believe

**3. How often do you consume fast food?**

- Daily

- Weekly

- Rarely

- Never

**4. To what extent do you prioritize locally sourced foods?**

- Very High Priority

- Moderate Priority

- Low Priority

\*\*Section 2: Environmental and Ethical Considerations\*\*

**5. Are you concerned about the environmental impact of your food choices?**

- Very Concerned

- Somewhat Concerned

- Not Concerned

**6. Do you have specific dietary restrictions due to religious or cultural beliefs?**

- Yes

- No

**7. Are you concerned about the welfare and treatment of animals in the food industry?**

- Very Concerned

- Somewhat Concerned

- Not Concerned

**8. How often do you eat home-cooked meals?**

- Daily

- Weekly

- Rarely

- Never

\*\*Section 3: Nutrition and Ingredients\*\*

**9. Do you prefer whole grains over refined grains in your diet?**

- Always Prefer Whole Grains

- Prefer Whole Grains, but Sometimes Consume Refined Grains

- No Preference

**10. How important is it for you to consume foods free of artificial additives?**

- Very Important

- Somewhat Important

- Not Important

**11. Do you follow a specific diet plan (e.g., Paleo, Keto, Mediterranean)?**

- Yes

- No

**12. Are you conscious of the nutritional content of the foods you eat?**

- Very Conscious

- Somewhat Conscious

- Not Conscious

\*\*Section 4: Food Choices and Beliefs\*\*

**13. How often do you eat processed or packaged foods?**

- Daily

- Weekly

- Rarely

- Never

**14. Do you believe in the health benefits of superfoods?**

- Strongly Believe

- Somewhat Believe

- Do Not Believe

**15. Are you concerned about food allergies or intolerances?**

- Yes

- No

**16. How often do you eat out at restaurants?**

- Daily

- Weekly

- Rarely

- Never

**17. Do you think genetically modified (GMO) foods are safe to consume?**

- Safe

- Unsafe

- Not Sure

**18. How important is it for you to eat foods that are ethically sourced?**

- Very Important

- Somewhat Important

- Not Important

**19. Do you believe in the concept of "eating in moderation"?**

- Strongly Believe

- Somewhat Believe

- Do Not Believe

\*\****Conclusion:\*\****

***Thank you for completing our beliefs about food survey. Your feedback is valuable in helping us understand the diverse perspectives on food-related beliefs.***

***Student Name : Khalil Tadros***