

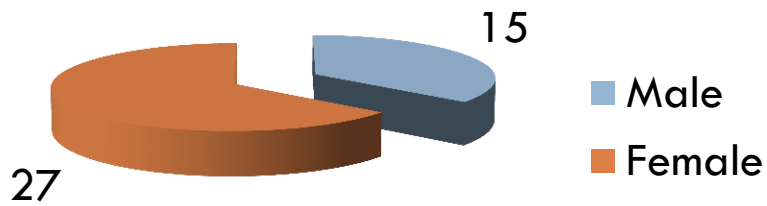


# SURVEY ON EATING HABITS

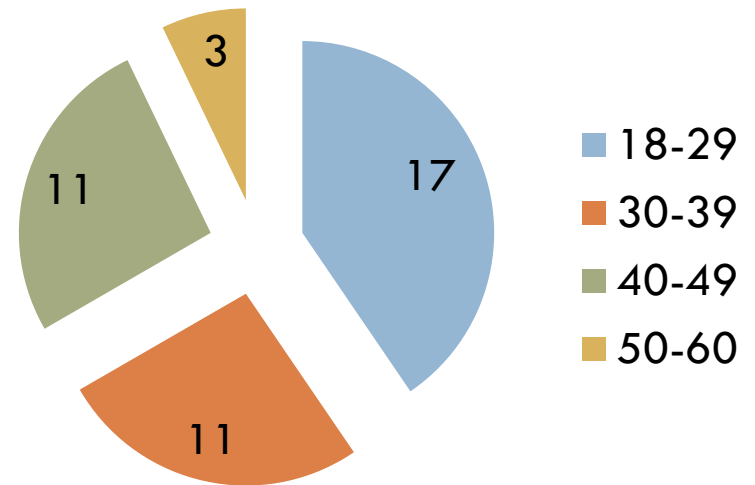
RESULTS

# TOTAL OF STUDENTS QUESTIONNED: 42

## GENDER

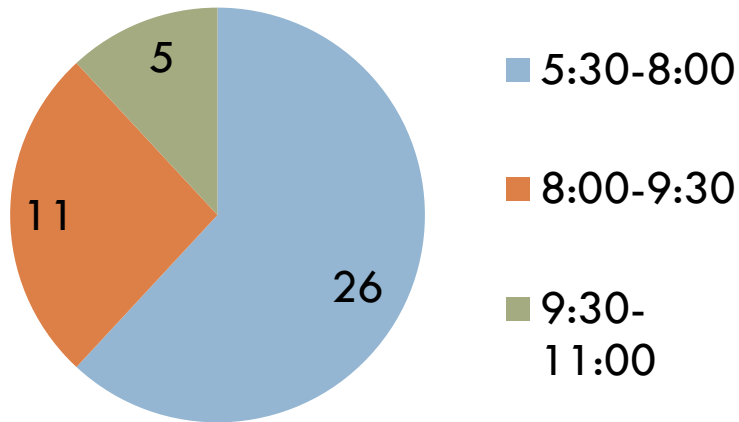


## AGE

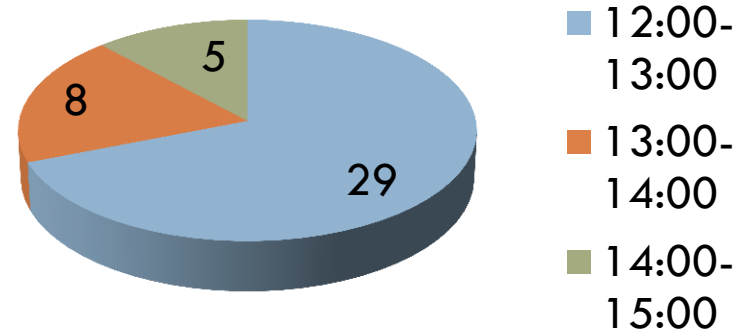


