UTM

UNIVERSITI TEKNOLOGI MALAYSIA

SECI 2143 PROBABILITY AND STATISTICAL DATA ANALYSIS

PROJECT 1

EATING HABITS

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SECTION: 01

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1.0 INTRODUCTION

As the saying goes, hunger breeds discontentment. With the advancement of science and technology, people's living conditions are slowly getting better, and this also makes people have a pursuit of food. However, does the food we consume is healthy or not, is the way we eat is correct?

Eating habits is defined as a person's eating style and food types that are eaten. Healthy eating habits can help us strengthen our immunity, maintain mental health, and lose weight. (Migala. J, 2020). Obviously, maintaining a healthy diet is important. However, according to the National Health and Morbidity Survey (2015), only a small number of Malaysians eat enough fruits and almost all Malaysian did not eat enough vegetables.

This survey aroused our interest in the eating habits of Universiti Teknologi Malaysia's students. Therefore, a survey is conducted to determine the eating habits of Universiti Teknologi Malaysia's students. The purpose of this project is to identify the eating styles and the types of food consume by Universiti Teknologi Malaysia's students. How often do you skip the breakfast? How often do you eat 3 or more meals per day? There are many questions related to eating habits will be asked in the questionnaire.

2.0 DATA COLLECTION

In order to accomplish our project's purpose and objective, we conduct our survey by creating a survey form through Google Form. The Google form is distributed through social media apps like WhatsApp and Telegram. There are several questions in the questionnaire for respondents to answered. The survey form consists of four sections. First section is about the respondents' personal information. Second section is about the daily eating habit of the respondents. Third section is about the amount of serving of vegetable intake by the respondents, times of chewing and their BMI. Lastly, the starvation period, the percentage of vegetable and meat contain in their regular diet and surrounding environment factors that affect their appetite are included. The respondents will be asked whether they think their regular diet is healthy.

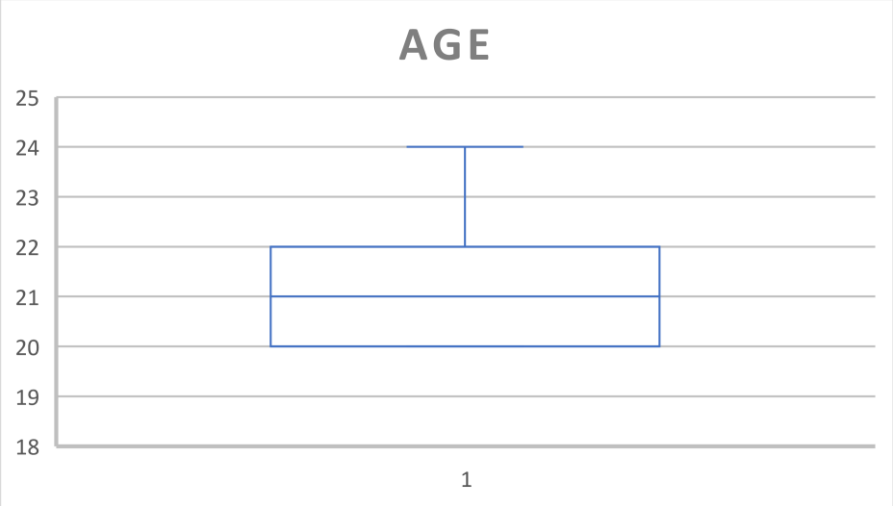
We collect the quantitative data with variables such as age, BMI, duration of starvation and percentage of vegetable and meat in regular diet. Besides, we also collect the qualitative data that necessary for our analysis. For instance, gender of respondents, frequency of eating fast food and surrounding environment factors that affect appetite.

3.0 DATA ANALYSIS

3.1 ANALYSE OF AGE

Row Labels	*Count of Age*	*Cumulative Count of Age*
20	18	18
21	25	43
22	4	47
23	7	54
24	6	60
Grand Total	**60**	

Table 1: Frequency of Age



Box Plot 1: Age

First Quartile $= \frac{25}{100}(60)$

$= 15^{th}$

$= 20$

Second Quartile $= \frac{50}{100}(60)$

$= 30^{th}$

$= 21$

Third Quartile $= \frac{75}{100}(60)$

$= 45^{th}$

$= 22$

Interquartile Range = Third Quartile – First Quartile

= 22 – 20

= 2

Lower Limit = First Quartile – 1.5 (Interquartile Range)

= 20 – 1.5 (2)

= 17

Upper Limit = Third Quartile + 1.5 (Interquartile Range)

= 22 + 1.5 (2)

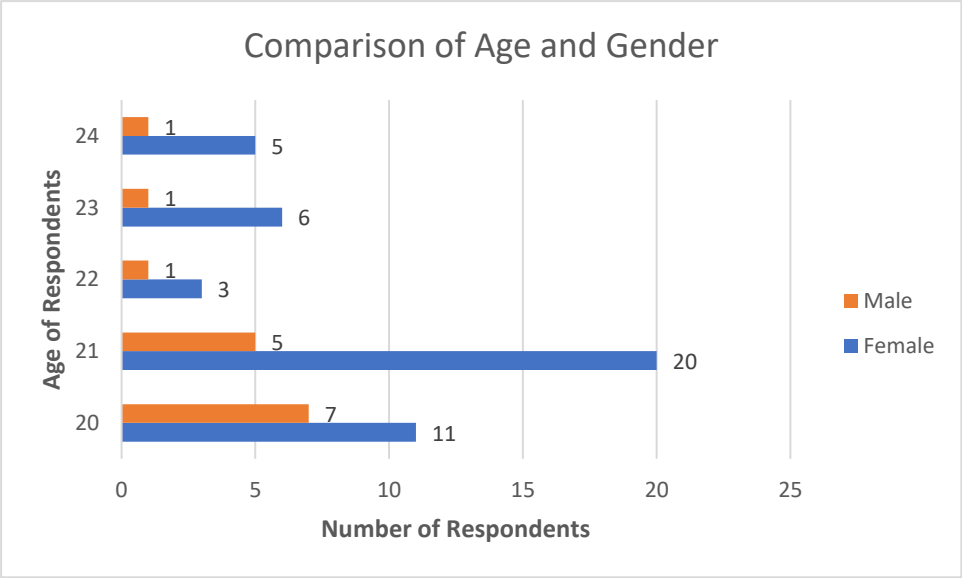
= 25

Box plot above showed that first quartile, second quartile and third quartile of the age are 20, 21 and 22 respectively. The lower limit for the box plot is 17 while the upper limit for the box plot is 25. The box plot showed that most of the respondents are 20 to 22 years old.

3.2 COMPARISON OF AGE AND GENDER

Age	Gender		
	Female	Male	Grand Total
20	11	7	18
21	20	5	25
22	3	1	4
23	6	1	7
24	5	1	6
Grand Total	**45**	**15**	**60**

Table 2: Frequency of Male and Female Respondents with Different Age Group



Bar Chart 1: Comparison of Age and Gender

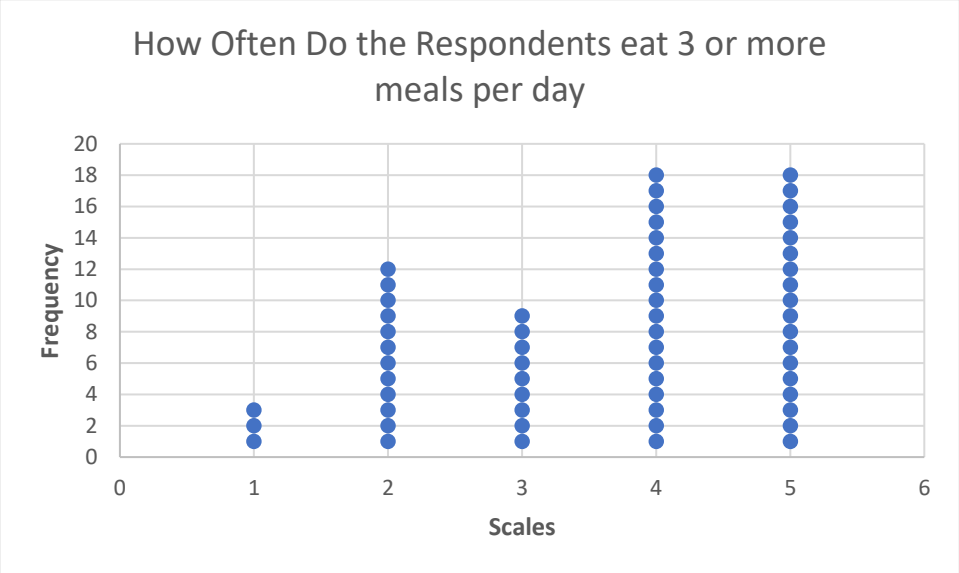
In our questionnaire, the data of age and gender of respondents are being collected. For gender, respondents have two choices that is male and female. From Table 2 and Bar Chart 1, it is shown that the age of respondents is between the range of 20-24 and majority of them are females. The greatest number of female respondents are 20 persons in 21 years old and the least of them are 22 years old which has only 3 persons. On the other hand, there are seven 20 years old male respondents which is the highest number among all group of age while the least number of males is relatively 1 person in 22, 23, and 24 years old.

