

Eating Snacks

This data is being collected for my STATS 220 class project. Its purpose is to explore the relationships between gender, snack-eating frequencies, and meal-eating frequencies.

It will be publicly available on my GitHub, as well as submitted to the class' markers. All responses are anonymous, and there is no personally identifiable information collected other than a question about your gender for analysis purposes.

About definitions: it would be great if you had your own idea of what eating a snack means, and answered this form based on that idea. Otherwise, please consider a snack to be "a small amount of food eaten between meals", or "a light meal that is eaten in a hurry or in a casual manner" (Oxford Languages). In contrast, a full meal would be a substantial amount of food, usually for a set mealtime such as breakfast or lunch or dinner.

Thank you for taking the time to fill in this form!

* Indicates required question

1. What is your gender? *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Other
- ☐ Prefer not to say

2. How many days did you eat snacks over the past week, by your estimate? *

3. How many snacks did you eat per day, on average? *

4. How many full meals did you eat per day, on average? *

Mark only one oval.

- ☐ 0
- ☐ 1 - 2
- ☐ 3 or more

5. What types of snack did you eat? *

Tick all that apply.

- ☐ Fried snacks such as chips (hot chips/french fries), corn dogs, and churros
- ☐ Sweet snacks such as cookies, chocolate, and cake
- ☐ Preserved savoury snacks such as chips (packaged chips/crisps), crackers, and beef jerky
- ☐ Fresh natural snacks such as salad, fresh fruit, and nuts
- ☐ Preserved natural snacks such as pickles, prunes, and canned fruit
- ☐ Drinks such as bubble tea, smoothies, and juice

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