# 1. At what time do you usually have the following meals?

## BREAKFAST

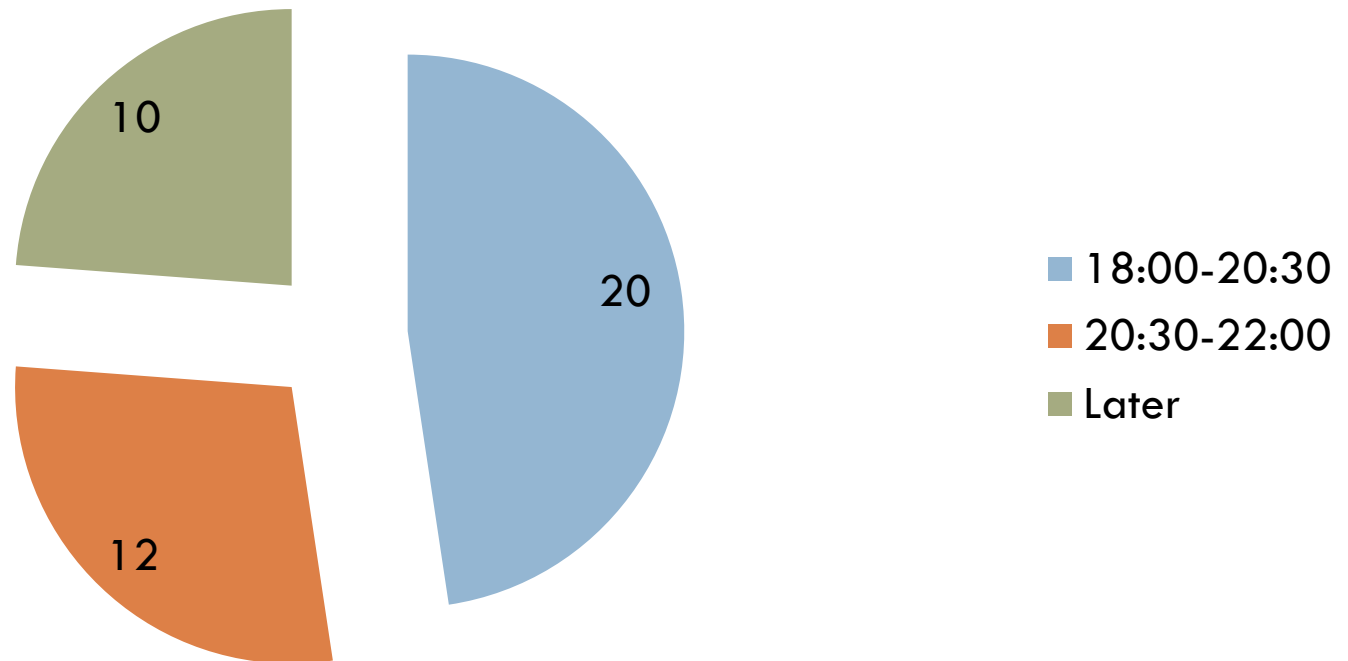


## LUNCH

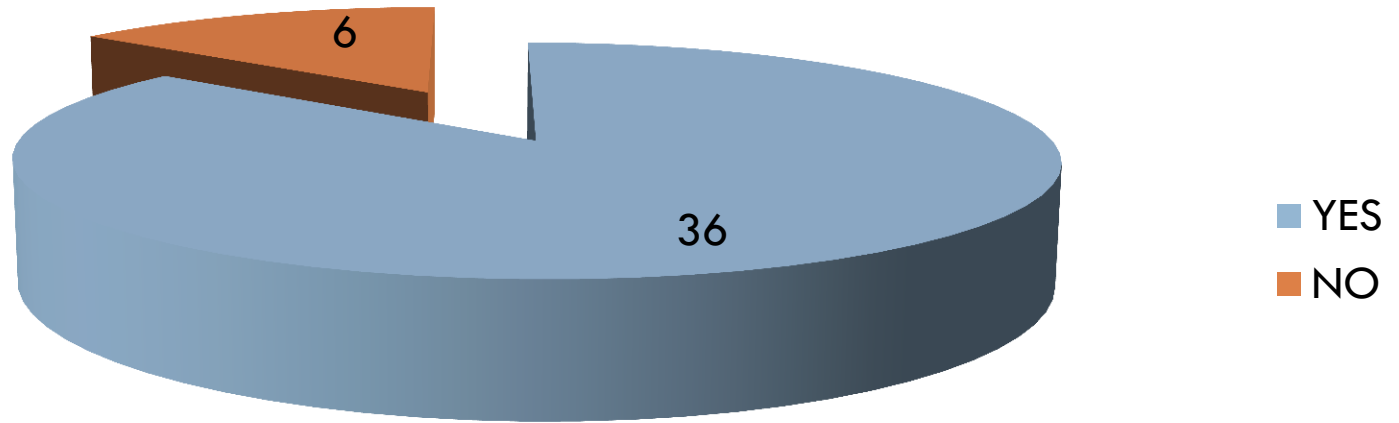


# 1. At what time do you usually have the following meals?

