

MOROCCO - Changes in Food Behavior due to COVID-19

This questionnaire aims to assess current consumption and acquisition of food during the COVID-19 pandemic.

The pandemic we are facing affects daily habits. In order to understand eating behavior during an unexpected situation, such as the COVID-19 pandemic, we developed this questionnaire.

We would like to thank you for your participation.

This study is being coordinated by Portuguese Universities (University of Évora, the Higher School of Hospitality and Tourism of Estoril and the Faculty of Nutrition and Food Sciences of the University of Porto) and is being carried out in different countries.

The current version is intended for Morocco residents 18 years of age or older. Please respond to each of the questions, reporting your behavior during this period and how it differs from the period prior to the pandemic.

The questionnaire is anonymous, voluntary and confidential. Data is used for research purposes only and elements that identify participants are not collected. You can stop participating at any time without having to justify it. If you have a question, please contact us by email at z.zian@uae.ac.ma

There are 22 questions in this survey

Consent

[] I am at least 18 years old, reside in MOROCCO, and agree to participate in this study? *

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

Group I - Sociodemographic and actual situation

[] Age *

Please write your answer here:

[] Sex *

Please choose **only one** of the following:

- ☐ Female
- ☐ Male

[] School level *

Please choose **only one** of the following:

- ☐ college Level
- ☐ Secondary level
- ☐ Baccalaureate
- ☐ Professional Diploma
- ☐ Diploma of engineering
- ☐ Bachelor
- ☐ Masters
- ☐ Ph. D.
- ☐ Other

[]

Number of individuals living in household including yourself*

Please choose **only one** of the following:

- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ More than 4

[] Do you have children under the age of 12 living with you? *Please choose **only one** of the following:

- ☐ No
- ☐ Yes - 1 child
- ☐ Yes - 2 children
- ☐ Yes - 3 or more children

[] Do you have people over the age of 65 living with you? *Please choose **only one** of the following:

- ☐ No
- ☐ Yes - 1
- ☐ Yes - 2 or more

[] Monthly income (total of household) *Please choose **only one** of the following:

- ☐ Less than 1000 MAD
- ☐ 1000 to 3000 MAD
- ☐ 3500 to 6000 MAD
- ☐ 6500 to 8500 MAD
- ☐ 9000 to 15000 MAD
- ☐ More than 15000 MAD
- ☐ Don't know/ don't answer
- ☐ Other

[] Percentage of income (monthly) allocated to food (in the pandemic period) *Please choose **only one** of the following:

- ☐ Less than 10%
- ☐ 10% -25%
- ☐ 25% -50%
- ☐ 50% -75%
- ☐ More than 75%
- ☐ Other

[] Employment status *

Please choose **only one** of the following:

- ☐ Self-employed
- ☐ Employee (part-time)
- ☐ Employee (full-time)
- ☐ Retired
- ☐ Student
- ☐ Student (also employed)
- ☐ Unemployed
- ☐ Unemployed due to COVID-19

[] To what extent are you staying at home due to COVID-19? *

Please choose **only one** of the following:

- ☐ I stay at home all the time.
- ☐ I stay at home most of the time, except for occasional trips (e.g., food shopping, Buying medicines)
- ☐ I leave my home regularly (e.g., still going in to work as an essential employee)

[] The type of isolated housing in it*

Please choose **only one** of the following:

- ☐ Apartment (without balcony)
- ☐ Apartment with balcony and/or rooftop
- ☐ Villa with outside space
- ☐ Shared apartment
- ☐ Own house

[] Before the pandemic, did you practice physical activity? (e.g., going walking, running, or biking; taking a hike in the woods; taking a fitness class at the gym; playing a sport; doing yoga)? *

Please choose **only one** of the following:

- ☐ Yes
- ☐ No

[] How often? *

Please choose **only one** of the following:

- ☐ I didn't practice physical activity
- ☐ 1-2 times a week (45-60 min each session)
- ☐ 1-2 times a week (over 60 min each session)
- ☐ 3-4 times a week (45-60 min each session)
- ☐ 3-4 times a week (over 60 min each session)
- ☐ more than 5 times a week (45-60 min each session)
- ☐ more than 5 times a week (over 60 min each session)

[] Weight (pounds) *

Please write your answer here:

[] Height (kg) *

Please write your answer here:

Group II - Eating motivation

Read the following statements and indicate the extent to which each one contributes to your current food choices during COVID-19. Additionally, indicate whether each response applies less, more, or about the same compared to your life prior to COVID-19, using the columns on the right.