3.3 ANALYSE THE PREFERENCE OF CHOICE FROM THE RESPONDENT

3.3.1 Analyse How Often Do the Respondents eat 3 or more meals per day

Scales	Frequency	Percentage
1 (Never)	3	5%
2 (Rarely)	12	20%
3 (Sometimes)	9	15%
4 (Very Often)	18	30%
5 (Always)	18	30%
Grand Total	**60**	**100%**

Table 3: Frequency of Respondents Eat 3 or more meals per day



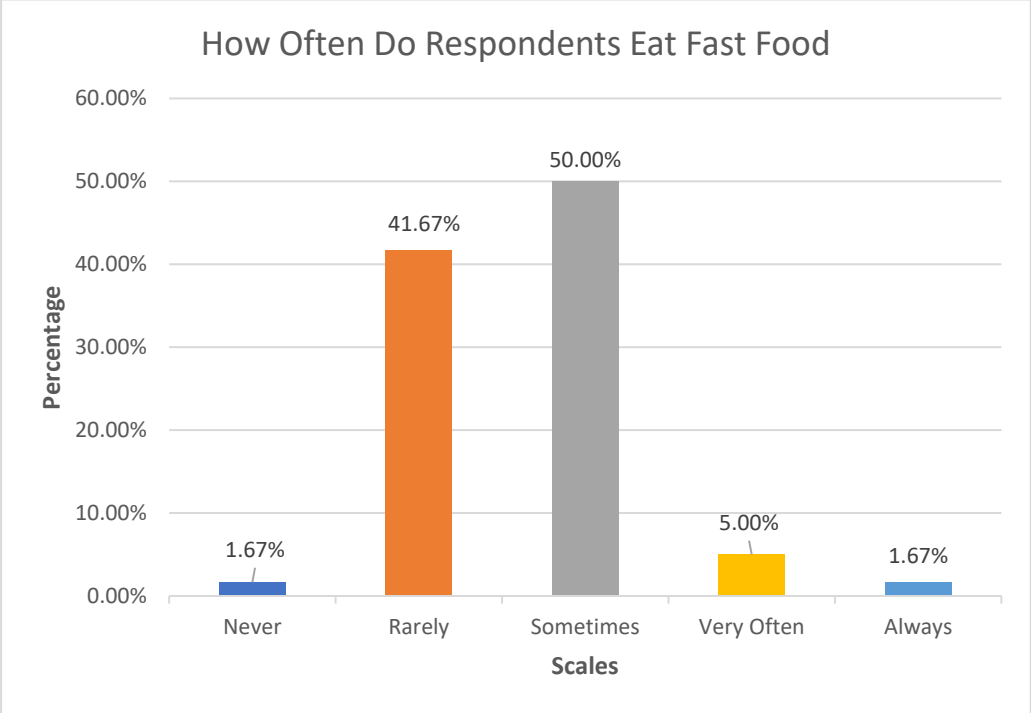
Dot Plot 1: Frequency of Respondents Eat 3 or more meals per day

The above information is about the frequency of respondents who eat more than 3 meals per day. From Dot Plot 1, we can see that there is same number of respondents which is also the highest frequency in the plot very often and always eating 3 or more meals per day. This indicate that 60% of them are predicted to be eating large amount of food. At the same time, respondents who never eat 3 or more meals per day has the least frequency that is only 3 persons. There is 20% of respondents rarely eating 3 or more meals per day and another 15% of them sometimes doing so. In conclusion, there is very least number of people are not eating normal number of meals.

3.3.2 Analyse How Often Do The Respondents Eating Fast Food

Scales	Frequency	Percentage
Never	1	1.67%
Rarely	25	41.67%
Sometimes	30	50.00%
Very Often	3	5.00%
Always	1	1.67%
Grand Total	**60**	**100.00%**

Table 4: Frequency of Respondents Eating Fast Food



Bar Chart 2: Frequency of Respondents Eating Fast Food

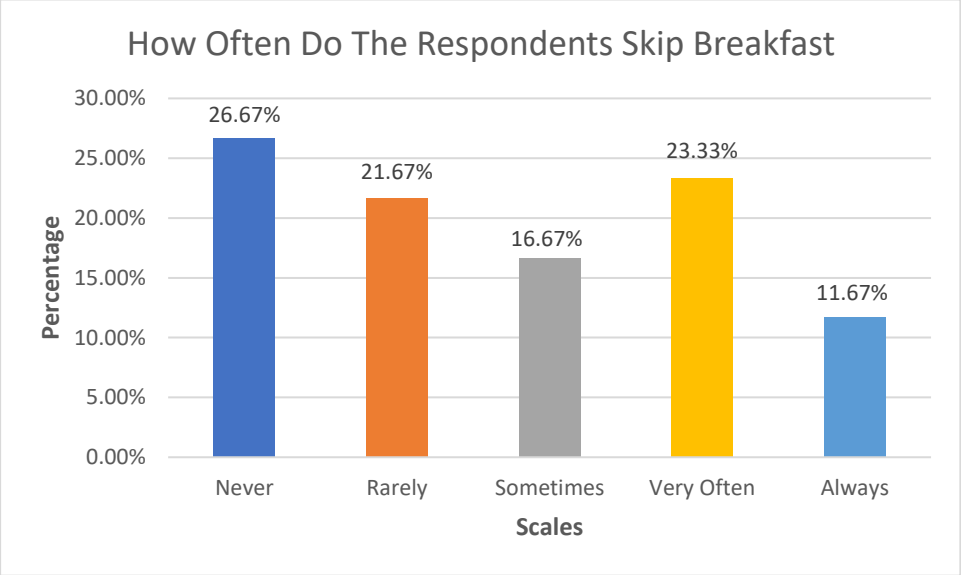
Table 4 and Bar Chart 2 is observing how often do the respondents eating fast food. The bar chart tells that most of the respondents are rarely and sometimes eating fast food. We can clearly see that half number of the respondents eating fast food sometimes and the lower frequency followed by 25 of them who rarely eating fast food. The respondents who never and always eating fast food has the least and same percentage that is relatively 1.67% among all respondents. Besides, there are 5% that is 3 persons among the respondents are very often

eating fast food. In conclusion, majority of the respondents are eating medium amount of fast food.

3.3.3 Analyse How Often Do The Respondents Skip Breakfast

Scales	Frequency	Percentage
1 (Never)	16	26.67%
2 (Rarely)	13	21.67%
3 (Sometimes)	10	16.67%
4 (Very Often)	14	23.33%
5 (Always)	7	11.67%
Grand Total	**60**	**100.00%**

Table 5: Frequency and Percentage of Respondents Skipping Their Breakfast



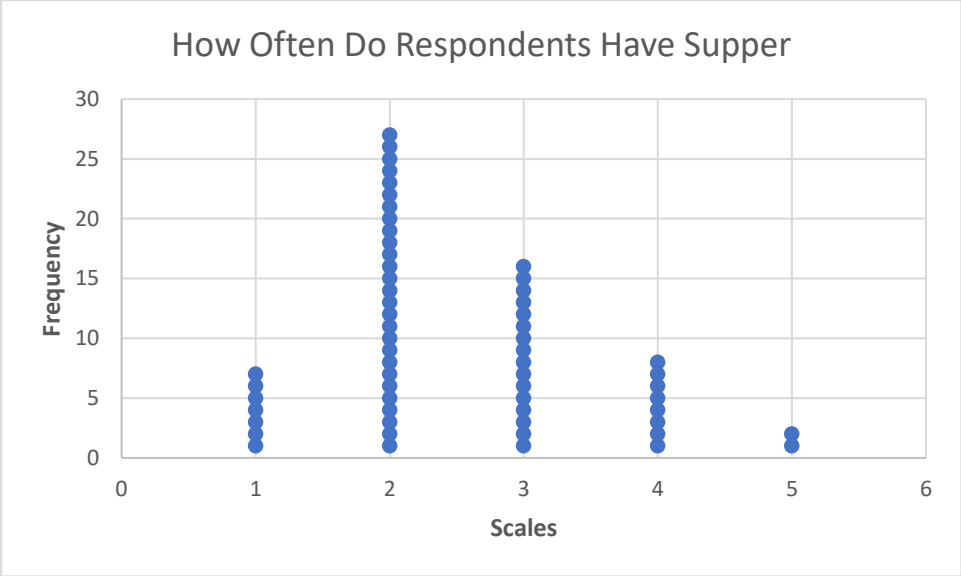
Bar Chart 3: Percentage of Respondents Skipping Breakfast

Table 5 and Bar Chart 3 is showing the result of how often the respondents skip their breakfast. The bar chart indicates that the respondents who never skip their breakfast are having the highest percentage that is 26.67% following by 23.33% of them who have do so very often. Besides that, 13 respondents state that they have rarely skipping breakfast and another 10 respondents say that they sometimes having this action. There is least number of them that is only 11.67% who always skip their breakfast. In conclusion, we can say that the respondents who never, rarely, sometimes, very often and always skipping their breakfast are average.