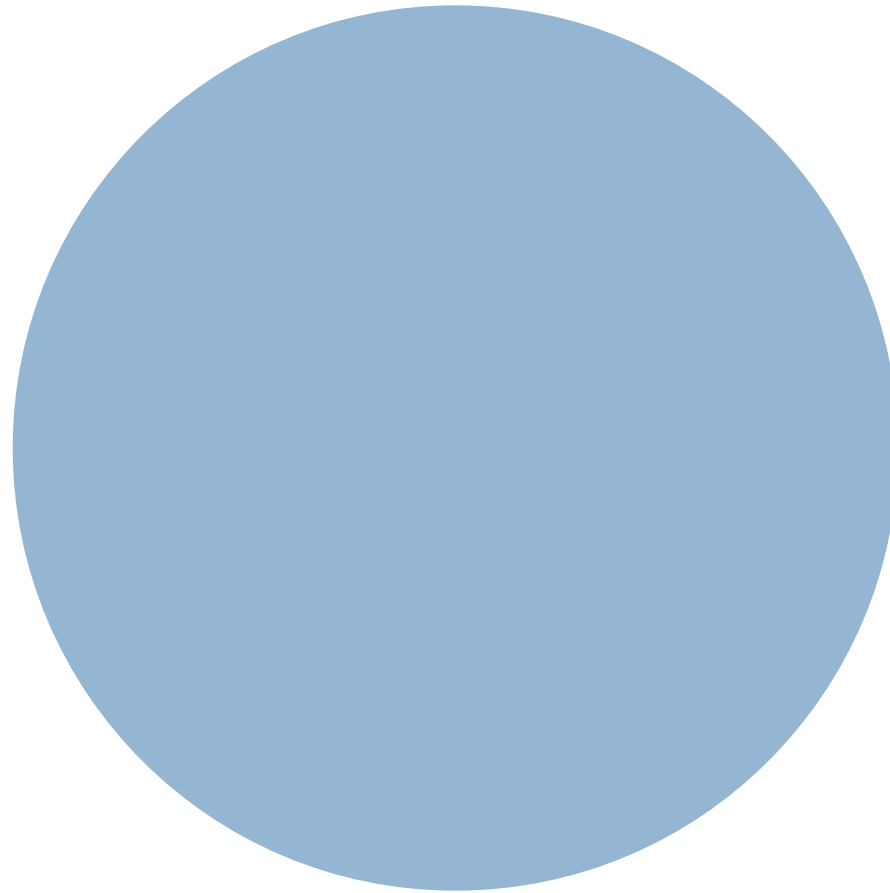
## DINNER



## 2. Are there differences between week days and weekends regarding meals schedules?



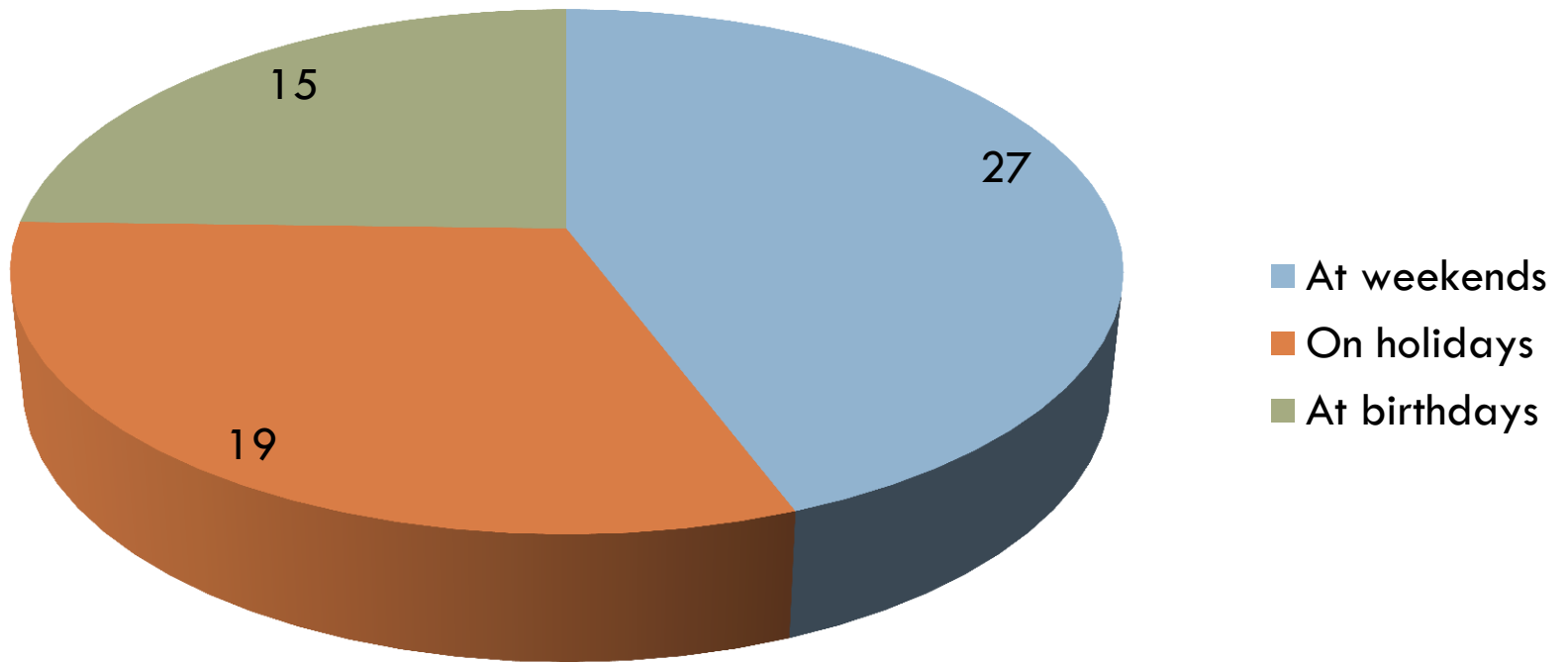
### 3. Is it important to have meals as a family?



