

A Taste of African Heritage Student **ENTRANCE** Survey



Name:

Age:

Please fill in a circle for each question.	Never	1-2 times per week	3-4 times per week	5-6 times per week	Every day
1. How many times per week do you cook at home?					
2. How many times per week do you eat home-cooked meals? <i>(Note: for example, if you only cook 2 times, but eat home-cooked meals 5 times, please select "5.")</i>					
3. How many times per week do you eat the following? Herbs and spices					
Greens					
Whole grains					
Beans					
Vegetables <i>(including greens)</i>					
Fruits					
Vegetarian-based meals					
4. How often do you exercise per week? <i>(including walking)</i>					

5. When you hear the phrase "African heritage foods," what comes to mind?

6. If you're don't already cook and eat in a healthy way, what is the biggest obstacle for you?

Not enough time

Too expensive

Other:

Junk food and sweets

Physical difficulties

Don't enjoy cooking