3.3.4 Analyse How Often Do The Respondents Have Supper

Scales	Frequency	Percentage
1 (Never)	7	11.67%
2 (Rarely)	27	45.00%
3 (Sometimes)	16	26.67%
4 (Very Often)	8	13.33%
5 (Always)	2	3.33%
Grand Total	**60**	**100.00%**

Table 6: Frequency and Percentage of Respondents Having Supper



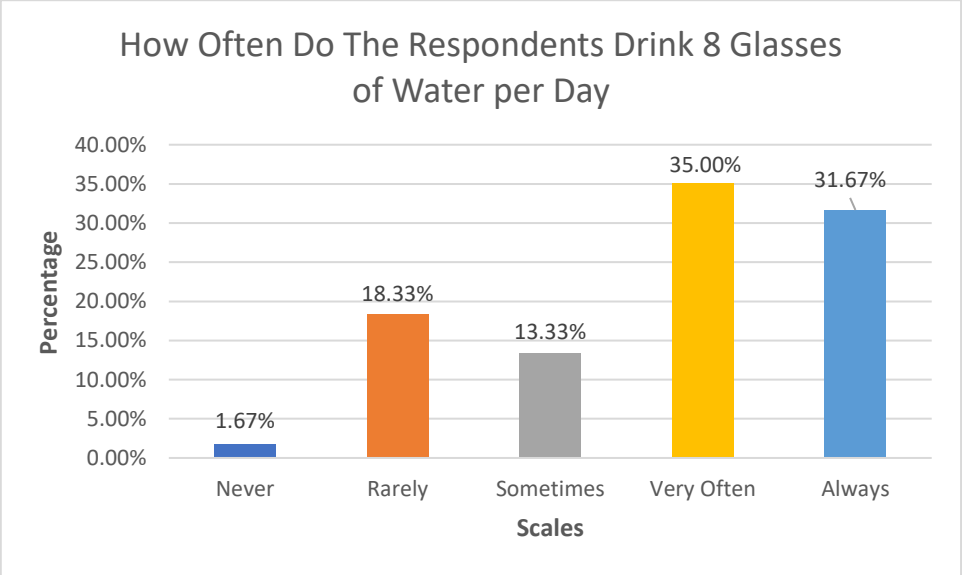
Dot Plot 2: Frequency of Respondents Having Supper

Table 6 and Dot Plot 2 show the frequency and percentage of respondents having supper. From Dot Plot 2, we found that majority of respondents that is 45% of them rarely have their supper. The second highest frequency is 16 persons among the respondents having supper sometimes which accounted 26.67%. Furthermore, the respondents who always eat supper are having the least percentage that is 3.33%, only 2 among all respondents. Not only that, the number of respondents who never and very often eating supper are similar which is relatively 7 and 8 respondents. In conclusion, most of the respondents do not have the habit of eating supper.

3.3.5 Analyse How Often Do The Respondents Drink 8 Glasses of Water per Day

Scales	Frequency	Percentage
Never	1	1.67%
Rarely	11	18.33%
Sometimes	8	13.33%
Very Often	21	35.00%
Always	19	31.67%
Grand Total	**60**	**100.00%**

Table 7: Frequency and Percentage of Respondents Drink 8 Glasses of Water per Day



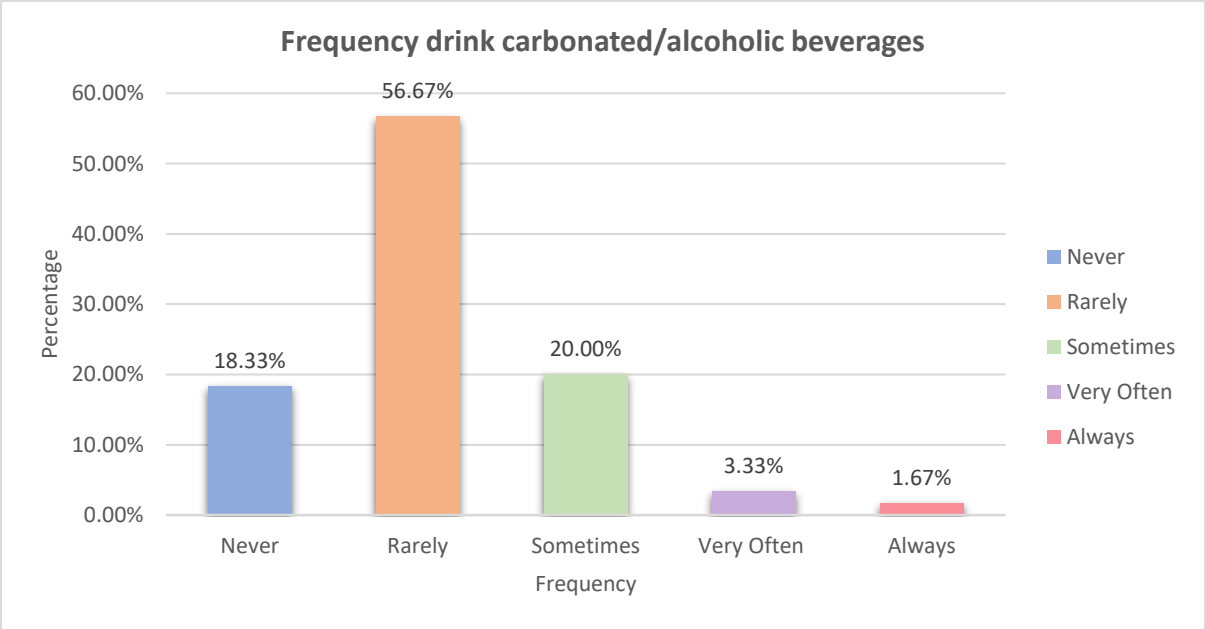
Bar Chart 4: Percentage of Respondents Drink 8 Glasses of Water per Day

Table 7 and Bar Chart 4 are indicating how often do the respondents drink 8 glasses of water per day. We can clearly see that only one person among all respondents says that he never drinks at least 8 glasses of water every day. Besides that, there are relatively 18.33% and 13.33% of the respondents who rarely and sometimes drink over 8 glasses of water per day. The respondents who very often and always drink 8 glasses of water per day appeared in similar data that is 35% and 31.67% of them relatively. In conclusion, more than half of the respondents are having good habit of water drinking.

3.3.6 Analyse How Often Do The Respondents Drink Carbonated/Alcoholic Beverages

Scales	Frequency	Percentage
Never	11	18.33%
Rarely	34	56.67%
Sometimes	12	20.00%
Very Often	2	3.33%
Always	1	1.67%
Grand Total	**60**	**100.00%**