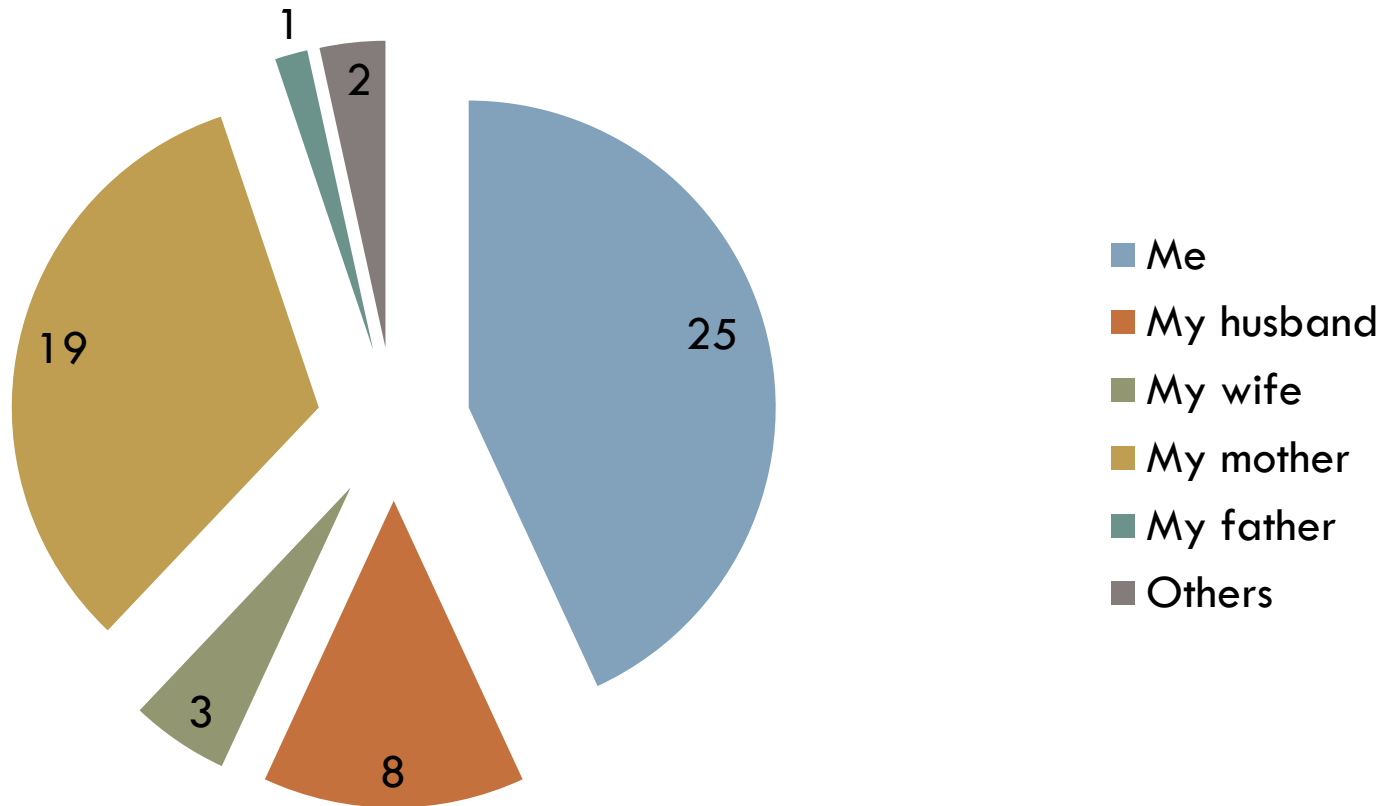
■ YES

■ NO

## 4. Traditionally, when does your family get together? You can choose more than one option.

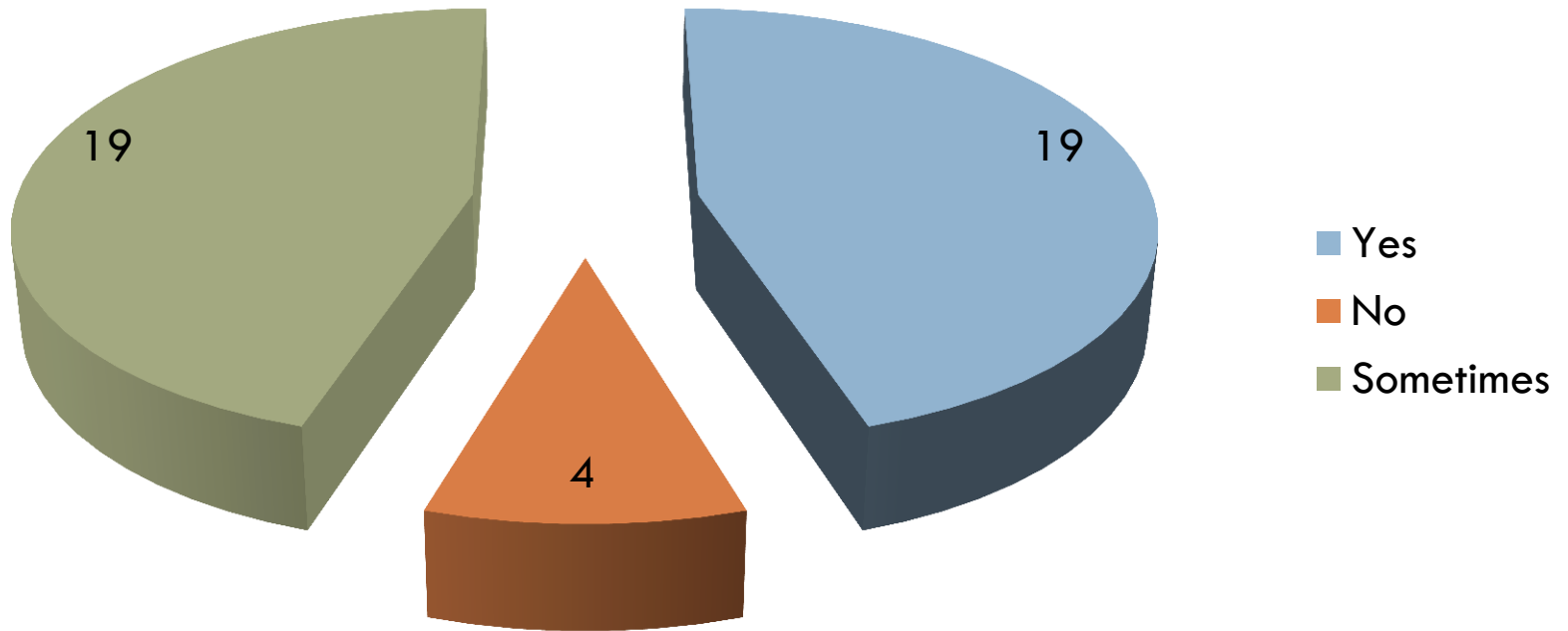


## 5. Who prepares the meals in your house? You can choose more than one option.