[] In this phase of the COVID-19 pandemic, I choose the foods I will eat... *

Please choose the appropriate response for each item:

	1 – Never	2	3	4	5	6	7 – Always	Less than in the period before COVID- 19	Equal to the period before COVID- 19	More than in the period before COVID- 19
... because I have an appetite for it	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
...because it tastes good	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I like it	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I usually eat it	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I am familiar with it	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I need energy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is pleasantly filling	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I'm hungry	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... to maintain a balanced diet	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is healthy	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it's quick to prepare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is the most convenient	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is easy to prepare	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is natural (eg, it is not genetically modified)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it contains no harmful substances (eg, pesticides, pollutants, antibiotics)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is low in calories	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I watch my weight	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because it is low in fat	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I feel sad	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I feel frustrated	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
... because I feel alone	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Group III - Food consumption (Food Frequency intake)

[]

Currently (during the COVID-19 pandemic), how often do you consume food from each of the groups indicated? Additionally, indicate whether you are now consuming each food less, more than, or about the same as you did before the pandemic, using the columns on the right. *

Please choose the appropriate response for each item:

	Never or <1 time per month	2-3 times per month	1 time per week	2-3 times per week	4-6 times per week	1 time per day	2-3 times per day	>3 times per day	Less than in the period before COVID- 19	Equal to the period before COVID- 19	More than in the period before COVID- 19
Dairy products (milk, yogurts, cheese)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Red meat (beef, pork)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
White meat (chicken, turkey)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fish (fish, shellfish, ...)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Processed foods / fast food (sausages, pizza, hamburger, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eggs and egg substitutes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Vegetables (cabbage, carrots, broccoli, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Potatoes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cereals (rice, pasta, ...)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Bread	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Breakfast cereal (cold cereal, oatmeal, cooked breakfast cereal)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fresh fruits (apples, oranges, bananas,	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

etc.)											
Butter or Margarine	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Olive oil	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Beans and Legumes (beans, lentils, etc.)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nuts (almonds, peanuts, etc., no salt)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cakes and Cookies (cake, cookies, brownies, pie, doughnuts)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chocolates	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Other sweet snacks (eg cereal bars,...)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Salty snacks (chips, pretzels, crackers, salted nuts etc ...)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Black coffee or tea	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Group IV

Perception about differences in the acquisition, preparation, consumption and waste management

[] Indicate how much you do each of the following currently (during the COVID-19 pandemic). In the columns on the right, indicate how this differs from before the pandemic. *

Please choose the appropriate response for each item:

	1 – Never	2	3	4	5	6	7 – Always	Less than in the period before COVID- 19	Equal to the period before COVID- 19	More than in the period before COVID- 19
To buy your food from grocery stores or markets near your home	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To buy food from large superstores or supermarkets (e.g., Walmart)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To buy food from apps and / or online stores.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To buy food in large quantities (for periods of longer than 1 week)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To purchase products from organic farming.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To acquire locally produced foods.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To dedicate time to preparing Meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To consume meals prepared outside home (e.g., takeout or delivery from restaurants)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To feel appetite / desire to eat.	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To maintain control over the type of food and the amount eaten	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To maintain a varied / balanced diet	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To look for foods that provide the sensation of comfort	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To eat meals at fixed / predictable times	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To snack between meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To make new dishes or try new recipes	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To try not to waste food	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To plan ahead for shopping and meals	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
To be aware of products' expiration dates/ shelf life	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

[] Taking into account the current pandemic context, indicate to what extent you prioritize the purchase of each of the following food groups. In the columns on the right, indicate how this differs from the period before the pandemic. *

Please choose the appropriate response for each item:

	1 – Never	2	3	4	5	6	7 - Always	Less than in the period before COVID- 19	Equal to the period before COVID- 19	More than in the period before COVID- 19
Fresh meat and fish	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Frozen meat and fish	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Canned fish (e.g., tuna)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dairy products (e.g., cheese,yogurt)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fresh fruit (e.g., banana, Apple)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Fresh vegetables (e.g., cabbage, carrots)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Frozen vegetables (e.g.,spinach, broccoli)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Dried beans and legumes (e.g., grain, beans, lentils)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Canned beans and legumes (ex. grain, beans, lentils)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Nuts (almonds, peanuts, etc., no salt)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Salty snacks (chips, pretzels, crackers, salted nuts etc. ...)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sweet snacks (e.g., candy bars)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
cereals; cakes and cookies; sweets)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Chocolates	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Sugar	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Bread	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Eggs	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Black coffee or tea	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

[] Before the pandemic, how often did you consume your main meals in the following locations:
*

Please choose the appropriate response for each item:

	Never or less than 1 time per month	2-3 times per month	1 time per week	2-3 times per week	4-6 times per week	1 time per day	2 times per day
Meal in sit-down restaurant	☐	☐	☐	☐	☐	☐	☐
Meal in fast-food restaurant	☐	☐	☐	☐	☐	☐	☐
Meal in snack bar/coffee shop (e.g., Starbucks)	☐	☐	☐	☐	☐	☐	☐
Food court / cafeteria	☐	☐	☐	☐	☐	☐	☐
Takeout or delivery meal.	☐	☐	☐	☐	☐	☐	☐
Meal cooked at home	☐	☐	☐	☐	☐	☐	☐

Many Thanks!

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Submit your survey.

Thank you for completing this survey.