Table 8: Frequency of drinking carbonated or alcoholic beverages



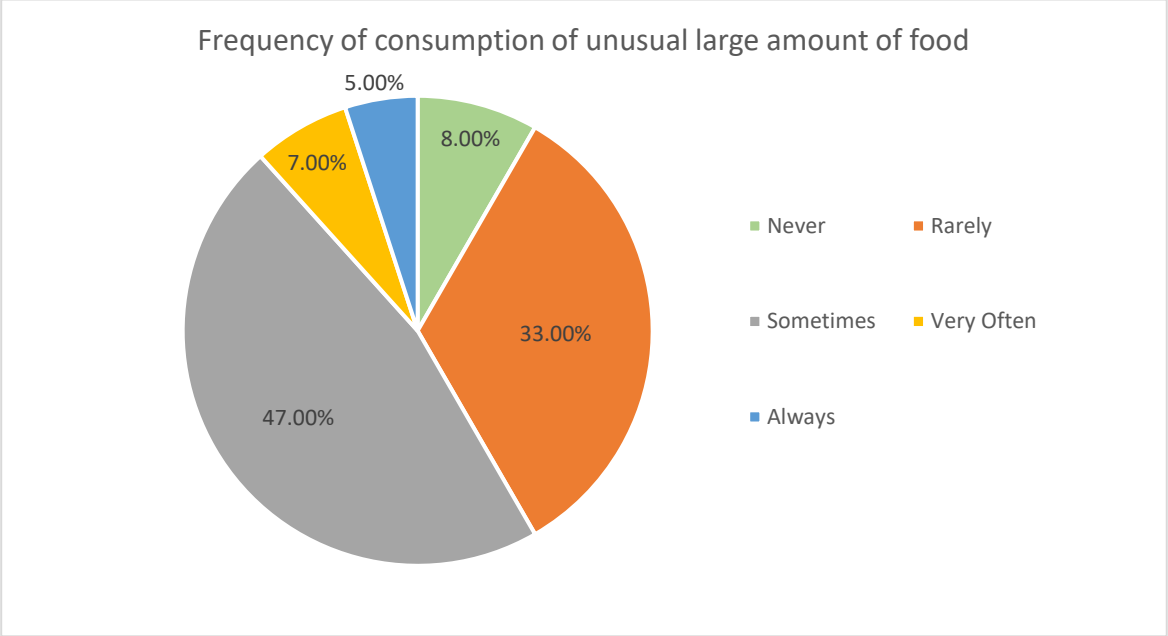
Bar Chart 5: Frequency of drinking carbonated or alcoholic beverages

The question about the frequency drink carbonated or alcoholic beverages is asked to the respondents. There are five scales which are never, rarely, sometimes, very often and always. Based on the bar chart above, there are 18.33% of the respondents said that they never drink carbonated or alcoholic beverages while there are 1.67% of the respondents always drink carbonated or alcoholic beverages. The respondents that rarely drink carbonated or alcoholic beverages had accounted for the largest percentage which is 56.67%. Moreover, the data collected had shown that there are 3.33% and 20.00% of the respondent drink carbonated or alcoholic beverages rarely and for sometimes respectively. In conclusion, respondents are rarely drink carbonated or alcoholic beverages.

3.3.7 Analyse How Often Do The Respondents Find Themselves Binge Eating

Scales	Frequency	Relative frequency
Never	5	0.08
Rarely	20	0.33
Sometimes	28	0.47
Very Often	4	0.07
Always	3	0.05
Grand Total	**60**	**1.00**

Table 9: Frequency of consumption of unusual large amount of food



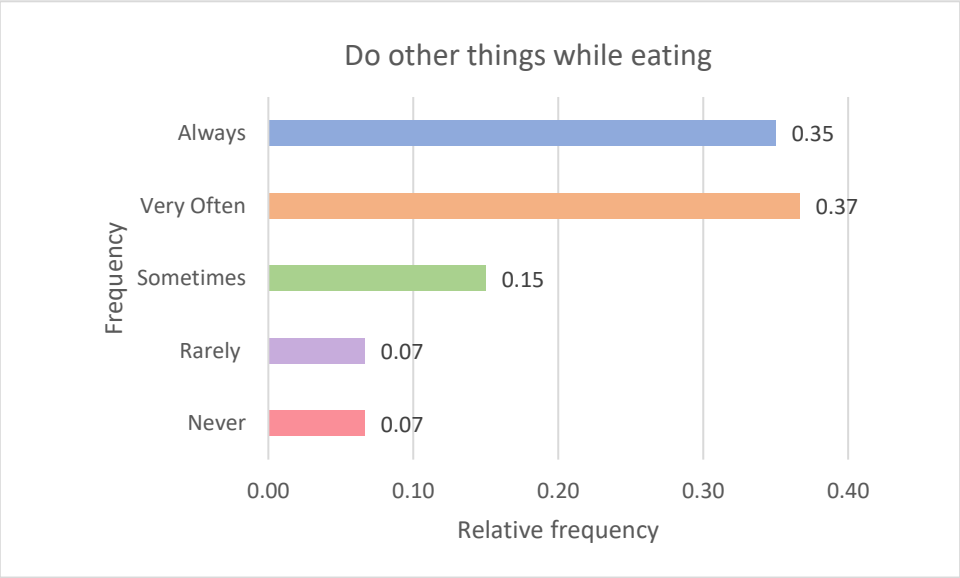
Pie Chart 1: Frequency of consumption of unusual large amount of food

In the total percentage of consumption of unusual large amount of food, the highest percentage shown in the pie chart above is 47.00% which represent the respondents sometimes consume unusual large amount of food while the lowest percentage is 5.00% which mean that the respondents always consume unusual large amount of food. 33.00% of them said that they rarely eat unusual large amount of food. Not only this, but there are also 7.00% and 8.00% of the respondents very often and never eat unusual number of foods, respectively. In conclusion, respondents sometimes consumed unusual large amount foods.

3.3.8 Analyse Do The Respondents Do Other Things While Eating

Scales	Frequency	Relative frequency
Never	4	0.07
Rarely	4	0.07
Sometimes	9	0.15
Very Often	22	0.37
Always	21	0.35
Grand Total	**60**	**1.00**

Table 10: Frequency of doing other things while eating



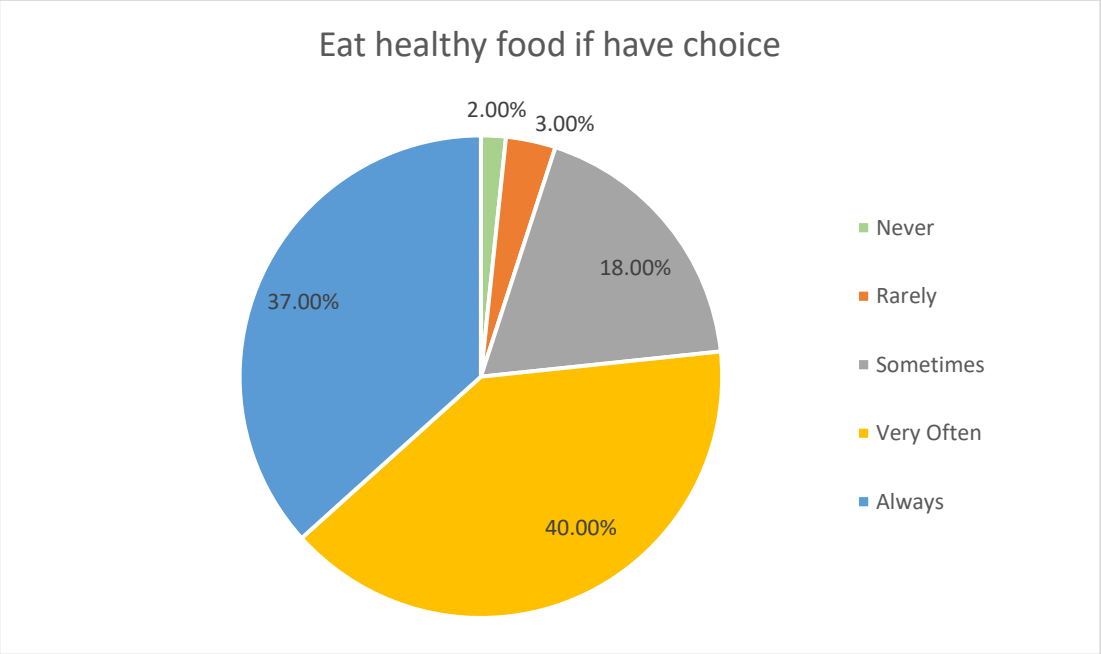
Bar Chart 6: Frequency of doing other things while eating

The respondents were asked about the frequency they do other things while eating. Based on the bar chart, 0.37 of the respondents said that they very often do other things while eating and 0.35 of them always do other things while eating. Besides, the relative frequency for the respondents who sometimes do other things while eating is 0.15. Lastly, the respondents that rarely and never do other things while eating shown the same relative frequency which is 0.07. In conclusion, respondents were often do other things while eating.