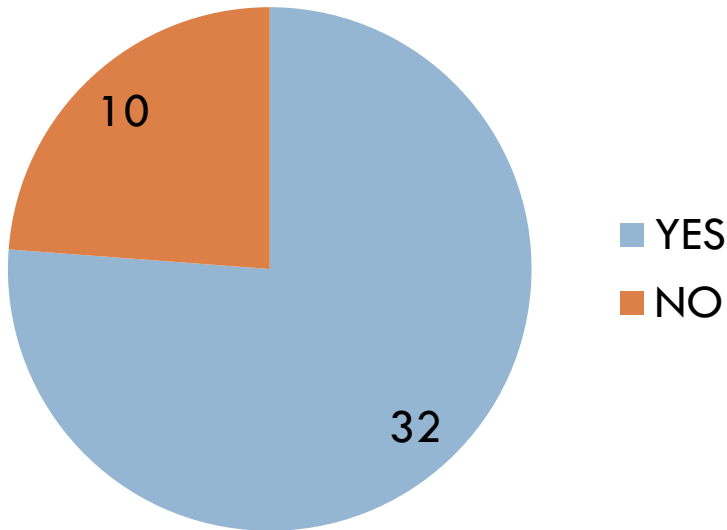


## 6. Do the other members of your family help in the preparation of meals?



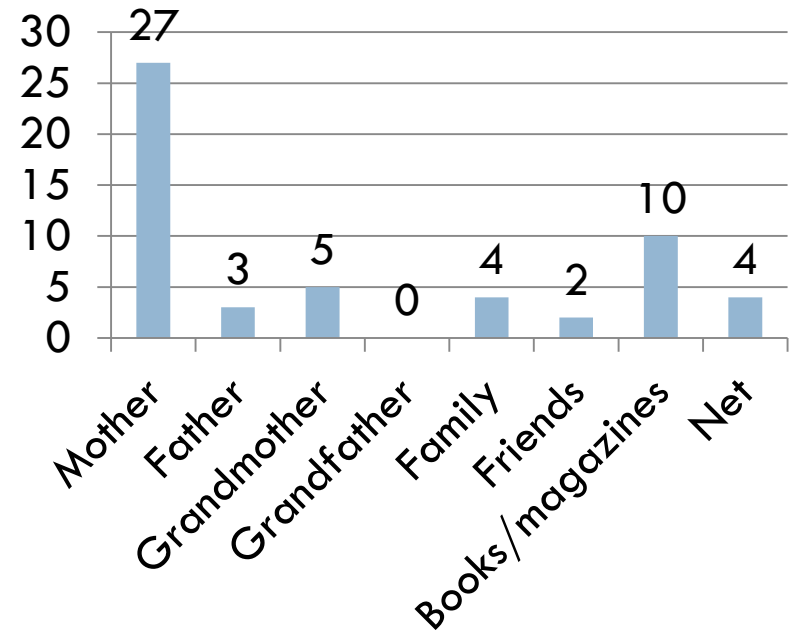
# 7. Are you capable of preparing Portuguese dishes? You can choose more than one option.

