**Thank you for agreeing to participate in this short survey. Below you will find descriptions of several menu items selected from local restaurants. Please read each description carefully and answer six questions that follow. For the first two questions, indicate your answer by circling the number that best corresponds to how you feel then provide a short explanation of your answers. For the sixth question, write the first number that comes to your mind (i.e., do not deliberate or try to figure out a “correct” answer). There are no correct/incorrect answers to this survey because we are only interested in your personal opinions and subjective judgments. Thank you again for your time!**

**MENU ITEMS**

**PIZZA MARGHERITA :Featuring the classic taste of tomato sauce, mozzarella, fresh tomatoes and herbs.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**BACON BURGER :Topped with applewood smoked bacon, aged cheddar cheese, mayo, shredded lettuce, tomato & pickle.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**MONGOLIAN BEEF: Quickly cooked steak with scallions and garlic .**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**FETTACCINE ALFREDO: Fettuccine pasta sauteed with cream, butter and Parmesan cheese.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**CHICKEN PORTABELLO : Grilled chicken topped with grilled Portobello mushrooms, melted mozzarella and demi glace. Served with spinach orzo pasta.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**TRES ENCHILADAS: Three of the same enchiladas. Beef with chile con carne.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**CHEESESTEAK : Seasoned, sliced steak is grilled w/onions, bell peppers, mushrooms and smothered in melted provolone cheese.**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**DAN DAN NOODLES: Scallions, garlic and chili peppers stir-fried with ground chicken nesting on hot egg noodles. Garnished with shredded cucumber and bean sprouts.** *1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**CHICKEN FAULTAS:Corn tortillas filled with chicken, fried golden and topped with sour cream sauce and melted cheese. Served with queso.** *1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**PHILIP’S BETTER LEMON CHICKEN: Quick-fired with broccoli in a tart citrus sauce.** *1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**MONTEREY CHICKEN :Marinated, grilled chicken breast w/BBQ sauce, applewood smoked bacon, cheese and tomatoes. Served with mashed potatoes with black pepper gravy and seasonal veggies.** *1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**ENCHILADAS SUIZA:Three chicken & cheese enchiladas covered with tangy tomatillo cream sauce and melted Jack cheese**

*1.If this food item was eaten regularly how would it affect your weight?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Weight loss  1 | Minor weight loss  2 | Neutral  3 | Minor weight Gain  4 | Weight gain  5 |

*2.Why? (Provide a brief explanation of your answer)*

*3.How healthy is this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very Healthy  1 | Somewhat Healthy  2 | Neutral  3 | Un-Somewhat Healthy  4 | Very Unhealthy  5 |

*4.How likely are you to order this menu item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unlikely  1 | Unlikely  2 | Neutral  3 | Likely  4 | Highly likely  5 |

5.How *familiar are you with this item?*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very unfamiliar  1 | Somewhat unfamiliar  2 | Neutral  3 | Somewhat familiar  4 | Very Familiar  5 |

*6.What is your estimation of calories in the serving above?*

**Your Age: \_\_\_\_\_\_\_**

**Your Gender: M F (circle one)**

**Your Ethnicity (circle one):**

**A. African American D.Hispanic/Latino**

**B. Asian American E.Caucasian**

**C. Native American F.Other**

**Your Height:\_\_\_\_\_\_\_\_**

**Your Weight:\_\_\_\_\_\_\_\_\_**

**Thank you for your participation!**