

1-3


# Pre-Survey Team

As you discussed in Task 1-2, the team will be making many decisions during your research. Before your research on food and nutrition begins, the team must document what people on your team currently think about food and nutrition.

## Objective



**In this task, you will survey the team to document what they currently think.** In later tasks you will look at the data from this survey to see if your thoughts have changed over time. Do not worry if you are not sure about the questions. This is normal. This is not a test.

1. Go to the Task 1-3 folder and get the survey questions and methods. There is only one version of this task provided, but it can easily be customized by you as needed. 
2. Determine which survey questions are most appropriate for the team.
3. Talk as a team about the difference between a survey and a test. Talk about why it is important to be honest when taking a survey.
4. Decide which survey method works best for the team. If you have a better option, do that.
5. The team leader will help the team make the decision.
6. Do not worry if you do not understand the questions. Simply mark "unsure."
7. Complete the survey and save the team results in a safe place to be used in later tasks.



### Research Tip

The team will use these survey results in future tasks. Keep the results in a safe place so everyone can easily access them later.

Hooray! You completed Task 1-3. Check it off the task list. *Go to Task 1-4!*





## Task 1-3. Pre-Survey Team

### How to Do the Survey

A survey is a method of gathering information from individuals or a group. The information gathered gives the research team a better understanding of the general views or opinion of a group of people at a specific time and place. It is not a test with right or wrong answers. The results of a survey will help the research team better define the problem and help guide their work.

Remember, the purpose of a survey is to understand a person or group's thoughts at that specific time and place. That means for the research to be helpful, it is important that people are honest when taking the survey. When people are honest on a survey, it will help the research team make more informed decisions about their work.

1. Customize the survey questions as needed.
  - Look over the questions provided.
  - You can use the survey as is, or you can remove or add any questions.
  - Make sure you include at least one or two questions from parts 2 through 7.
  - Create and add your own questions as needed.
  - Remember, the questions provided here are to help you get started, so customize as needed.
2. Identify a survey method that works best for the team. Some options include:
  - Print a paper copy of the survey for each team member and the team leader. Have each person complete a written version on their own and submit this to the team leader. Answers can be written directly on the survey or on another piece of paper.
  - Post or project the survey questions so everyone can see them.
    - Each team member writes down the answers to the survey questions on a piece of paper and submits this to the team leader.
    - The team reads each question together and each team member picks their answer. Then everyone votes on the preferred answer—preferably with heads down so the vote is anonymous. The team leader tallies votes.
  - The team leader asks the questions out loud, the team votes (preferably a heads-down vote), and the team leader tallies the votes.
  - Create a digital version of the survey using Survey Monkey, Google Forms/Documents, or another digital method. Use that!

As always, pick the option that is easiest for you to do. If you have a survey method not listed here that you prefer, do that!





### Task 1-3. Team Food Survey

Name: \_\_\_\_\_

#### Part 1. Background Information

Age				
0–10	11–20	21–40	41–64	65+

Gender				
Male	Female	Nonbinary/third gender	Prefer to self-describe _____	Prefer not to say

What is the name of the community you live in?

Where is your home?			
City	Village	Rural	Town
Peri-urban (city outskirts)	Other (please specify)		

Availability of communications media in the house (check all that apply)			
Television	Newspaper	Radio	Computer
Tablet	Internet	Telephone	Mobile phone
SMS	Social media	Mobile phone with Internet	Other





### Part 2. Community

Is this the first time someone has surveyed you about food, nutrition, and health issues?		
Yes	No	Unsure

How would you rate your overall health?					
1. Excellent	2. Very good	3. Good	4. Fair	5. Poor	6. Unsure

How would you rate the overall health of the people in your community?					
1. Excellent	2. Very good	3. Good	4. Fair	5. Poor	6. Unsure

How concerned are you about food in your community?					
1. Not concerned	2. Slightly concerned	3. Concerned	4. Very concerned	5. Extremely concerned	6. Unsure

Where do you get <i>most</i> of your information about food, diet, and nutrition? (check all that apply)			
Family	Friends	Television	Doctor
Nurse	Internet	Magazines	Research articles
Books	Teacher/school	Food advertisements	Social media
I don't know	Other (please list)		





### Part 3. Nutritional Building Blocks

How good is your knowledge about what makes up a healthy, well-balanced meal?					
1. Excellent	2. Very good	3. Good	4. Fair	5. Poor	6. Unsure

How often do you think about the nutritional value of food when deciding what to eat?			
1. Often	2. Sometimes	3. Not at all	4. Unsure

How familiar are you with your national or regional food guidelines for what to eat?					
1. Excellent	2. Very good	3. Good	4. Fair	5. Poor	6. Unsure