YES / NO

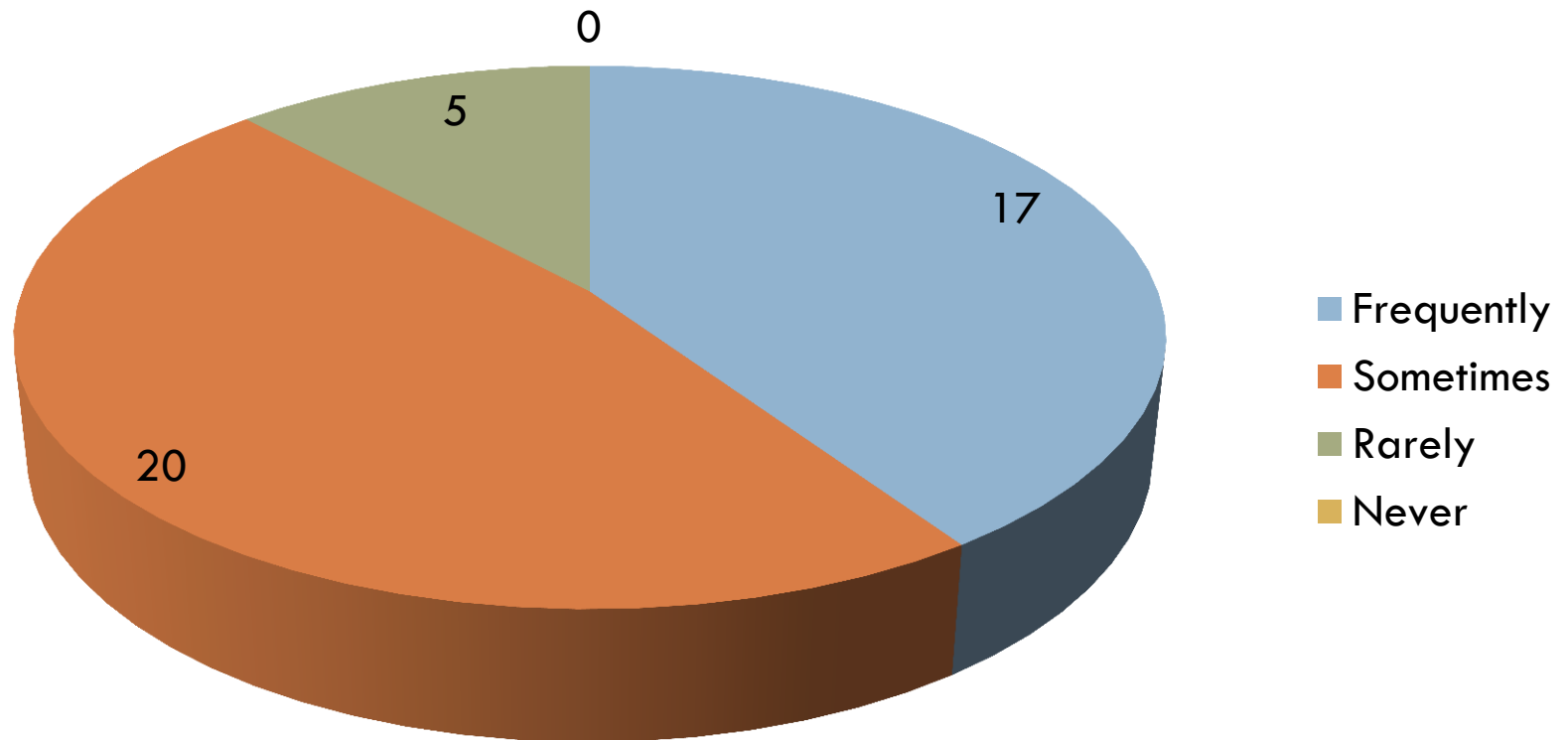


If yes, who taught you?