3.3.9 Analyse The Respondent Choices for Healthy Food

Scales	Frequency	Percentage
Never	1	2.00%
Rarely	2	3.00%
Sometimes	11	18.00%
Very Often	24	40.00%
Always	22	37.00%
Grand Total	**60**	**100.00%**

Table 11: Frequency eat healthy food if have choice



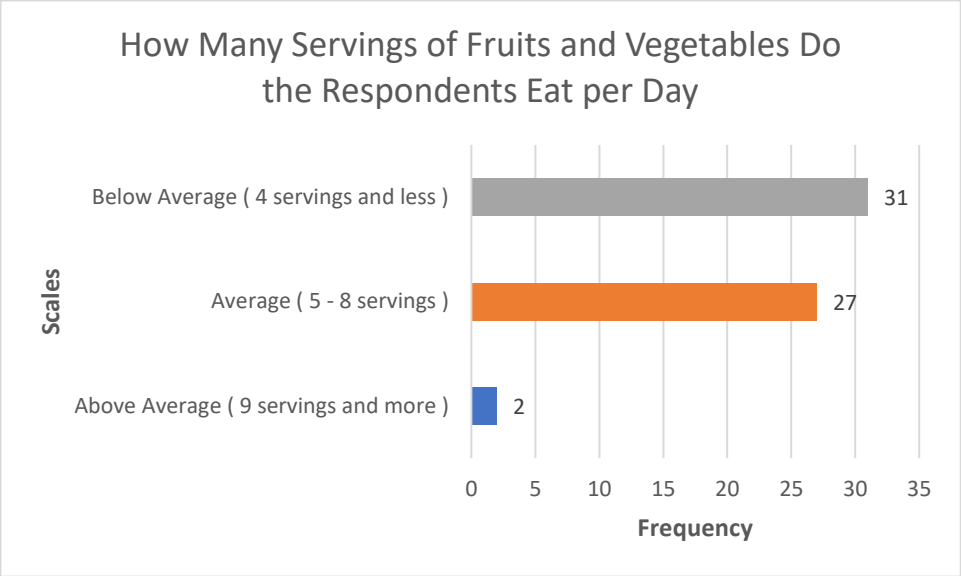
Pie Chart 2: Frequency eat healthy food if have choice

The pie chart above shown that the majority of the respondents very often eat healthy food if they have choice with the percentage of 40.00%. The second majority is the respondents that always eat healthy food if they have choice which indicated 37.00%. Furthermore, 18.00% of them sometimes said that they eat healthy food if they have choice. 3.00% and 2.00% of them were rarely and never eat healthy food if have choice. In conclusion, respondents very often eat healthy food when they have choice.

3.4 ANALYSE THE CONSUMPTION OF FRUITS AND VEGETABLES FROM THE RESPONDENTS

Scales	Frequency	Percentage
Above Average (9 servings and more)	2	3.33%
Average (5 - 8 servings)	27	45.00%
Below Average (4 servings and less)	31	51.67%
Grand Total	**60**	**100.00%**

Table 12: Frequency and Percentage of The Consumption of Fruits and Vegetables from The Respondents



Bar Chart 7: The Frequency of Consumption of Fruits and Vegetables from The Respondents

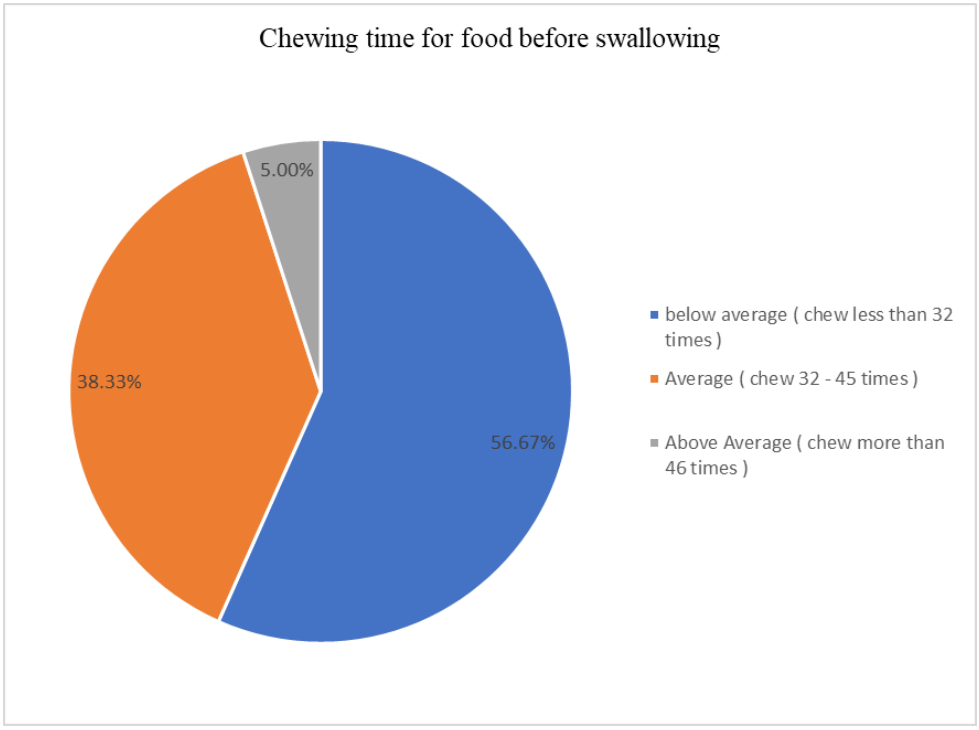
Table 12 and Bar Chart 7 is showing the consumption of fruits and vegetables by the respondents. The respondents have three choices in this question that are below average (4 serving and less), average (5-8 servings) and above average (9 servings and more). We notice that, the number of respondents who consume fruits and vegetables above average servings is extremely low that is only 2 persons among all respondents. Except for this, the data of average and below average servings of fruits and vegetables are near. There are 45% of respondents stated that they eat average servings of fruits and vegetables daily. While the highest frequency

is happening on the choice of below average servings of fruits and vegetables that is more than half of them, 51.67%. In conclusion, there are very less of them eat large number of fruits and vegetables.

3.5 ANALYSE THE HEALTHY EATING HABITS FROM THE RESPONDENT

Chewing Time	Frequency	Percentage
Below average (chew less than 32 times)	34	56.67%
Average (chew 32 - 45 times)	23	38.33%
Above Average (chew more than 46 times)	3	5.00%
Grand Total	**60**	**100.00%**

Table 13: Chewing Time for Food before Swallowing



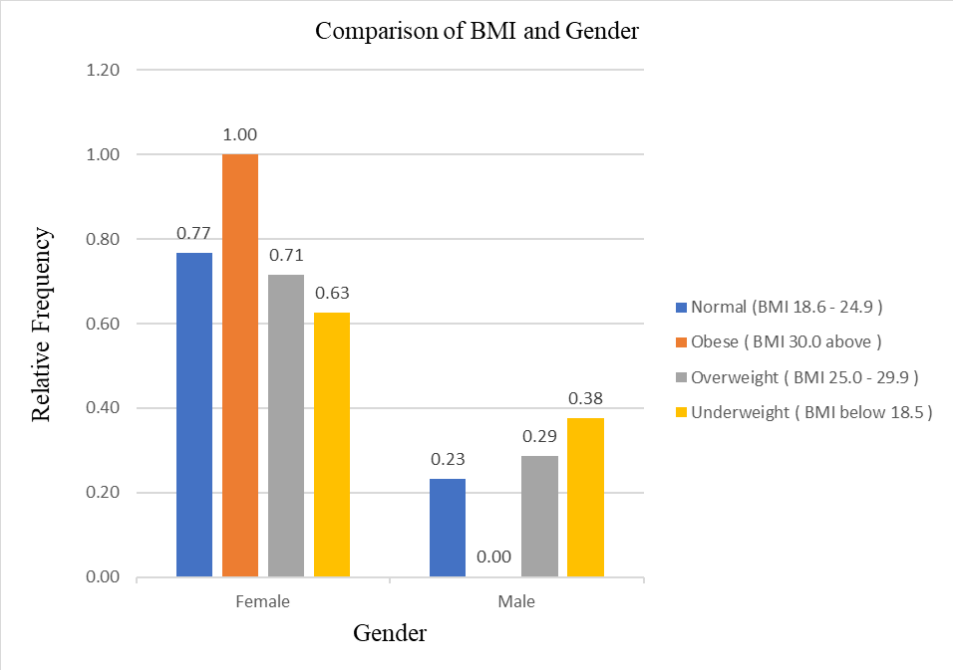
Pie Chart 3: Chewing Time for Food before Swallowing

The pie chart illustrates the chewing time for food before swallowing of the respondents. Most of the respondents which is 56.67% chew the food below average number (less than 32 times). 38.33% of the respondents chew average times which is 32 to 45 times while 5.00% of the respondents chew above average which is more than 46 times. This shows that most people did not have the good eating habit and did not chew enough times of food before swallowing.