How well do you understand the following types of nutritional information?					
<b>A. Nutritional information leaflets/brochures</b>					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
<b>B. Food label information</b>					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
<b>C. TV/radio/Internet programs on food and nutrition</b>					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
<b>D. Verbal recommendations regarding food and nutrition from professionals</b>					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure
<b>E. Food nutrition advice from family members or friends</b>					
1. Not at all	2. Hardly	3. Somewhat	4. Well	5. Very well	6. Unsure

Based on how you eat regularly, what is your eating style? (check all that apply)				
Fast eater	Erratic eater	Emotional eater (stressed, bored, sad, etc.)	Late night eater	Time-constrained eater
Dislike "healthy" food	Travel frequently	Do not plan meals/menus	Rely on convenience items	Family member(s) have different tastes
Love to eat	Eat too much	Eat because I have to	Negative relationship with food	Struggle with eating issues
Confused about food/nutrition	Frequently eat fast food	Poor snack choices	Do not have easy access to regular meals	Frequently eat alone





### Part 4. Access and Storage

Think about a usual day. How easy or hard is it for you to access fresh, healthy food?					
1. Very hard	2. Hard	3. Somewhat easy	4. Easy	5. Very easy	6. Unsure

Where do you buy food in your community? (check all that apply)			
1. Outdoor market	2. Farmers' market	3. Directly from farmers	4. Supermarket
5. Convenience store	6. Formal restaurant	7. Casual restaurant	6. Other (please specify) _____
From the places you indicated above, where do you go most frequently go to buy food?			

How close to where you live is the location where you most often buy food?				
1. Very close	2. Somewhat close	3. Far	4. Very far	Unsure

How do you travel to the places where you buy food in your community?				
1. Personal vehicle	2. Motorcycle/motorbike	3. Public transportation	4. Taxi	5. Bicycle
6. Walk	7. Unsure	Other (please specify)		

Where do you store food for your household? (check all that apply)			
1. Outdoor structure	2. Refrigerator	3. Freezer	4. Community structure
5. Pantry/cabinet	6. Unsure	Other (please specify)	





### Part 5. Cooking and Preservation

How often do you cook your own meals at home alone or with your family?			
1. 0 to 2 times a week	2. 3 to 5 times a week	3. 6 to 8 times a week	4. More than 8 times a week

How comfortable are you with the tools (knives, pans) and techniques (cooking over fire) to cook food?					
1. Extremely comfortable	2. Very comfortable	3. Slightly comfortable	4. Slightly uncomfortable	5. Very uncomfortable	6. Extremely uncomfortable

How comfortable are you following recipes?					
1. Extremely comfortable	2. Very comfortable	3. Comfortable	4. Slightly uncomfortable	5. Very uncomfortable	6. Unsure

How comfortable are you with accessing information about cooking ingredients you have not used or eaten before?					
1. Extremely comfortable	2. Very comfortable	3. Comfortable	4. Slightly uncomfortable	5. Very uncomfortable	6. Unsure

What food preservation techniques do you know about or have you done? (check all that apply)			
1. Jellying	2. Drying	3. Bottling	4. Jugging
5. Fermenting	6. Pickling	Other (please specify)	7. Not sure





### Part 6. Food Security

<b>Are you aware of people in your community who have diet-related health issues?</b>				
Yes	No	Unsure		
<b>If yes, which ones?</b>				
Malnutrition	Obesity	Diabetes	Hypertension	Cardiovascular disease
Anorexia	Bulimia			

<b>Are you aware of areas or people in your community that do not have easy and safe access to food markets?</b>			
Yes	No	Unsure	
<b>If yes, what are some reasons why?</b>			

<b>Are you aware of individuals or families who find it difficult to afford food in your community?</b>			
1. Very aware	2. Somewhat aware	3. Not aware at all	4. Unsure

<b>Historically speaking, are you aware of any changes in food-related problems in your community today when compared to the past?</b>			
1. Very aware	2. Somewhat aware	3. Not aware at all	4. Unsure
<b>If so, are you aware of the possible reasons for this change?</b>			

<b>Are you aware of any changes in the diversity, or number of different types, of food available or eaten in the community?</b>			
1. Very aware	2. Somewhat aware	3. Not aware at all	4. Unsure







If so, are you aware of the possible reasons for this change?

Part 7. Action Plan

Are you aware of food services or programs in your community?		
Yes	No	Unsure
If yes, which services?		

Where do you receive information on food and nutrition programs in the community? (check all that apply)				
Personal experience/observation	Family/friends	School/university	Television	Radio
Print/newspaper	Social media	Internet	Mobile phone	Doctors/health workers
Government	Other	Unsure		

Which source(s) do you most trust for accurate information about food and nutrition? (check all that apply)				
Personal experience/observation	Family/friends	School/university	Television	Radio
Print/newspaper	Social media	Internet	Mobile phone	Doctors/health workers
Government	Other	Unsure		

Do you currently take any action to help you, your family, or your community related to local food issues?		
Yes	No	Unsure
If yes, what action?		

Go back to the Research Guide

