

Meaning of Food and Life Questionnaire

Rate each statement on a scale of 1 to 7, with 1 being the strongest disagreement and 7 being the strongest agreement.

Moral

1. I care about the impact of my food choice on the world
2. My food choices are an important way that I can affect the world
3. When I eat food I think about where it came from
4. I eat in a way that expresses care for the world
5. My food choices reflect my connection to nature

Social

- Food is closely tied to my relationships with others
- When I eat I feel connected to the people I am eating with
- Food is a way for me to connect with my cultural traditions
- Sharing food with others makes me feel closer to them
- Making food for others is a main way I show care for them

Sacred

- What I eat is a reflection of my spiritual beliefs
- From a spiritual perspective some foods are better than others
- My food choices are a way for me to connect with the sacred
- Some foods are spiritually polluting

Aesthetic

- Preparing a good meal is like making a work of art
- A good meal is like a work of art
- Eating a good meal is an aesthetic experience like going to a good concert or reading a good novel
- I can appreciate the beauty of a dish even if I do not like it

Health

- I get satisfaction from knowing that the food I eat is good for my health
- Eating foods that I know are good for my body brings me comfort
- I feel that nourishing my body is a meaningful activity
- I eat in a way that expresses care for my body

Arbit, N., Ruby, M., and Rozin, P., (July 2017). *The Meaning of Food in Life Scale: Evidence for Links with Healthy Eating, A Positive Relationship to Food, and Established Determinants of Healthy Eating Behavior.*

[http://www.jneb.org/article/S1499-4046\(17\)30288-9/pdf](http://www.jneb.org/article/S1499-4046(17)30288-9/pdf)