

# The World In A Garden

## Nutrition Assessment Survey

1. I believe I have strong nutritional knowledge.

Strongly agree

Agree

Neutral

Disagree

Strongly disagree

2. Which of the following foods do you think are grown locally during the fall? Check all that apply.

Kale \_\_\_\_\_

Apples \_\_\_\_\_

Strawberries \_\_\_\_\_

Peppers \_\_\_\_\_

Lemons \_\_\_\_\_

Zucchini \_\_\_\_\_

Pumpkin \_\_\_\_\_

Squash \_\_\_\_\_

Turnips \_\_\_\_\_

Tomatoes \_\_\_\_\_

3. Rate the importance of each of the following factors when you're purchasing foods. (1 = highest, 10 = lowest)

\_\_\_\_\_ Price

\_\_\_\_\_ Quality

\_\_\_\_\_ Organic

\_\_\_\_\_ Preparation time/  
convenience

\_\_\_\_\_ Local

\_\_\_\_\_ Fresh vs packaged

\_\_\_\_\_ Tastiness

\_\_\_\_\_ Brand

\_\_\_\_\_ Safe

\_\_\_\_\_ Nutritional value



9. What areas of nutrition would you like to learn more about, and why?  
(e.g. food safety, serving sizes, Canada's food guide)

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10. What types of produce do you eat most often?

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11. Fresh produce accounts for what percentage of your diet/groceries?

- |                                   |                                   |
|-----------------------------------|-----------------------------------|
| <input type="checkbox"/> <25%     | <input type="checkbox"/> 50 - 75% |
| <input type="checkbox"/> 25 - 50% | <input type="checkbox"/> >75%     |

12. In your household, are you responsible for purchasing and preparing the food?

- Yes  No

13. When buying groceries, how many people are you usually shopping for?

- |                                     |   |
|-------------------------------------|---|
| <input type="checkbox"/> Yourself   | <input type="checkbox"/> 4-6 people       |
| <input type="checkbox"/> 2-4 people | <input type="checkbox"/> 6 or more people |

14. With regards to the people you used for your answer to #13, indicate how many of them fit into the following age ranges:

_____ female, 5 years old or younger	_____ male, 5 years old or younger
_____ female, 5 – 10 years old	_____ male, 5 – 10 years old
_____ female, 10 – 18 years old	_____ male, 10 – 18 years old
_____ female, 18 – 30 years old	_____ male, 18 – 30 years old
_____ female, 30 – 40 years old	_____ male, 30 – 40 years old
_____ female, 40 – 50 years old	_____ male, 40 – 50 years old
_____ female, >50 years old	_____ male, >50 years old

15. Please select the category that best describes you.

- |  |  |
|--|--|
| <input type="checkbox"/> female, 18 – 30 years old | <input type="checkbox"/> male, 18 – 30 years old |
| <input type="checkbox"/> female, 30 – 40 years old | <input type="checkbox"/> male, 30 – 40 years old |
| <input type="checkbox"/> female, 40 – 50 years old | <input type="checkbox"/> male, 40 – 50 years old |
| <input type="checkbox"/> female, >50 years old     | <input type="checkbox"/> male, >50 years old     |

## Thank you for participating in our survey!

By completing this survey, you have given your consent for us to use this information in a pilot test assessment created and run by UBC students in LFS 350 (in association with The World in a Garden). Your information will remain confidential and anonymous.