



## Min Ha'Aretz: Student Survey

1. How often do you sit down and eat a meal (breakfast, lunch, dinner, snacks) together as a family (at least 1 parent and 1 child) at home?

- Less than once a week
- 1-2 times a week
- 3-4 times a week
- 5-6 times a week
- 7 times a week

2. When you discuss food in your home, what are the top 3 topics you talk about?

Check the 3 topics you talk about MOST.

- What's for dinner tonight
- Where does food come from
- Is the food kosher
- When is it snack time
- Is the food healthy
- Importance of trying new foods
- Other: \_\_\_\_\_

3. Below are some ways that the choices you make in your home about food and eating may be connected to Jewish tradition.

Check all that apply to your family.

- We eat healthy food as part of our Jewish tradition.
  - We say blessing(s) at meals.
  - We keep kosher.
  - Adding a special food on the Jewish holidays
- tradition: \_\_\_\_\_
- No, our food at home is not connected to Jewish tradition.

4. What meal-time traditions does your family have?

Briefly describe:

---

---

---

(Survey continues onto page 2)

5. Rate how **important** the following are to you. Check the answer closest to how you feel:

		Not Important	Somewhat Important	Important	Very Important
a.	Help decide what should be made be prepared				
b.	Help prepare/cook food for your meal				
b.	Know where your food comes from				
c.	Say a blessing before you eat				
d.	Understand Jewish tradition about the environment and food				
e.	Read the ingredient labels on food packages				
f.	Eat whole foods				