

Food Preferences – GEOL 129A Introductory Field Geology

Name: _____

We need to get an idea of your likes, dislikes, eating habits, and special dietary requirements or food allergies. We will do our best to accommodate special needs/requests.

List any food allergies: _____

Please check below any/all foods you prefer for breakfast and lunch

BREAKFAST

Y/N	Item	Your Fav!
_____	Yogurt	_____
_____	Fruit	_____
_____	Hot Cereal (e.g. Oatmeal, Cream of Wheat)	_____
_____	Cold Cereal	_____
_____	Eggs & Bacon/Sausage	_____
_____	Bagels & Muffins	_____
_____	Pancakes	_____
_____	Other, specify: _____	_____

LUNCH

Y/N		Your Fav!
_____	Peanut Butter & Jelly/Jam, what kind?	_____
_____	Cheese, what kind?	_____
_____	Meat, what type?	_____
_____	Pretzels, crackers, nuts, what kind?	_____
_____	Trail mix, variety?	_____
_____	Fruit, what kind?	_____
_____	Other, specify: _____	_____

DINNER

Please circle the term that best applies to you in terms of meat-eating, and where you stand in terms of frequency of meat with meals:

- Vegan vegetarian (no animal products, strictly tofu!)
- No meat but dairy (eggs, milk, cheese, yogurt) ok
- No red meat (beef) but chicken, fish ok (dairy also ok)
- All meat is ok.(dairy also ok)

I typically eat meat (circle one): 1-2 nights/week; 3-4 nights/week; every night

Circle below any foods that you specifically **would not** like for possible dinners:

Green salad	fruit salad	spaghetti	lasagna	pesto	beef
Chicken	Pork	Fish (Seafood)	chili	Minestrone	Beans
Lentils	rice	Curry	Tofu	Falafel	

If you have any other specific requests for possible dinners, please give them below or on the back. We also welcome any new recipes, provided they are fairly inexpensive and adaptable to a large group.