

# Food Habits

The foods we choose make a difference. .

1. What is your gender

*Mark only one oval.*

☐ Female

☐ Male

2. What is your age bucket

*Mark only one oval.*

☐ Below 25

☐ 25-30

☐ 30-35

☐ 35-40

☐ 40 above

☐ Other: \_\_\_\_\_

3. How many times a week you order food online

*Mark only one oval.*

☐ Once or twice a week

☐ More than twice

☐ Once in Month

☐ Never

☐ Other: \_\_\_\_\_

## 4. What is your food preference

*Mark only one oval.*

- ☐ Vegetarian
- ☐ Non -Vegetarian
- ☐ Vegan
- ☐ Other: \_\_\_\_\_

## 5. Which drink did drink most during COVID 19

*Tick all that apply.*

- ☐ Hot Turmeric Milk
- ☐ Fresh Fruit Juice
- ☐ Homemade decoctions/ Kadha
- ☐ Other: \_\_\_\_\_

## 6. Which vegetables you ate most during COVID 19

*Tick all that apply.*

- ☐ Green Vegetables
- ☐ Sprouts
- ☐ Soybean crunch
- ☐ Other

## 7. Did you take any supplementary vitamin through tablets during COVID 19

*Mark only one oval.*

- ☐ Yes
- ☐ No
- ☐ May be
- ☐ Other: \_\_\_\_\_

8. Which fruit you ate most during COVID 19

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9. What is your favorite snack which you have prepared at home during COVID 19

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10. Which type of meat you ate most during COVID 19

*Tick all that apply.*

- ☐ Chicken
- ☐ Fish
- ☐ Boiled egg
- ☐ Goat Meat
- ☐ Non of above

11. Which type of salad you ate most during COVID 19

*Tick all that apply.*

- ☐ Sprouts Salad
- ☐ Cucumber Beetroot Carrot Salad
- ☐ Boiled Egg salad
- ☐ Boiled Chicken Salad
- ☐ Non of the above
- ☐ Other: 

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12. What does a healthy diet look like to you

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