3.6 COMPARISON OF BMI AND GENDER

BMI / Gender	Frequency				Relative Frequency			
	Normal (BMI 18.6 - 24.9)	**Obese (BMI 30.0 above)**	**Overweight (BMI 25.0 - 29.9)**	**Underweight (BMI below 18.5)**	**Normal (BMI 18.6 - 24.9)**	**Obese (BMI 30.0 above)**	**Overweight (BMI 25.0 - 29.9)**	**Underweight (BMI below 18.5)**
Female	33	2	5	5	0.77	1.00	0.71	0.63
Male	10	0	2	3	0.23	0.00	0.29	0.38
Grand Total	**43**	**2**	**7**	**8**	**1.00**	**1.00**	**1.00**	**1.00**

Table 14: Comparison of BMI and Gender



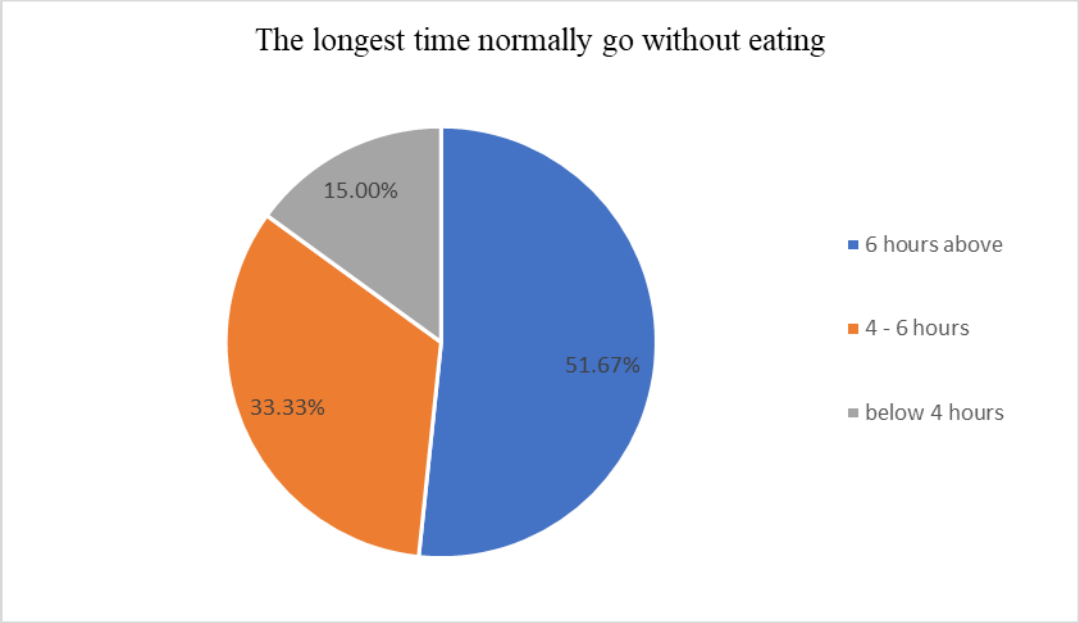
Bar Chart 8: Comparison of BMI and Gender

Based on the comparative bar chart and table above, among 60 respondents, 71.67% (43 respondents) have normal BMI, 3.33% (2 respondents) are obese, 11.67% (7 respondents) are overweight while 13.33% (8 respondents) are underweight. Among 43 respondents who have normal BMI, 77.00% (33 respondents) are female while 23.00% (10 respondents) are male. Among 2 respondents who are obese, 100.00% (2 respondents) are female. 5 out of 7 respondents (71.00%) who overweight are female and the other 2 respondents (29.00%) are male. 5 out of 8 respondents (63.00%) who underweight are female while the rest of 3 (38.00%) who underweight are male. We can conclude that most of the respondents have normal BMI and female are more likely to have normal BMI.

3.7 ANALYSE THE STARVATION FROM THE RESPONDENT

Starvation Time	Frequency	Percentage
6 hours above	31	51.67%
4 - 6 hours	20	33.33%
below 4 hours	9	15.00%
Grand Total	**60**	**100.00%**

Table 15: The Longest Time that Respondents Normally Go Without Eating



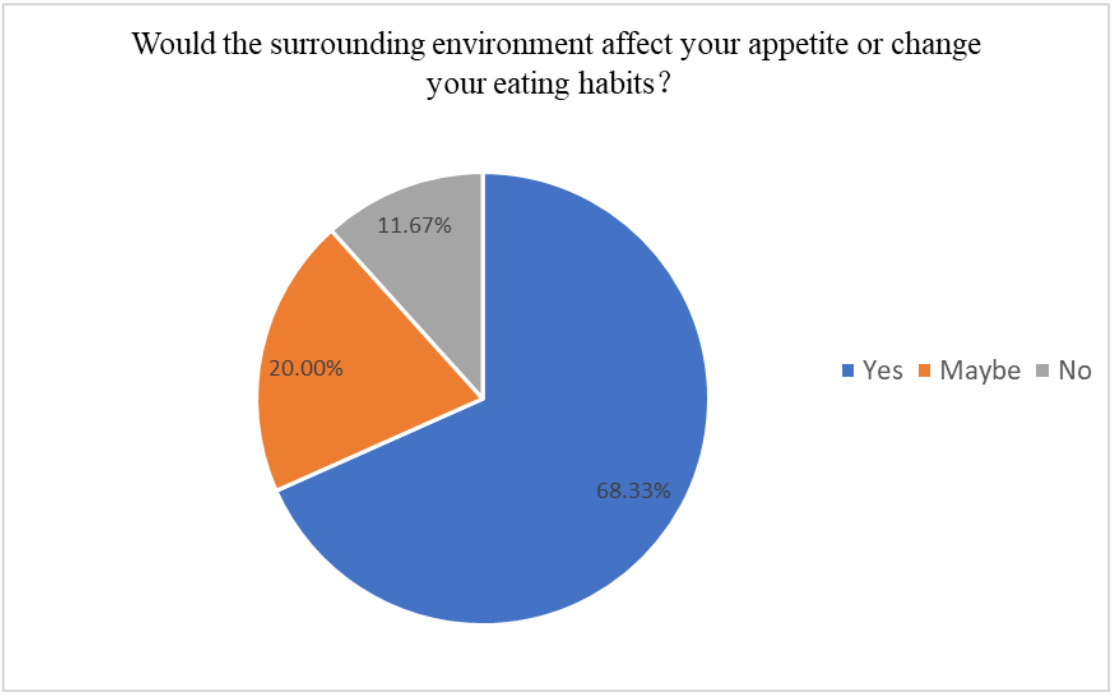
Pie Chart 4: The Longest Time that Respondents Normally Go Without Eating

The pie chart above illustrates the longest time that respondents normally go without eating. From the table and pie chart above, more than half of the respondents (51.67%) are normally more than 6 hours without eating. 33.33% of respondents normally go without eating for 4 to 6 hours whereas 15% of respondents normally got without eating for below 4 hours. This indicates that most of the people have experience starvation for a long time which is more than 6 hours.

3.8 ANALYSE THE ENVIRONMENT EFFECT ON RESPONDENT'S EATING HABITS

Choices	Frequency	Percentage
Yes	41	68.33%
Maybe	12	20.00%
No	7	11.67%
Grand Total	**60**	**100.00%**

Table 16: Would the Surrounding Environment Affect the Appetite or Eating Habits?



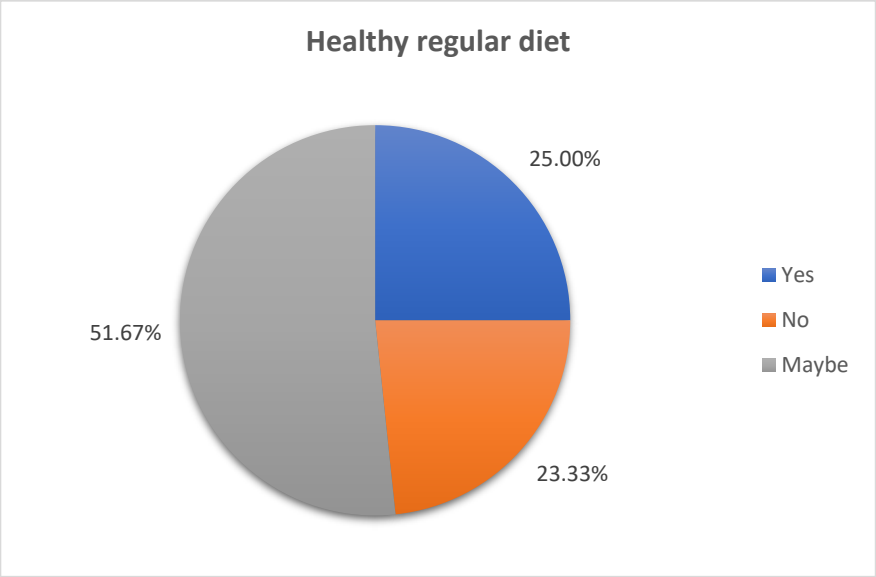
Pie Chart 5: Would the Surrounding Environment Affect the Appetite or Eating Habits?

