

Food Culture Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

Think of one food tradition, dish, or shared practice that is personally meaningful to you. Answer for your own experience. Every question is optional, and you may skip anything you would rather not share.

1. Which setting most shaped the food tradition you are thinking about?

- ☐ My household
- ☐ Extended family
- ☐ Friends or community
- ☐ A school, workplace, or organization
- ☐ A place where I lived or traveled
- ☐ More than one setting
- ☐ Another setting
- ☐ Prefer not to say

2. When is this tradition most important to you?

- ☐ Everyday meals
- ☐ Family gatherings
- ☐ Religious or spiritual observances
- ☐ Seasonal celebrations
- ☐ Community events
- ☐ Major life events
- ☐ It is not tied to an occasion
- ☐ Another occasion

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3. How did you mainly learn this tradition?

- ☐ From a parent or caregiver
- ☐ From a grandparent or older relative
- ☐ From other relatives or friends
- ☐ From a community or faith group
- ☐ From school, work, or media
- ☐ By experimenting on my own
- ☐ Another way
- ☐ I am not sure

4. How often do you currently prepare, share, or take part in it?

- ☐ At least weekly
- ☐ A few times a month
- ☐ About monthly
- ☐ A few times a year
- ☐ About once a year
- ☐ Less often
- ☐ I no longer take part

5. During the past five years, how much has this tradition changed for you?

- ☐ Not at all
- ☐ A little
- ☐ Somewhat
- ☐ A lot
- ☐ I started it within the past five years
- ☐ I am not sure

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6. What has most influenced any change?

- ☐ Ingredient availability
- ☐ Time or convenience
- ☐ Cost
- ☐ Health or dietary needs
- ☐ Moving or travel
- ☐ Blending traditions
- ☐ Changes in my household or community
- ☐ It has not changed
- ☐ Another reason

7. What is one detail about this tradition that you would want someone else to understand?
