

Food Habit Analysis- COVID-19



- Purpose of the Survey
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- Conclusion

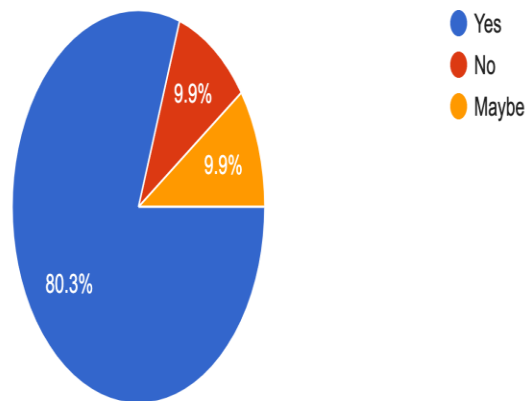
Purpose of the Survey

- The survey was conducted to understand the behavior/attitude of the people towards food while covid-19 pandemic .
- The changes observed in people's lifestyle.
- Refer the below link :
- https://docs.google.com/forms/d/e/1FAIpQLSe75cUUWVbVGyl4_mum8Jf3hbGG5F95dG5mbUQ1huJ4rdhsjw/viewform?usp=sf_link

Insights of the Survey

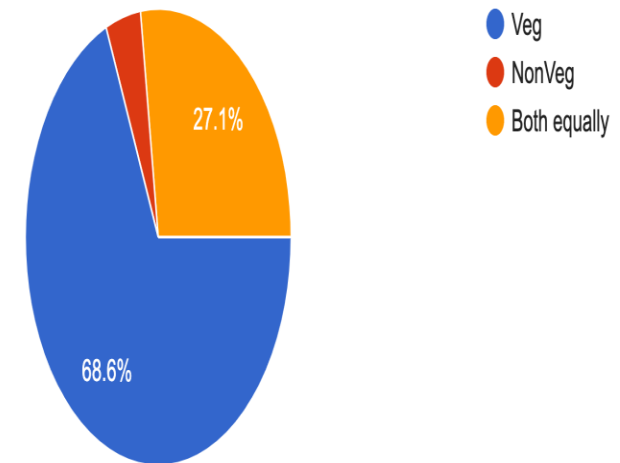
Will you become more conscious about type of food(you consumed)/food habit while COVID-19 to increase immunity ?

71 responses



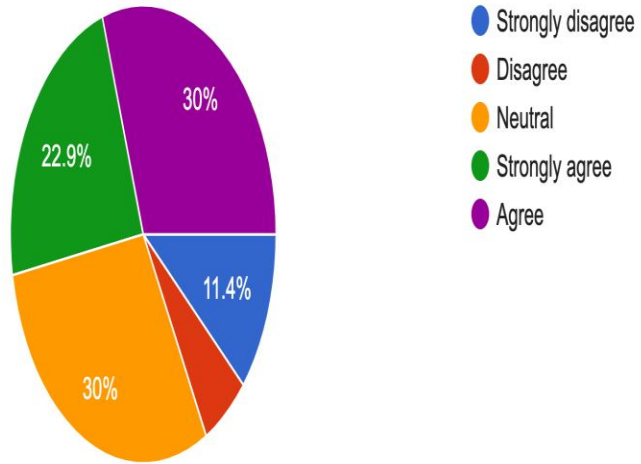
Which kind of food you prefer the most during pandemic ?

70 responses



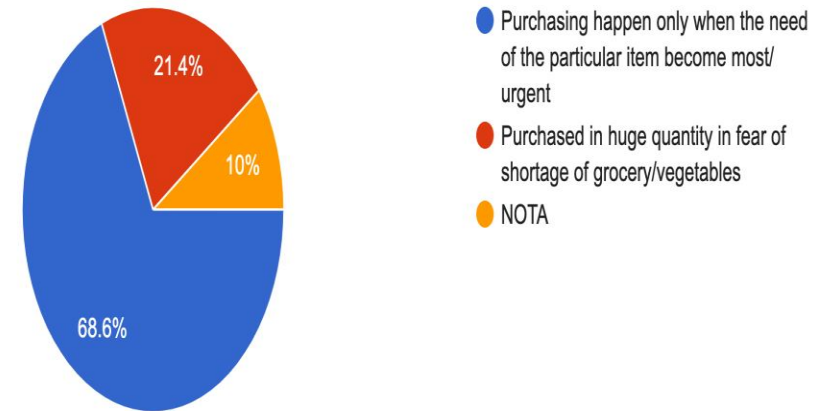
Change in attitude observed towards buying vegetables/groceries while pandemic

70 responses



Choose one of the below mentioned options?

70 responses



Case Study

- The study aimed to investigate the immediate impact of the COVID-19 pandemic on eating habits and lifestyle changes among the people of India of all age group
- The study comprised a structured questionnaire packet that inquired information (age, change in attitude towards type of food consumed ,about lifestyle , buying groceries , food frequency)

Result

- Around 70 respondents were in the survey aged between 20 and 55, the more increased is observed for being focused about immunity and also the change in nature of buying groceries .
- People prefer simple food like rice , pulses , roti , milk and along with maximum green vegetables and fruits were consumed which contains Vitamin C

Conclusion

- In this study the huge change in lifestyle and type of food consumed by people was observed. Also ,in order to stay immune home cooked food and fruits become people's first preference
- Also the change in nature of purchasing has been observed.