From the table and pie chart, majority of the respondents which is 68.33% responded "Yes" to the question "would the surrounding environment affect the appetite or eating habits?". 20.00% of the respondents responded "Maybe" and 11.67% responded "No". From this, we can conclude that the surrounding environment will affect the appetite or change the eating habits.

3.9 ANALYSIS OF HEALTHY DIET

Choices	Frequency	Percentage
Yes	15	25.00%
No	14	23.33%
Maybe	31	51.67%
Grand Total	**60**	**100.00%**

Table 17: Healthy Regular Diet



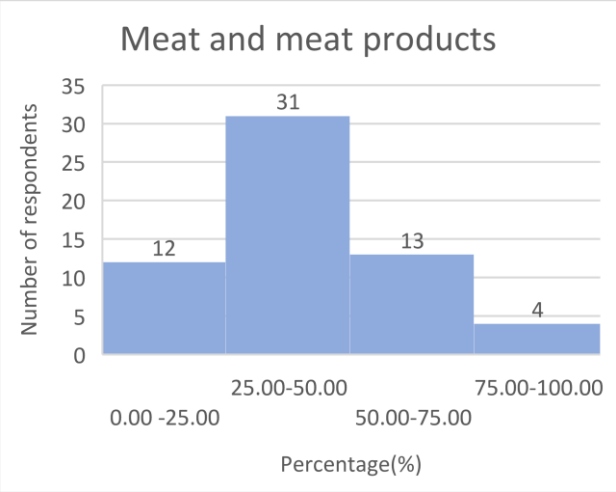
Pie Chart 6: Healthy Regular Diet

We would like to know that whether the respondents have healthy regular diet in daily life. The respondents had responded their answer to the question "Do you think that your regular diet is healthy?" According to the pie chart above, 25.0% of them think that they have healthy regular diet while 23.33% of them think that they did not have healthy regular diet. Most of the respondents with 51.67% were not sure about whether they have healthy regular diet. In conclusion, most of the respondents were not sure whether their daily diet was healthy.

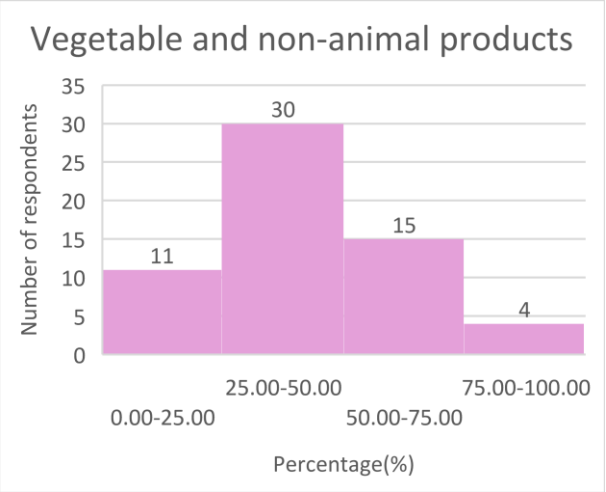
3.10 COMPARISON OF THE CONSUMPTION OF MEAT AND MEAT PRODUCTS AND VEGETABLES AND NON-ANIMAL PRODUCTS

Meat and Meat Products (%)	Vegetable and Non-animal Products (%)				
	0.00-25.00	25.00-50.00	50.00-75.00	75.00-100.00	Grand Total
0.00-25.00	3	4	2	3	**12**
25.00-50.00	3	18	10	0	**31**
50.00-75.00	3	7	3	0	**13**
75.00-100.00	2	1	0	1	**4**
Grand Total	**11**	**30**	**15**	**4**	**60**

Table 18: Comparison of the consumption of meat and meat products and the consumption of vegetable and non-animal products



1(a)



1(b)

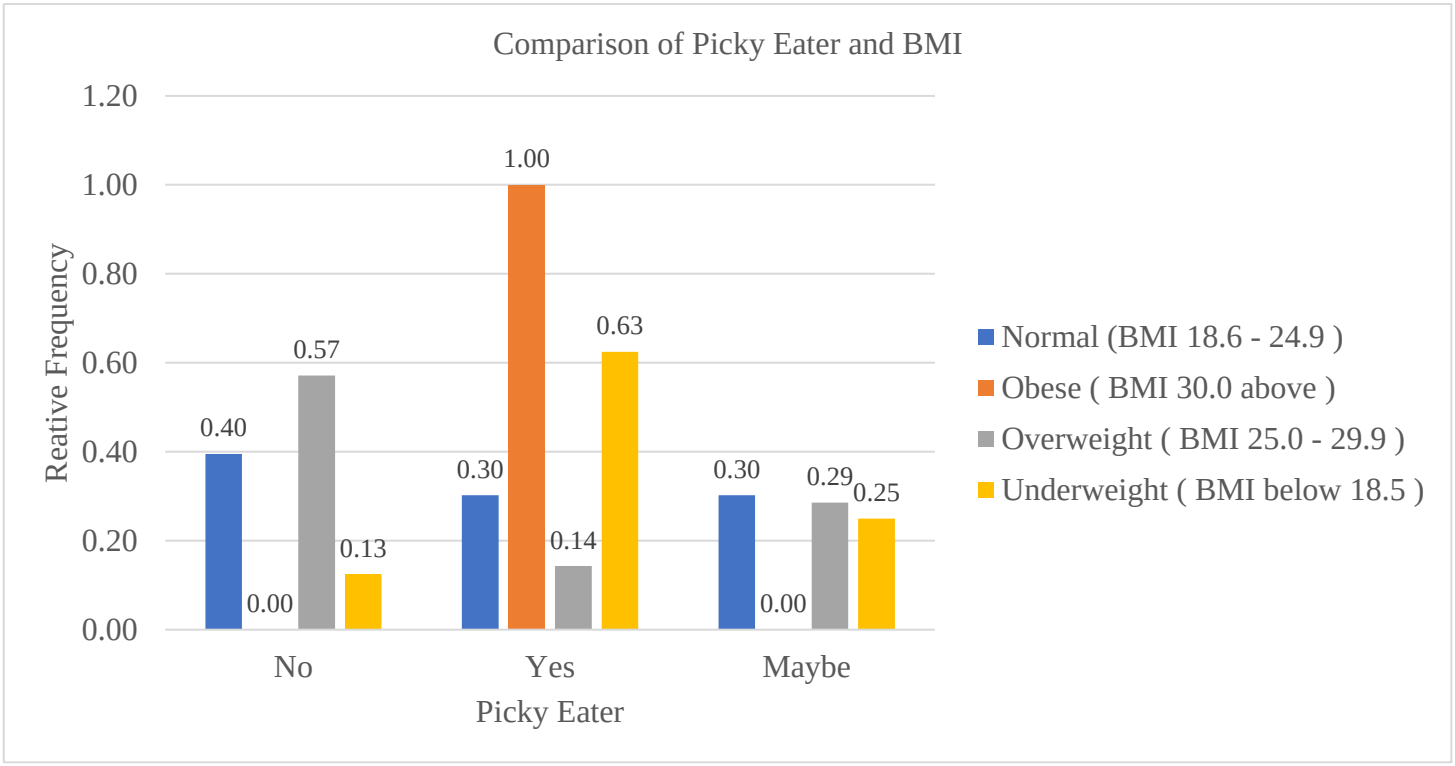
Histogram 1(a) and 1(b): Comparison of the consumption of meat and meat products and the consumption of vegetable and non-animal products

The histograms above illustrated the percentage of consumption of meat and meat products and vegetable and non-animal products respectively by the 60 respondents from Universiti Teknologi Malaysia. Based on the histogram 1(a) and 1(b), the mode class and median class for the percentage of consumption of meat and meat products and vegetable and non-animal products are the same which is (25.00-50.00) %. The mode of the data from 1(b) which is 38.97% is higher than mode of the data from 1(a) is 37.84%. Next, the median of the percentage of consumption of meat and meat products is 40.32% while the percentage of consumption of vegetable and non-animal products is 40.83%. Apart from these, the mean of the percentage of consumption of meat and meat products is 41.25%. It is lower than the mean of the percentage of consumption of vegetable and non-animal products which is 42.50%.

