

**Food Preferences – GEOL 129 Field Geology**

**Session: SP / SUM** (circle one)

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**

- \_\_\_\_\_ Yogurt
- \_\_\_\_\_ Fruit
- \_\_\_\_\_ Hot Cereal (e.g. Oatmeal, Cream of Wheat)
- \_\_\_\_\_ Cold Cereal
- \_\_\_\_\_ Eggs & Bacon/Sausage
- \_\_\_\_\_ Bagels & Muffins
- \_\_\_\_\_ Pancakes
- \_\_\_\_\_ Other, specify: \_\_\_\_\_

**LUNCH**

- \_\_\_\_\_ 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 fine (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.