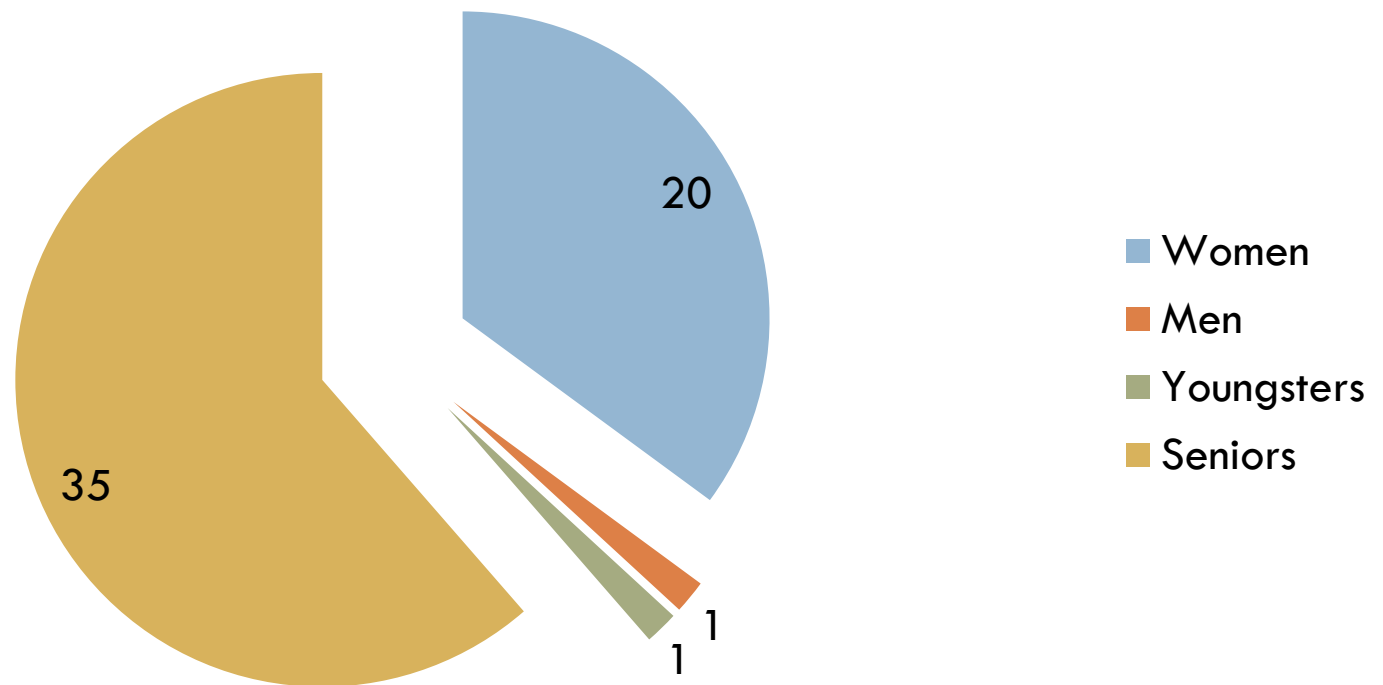
Vendas



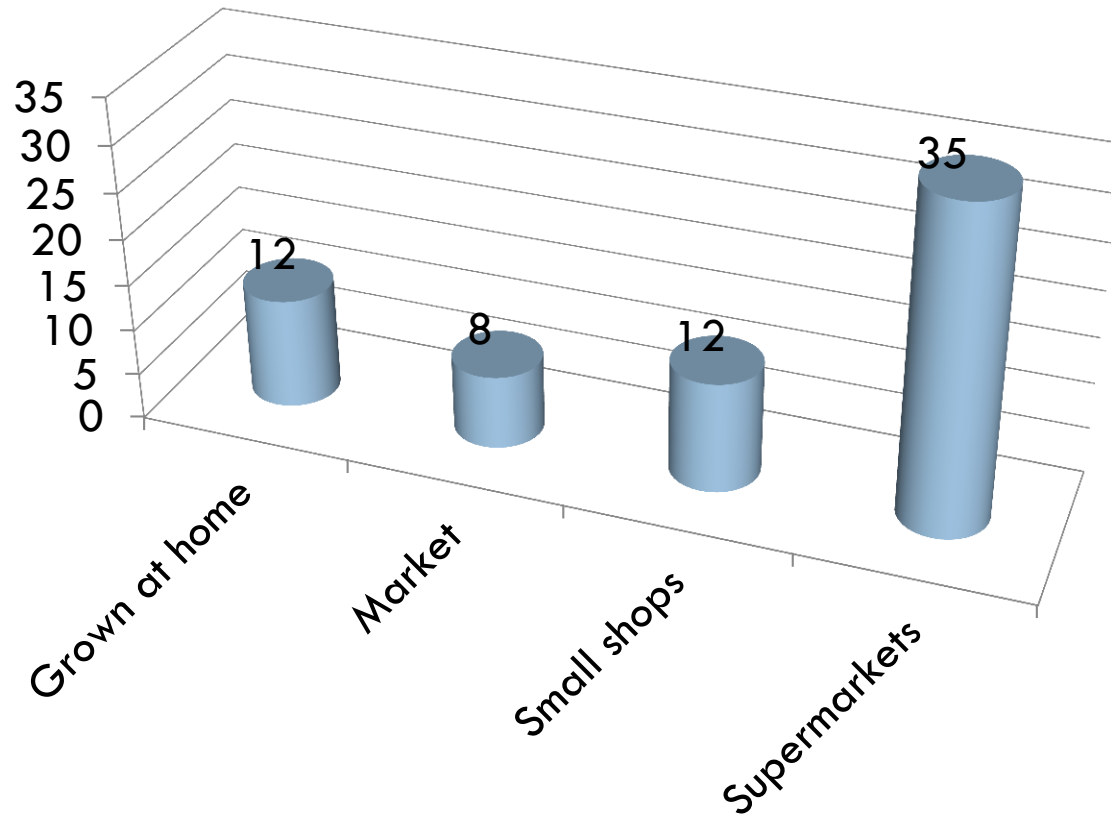
## 8. How often are traditional Portuguese dishes prepared in your house?



## 9. Who usually passes the Portuguese gastronomic traditions to the younger generations? You can choose two options.



## 10. Where do you buy most of the ingredients you use in the preparation of your meals? You can choose two options.



**11. To what extent did the new cooking technologies (tupperware, microwave, small appliances, pre-cooked meals, frozen and packed products, bimby...) influence/alter your eating habits?**