3.11 COMPARISON OF PICKY EATERS AND BMI

BMI / Picky Eater	Frequency				Relative Frequency			
	Normal (BMI 18.6 - 24.9)	Obese (BMI 30.0 above)	Overweight (BMI 25.0 - 29.9)	Underweight (BMI below 18.5)	Normal (BMI 18.6 - 24.9)	Obese (BMI 30.0 above)	Overweight (BMI 25.0 - 29.9)	Underweight (BMI below 18.5)
No	17	0	4	1	0.40	0.00	0.57	0.13
Yes	13	2	1	5	0.30	1.00	0.14	0.62
Maybe	13	0	2	2	0.30	0.00	0.29	0.25
Grand Total	**43**	**2**	**7**	**8**	**1.00**	**1.00**	**1.00**	**1.00**

Table 19: Comparison of Picky Eater and BMI



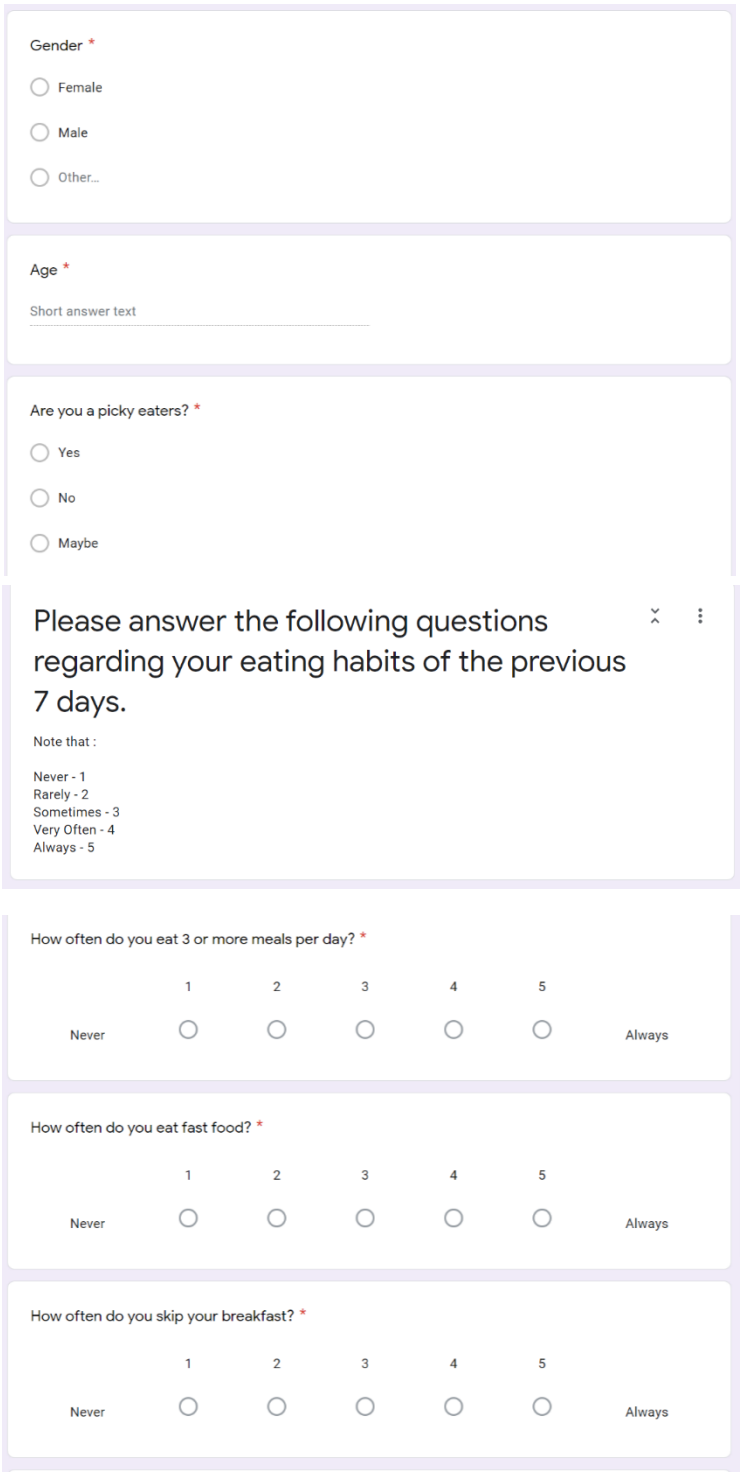
Bar Chart 9: Comparison of Picky Eater and BMI

Based on the comparative bar chart and table above, among 60 respondents, 71.67% (43 respondents) have normal BMI, 3.33% (2 respondents) are obese, 11.67% (7 respondents) are overweight while 13.33% (8 respondents) are underweight. Among 43 respondents who have normal BMI, 40.00% (17 respondents) are not picky eater, 30.00% (13 respondents) are picky eater while 40.00% (13 respondents) are not sure whether they are picky eater. Among 2 respondents who are obese, 100.00% (2 respondents) are picky eater. 4 out of 7 respondents (57.00%) who overweight are not picky eater, 1 out of 7 respondents (14.00%) who overweight are picky eater, 2 out of 7 respondents (29.00%) who overweight are not sure whether they are picky eater. 1 out of 8 respondents (13.00%) who underweight are not picky eater, 5 out of 8 respondents (62.00%) who underweight are picky eater, 2 out of 8 respondents (25.00%) who underweight are not sure whether they are picky eater. We can conclude that who are picky eaters have the higher chance to be obese.

4.0 CONCLUSION

From this survey, we learnt how to use Excel to tabulate and graph data. This experience helped us to nurture new technical skills. Based on the findings, we found that most of the respondents had a good eating habits but still have some respondents did not have a good eating habit. Having a good eating habits able to improve our health, enhance our happiness and help us to get more energy. However, still got a group of people did not practice healthy eating habits. This is because in our impression, it is very complicated to have a good eating habit. It makes us do not know how to do it and do not understand the principle of healthy diet. Therefore, although we understand the importance of good eating habits but we still not taking actions. However, based on the survey, we can concluded that Universiti Teknologi Malaysia's students are practice good eating habits.

5.0 APPENDIX



Gender *

- Female
- Male
- Other...

Age *

Short answer text

Are you a picky eaters? *

- Yes
- No
- Maybe

Please answer the following questions regarding your eating habits of the previous 7 days.

Note that :

Never - 1
Rarely - 2
Sometimes - 3
Very Often - 4
Always - 5

How often do you eat 3 or more meals per day? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you eat fast food? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you skip your breakfast? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you have supper? (after 10pm) *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you drink 8 glasses of water per day? (Equivalent to 2 litres) *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you drink carbonated/alcoholic beverages? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

How often do you find yourself binge eating? (Consumption of unusual large amount of food) *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

Do you do other things while eating? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

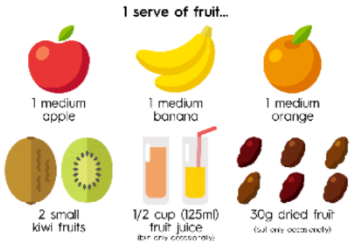
Would you eat healthy food if you have the choice? *

	1	2	3	4	5	
Never	○	○	○	○	○	Always

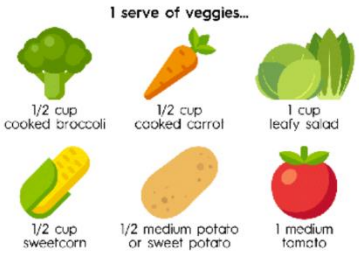
Please read each statement and tick the box most accurate to you.

Description (optional)

Servings of Fruits



Servings of Vegetables



How many servings of fruits and vegetables do you eat per day? *

- ◯ Below Average (4 servings and less)
- ◯ Average (5 - 8 servings)
- ◯ Above Average (9 servings and more)

How many times will you chew your food before swallowing ? *

- ◯ below average (chew less than 32 times)
- ◯ Average (chew 32 - 45 times)
- ◯ Above Average (chew more than 46 times)

What is your BMI ? *

Formula of BMI = (weight in kg) / (height in m * height in m)

- ◯ Underweight (BMI below 18.5)
- ◯ Normal (BMI 18.6 - 24.9)
- ◯ Overweight (BMI 25.0 - 29.9)
- ◯ Obese (BMI 30.0 above)

What is the longest time you normally go without eating? *

- ◯ below 4 hours
- ◯ 4 - 6 hours
- ◯ 6 hours above

What percentage of your regular diet consists of meat and meat products? *

- ◯ Below 25%
- ◯ 25% - 50%
- ◯ 50% - 75%
- ◯ Above 75%

How much of your diet consists of vegetables and non-animal products? *

- ◯ Below 25%
- ◯ 25% - 50%
- ◯ 50% - 75%
- ◯ Above 75%

Would the surrounding environment affect your appetite or change your eating habits? *

For example: work, weather, conditions.....

- ◯ Yes
- ◯ No
- ◯ Maybe

Do you think that your regular diet is healthy? *

- ◯ Yes
- ◯ No
- ◯ Maybe

6.0 REFERENCE

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