

Eating Out vs. Home Cooking: A Survey

We are conducting a survey to understand preferences and perceptions related to eating out versus home-cooked meals. Please take a few minutes to share your thoughts.

* Indicates required question

1. Age Group *

Mark only one oval.

- ☐ 18 - 25
- ☐ 26 - 35
- ☐ 36 - 45
- ☐ Above 45

2. Gender *

Mark only one oval.

- ☐ Male
- ☐ Female
- ☐ Non Binary
- ☐ Prefer not to say

3. How often do you eat out in a week? *

Mark only one oval.

- ☐ Never
- ☐ 1-2
- ☐ 3-4
- ☐ 5 or more times

4. How often do you cook at home in a week? *

Mark only one oval.

- ☐ Never
- ☐ 1-2
- ☐ 3-4
- ☐ 5 or more times

5. What influences your choice of eating out versus home-cooked meals? (Check all that apply)

Check all that apply.

- ☐ Cost
- ☐ Taste preferences
- ☐ Time and convenience
- ☐ Social occasions
- ☐ Variety of food
- ☐ Health considerations
- ☐ Other: _____

6. Which do you think is more affordable? *

Mark only one oval.

- ☐ Eating out
- ☐ Cooking at home
- ☐ Both are the same
- ☐ Depends on the meal

7. Which do you prefer based on taste? *

Mark only one oval.

- ☐ Eating out
- ☐ Home-cooked food
- ☐ No preference

8. Which do you think is healthier? *

Mark only one oval.

- ☐ Eating out
- ☐ Home-cooked food
- ☐ No preference

9. In terms of socialising, do you prefer: *

Mark only one oval.

- ☐ Going out to eat
- ☐ Inviting friends/family for home-cooked meals
- ☐ Both equally

10. What do you enjoy most about eating out? (Short Answer) *

11. 11. What do you enjoy most about home-cooked meals? (Short Answer) *

12. How do you feel about the time and effort involved in cooking at home? *

Mark only one oval.

- ☐ It's a rewarding experience
- ☐ It's a time-consuming chore
- ☐ I enjoy it when I have the time
- ☐ I prefer ordering or eating out

13. Do you think eating out exposes you to more culinary diversity? *

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Not sure

14. Do you believe home-cooked food is healthier and more balanced than eating out?

Mark only one oval.

- ☐ Yes
- ☐ No
- ☐ Sometimes

15. Any additional comments or thoughts on eating out vs. home-cooked meals?
(Paragraph answer)
