**Project Report**

Fast Food vs. Homemade Food

# **Abstract**

This study was meant to explore and report the different eating choices being observed in people due to different reasons and suggest for the solution of some major problems. In addition to it, this paper aimed to look at some statistical methods to understand the trends of different choices of the sample space. It primarily addressed the basic statistical techniques and how they can be used for surveys and research purposes. Definitely the study would be excavating the changes brought about by the topic of our research and how our survey was helpful for the team and for those who contributed to conduct the survey.

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# **Methodology**

Using quantitative technique, we have gathered data from 45 students of different universities in Islamabad between the age 16 to almost 28. We randomly distributed the questionnaires among the students.

**Findings and Results:**

1. **What age category do you belong to?**

About 80% of the students who filled the questionnaires were from age group of 16-20 and 13.33% students were from 21-25 and the rest of students were of age group 26 or more.

1. **What is your gender?**

55.55% females and 45.55% males participated in the survey.

**3. In a typical week, how many fast food meals do you eat?**

40% of people take 5 or more fast food meals in a week. 33.3% people take 3-4 meals and only 26.7% people take 0-2 fast food meals in a week.

1. **In a typical week, how many home-cooked meals do you or your family prepare?**

**13.33**% people make 0-2 and 3-4 times home cooked meals and 73.33% people take 5 or more homemade meals.

1. **How often do you consume food (like noodles, canned food, frozen food, food that is easily made in microwave) at home?**

22.22% people take 4-5 times frozen meals and about 37.78% 1-3 times frozen meals and 40% take 6 or more frozen meals in a week.

1. **What you prefer to eat?**

33.33% people prefer to take fast food and 66.67% people prefer to take homemade foods.

1. **What meal are you most likely to eat a fast food restaurant?**

8.89% people mostly take breakfast in restaurants, 20% people take lunch, 35.56% people take dinner in restaurants and 35.56% people take all of mentioned meals in restaurants.

**8. What meal are you most likely to prepare at home?**

**17.78%** people prepare breakfast, 15.56% people prepare lunch, 20% people prepare dinner and 46.67% people prepare all meals at home.

1. **What you think is cheaper to eat?**

11.11% people believe that fast food is cheaper than homemade food and 88.89% people think homemade is inexpensive than fast-food.

**10. Which food source do you think you spend more money on?**

84.44% people think that they spend more money on fast food and 15.56% persons that they spend more on homemade.

1. **On average how much money do you spend on buying fast food per week?**

On average 17.78% people spend 250, 33.33% people spend 500 and 48.89% people spend 700 or more rupees on buying fast food items in a week.

1. **Do you consume food at home that can be prepared instantly (like noodles, canned food, frozen food, food that is easily made in microwave)?**

75.56% people prepare frozen food and 24.44% don’t prepare this kind of food at home.

**13. Do you think fast food taste is better than desi food?**

35.56% people think that fast food is tastier than desi food and 64.44% people don’t prefer fast food taste over desi food items.

1. **Do you think the fast food industry is damaging for the environment?**

42.22% people think fast food is damaging the environment a lot, 24.44% people think that its damaging a little and 33.33% of people think that this industry is not damaging the environment.

1. **Does a fast food seem more available now than when you were a child?**

4.44% people think that fast food industry have flourished a lot, 22.22% people think that it flourished a little and 73.33% people think that it’s the same as in childhood.

1. **In the past year, do you believe that fast food quality improved?**

22.22% think that fast food quality improved, 46.67% people don’t think so and 31.11% have no past experience with fast food.

1. **Overall, after taking this survey, do you feel you will make healthier eating choices?**

68.89% people felt that they will improve their eating choices and 31.11% people think that they will not improve their eating habits.

# **Discussions:**

The above results shows that eating choices of people are not as simple as we think and from above survey we can say with confidence that more people prefer homemade food than fast food due to different reasons like quality and cost. It is also observed that students of universities are bound to purchase costly fast foods because they have not many other options of eating. It is one of the critical issue which we ignore in day to day life but we have to aware people about better eating choices because almost 70% of people prefer to have homemade meal but due to some social stereotypes they hesitate to take a lunch box with them.

# **Conclusions:**

From the above discussions we can conclude that through better eating choices we can bring betterment ourselves and in society as we can see in last question that 68.89% people are willing to improve their eating habits.