



Citizen Food Ethnography Toolkit: Shopping, Cooking and Eating Template

Project Context

These Citizen Food Ethnography templates have been developed as part of the approved implementation science, action research, and citizen science components of the *Public Awareness of Fresh Produce Bioactives* project (18693).

Co-Designed Reflective Tools

The templates have been co-designed by a mix of specialists and non-specialists, including members of the research team, people with an interest in the project, and members of the public who saw value in slowing down and writing about grocery shopping, home cooking, eating, and meal enjoyment. They are intended to support voluntary, low-risk reflection on everyday food practices, including the social, cultural, practical, sensory, and economic factors that shape food choices.

The prompts are not intended to function as a test, assessment, or fixed questionnaire. Instead, they offer a flexible guide for noticing and documenting everyday food experiences in participants' own words, at their own pace, and only to the extent that they feel comfortable. Participants may skip questions, adapt prompts, add their own questions, or focus on the aspects of shopping, cooking, and eating that feel most relevant to their lives.

Purpose of the Templates

The purpose of these materials is to help people slow down and reflect on their shopping, cooking, and eating practices. You are welcome to use the templates for your own reflection, and you are not required to share anything with the research team. If you choose to share your completed reflections with us, we would value the opportunity to learn from your experiences.

The research team is interested in better understanding how people encounter, interpret, and apply information about food, fresh produce, and bioactives in everyday life. These templates are not designed to assess, diagnose, or judge anyone's diet, health status, cooking skills, shopping habits, or food choices. There are no right or wrong answers. What matters most is honest reflection on everyday food practices, in whatever way feels comfortable and useful to you.

Privacy and Sharing

You may complete the templates anonymously and decide whether or not to share them with the research team. These templates can be used as a private reflective exercise, and there is no obligation to submit what you write.

If you choose to share your reflections with us, please avoid including names, addresses, phone numbers, email addresses, payment details, or identifying details about other people. If you use receipts as part of your reflection, please use them only as a memory aid. You do not need to submit receipts themselves. Instead, you may summarise totals, categories, and general observations, such as approximate spending on fresh produce, pantry items, snacks, drinks, or household goods.

You may also generalise shopping locations, household details, or other contextual information where needed to protect your privacy or the privacy of others. You may skip any question you do not wish to answer, adapt the prompts to suit your own interests, or add reflections that feel more relevant to your experience.

Use of Submitted Material

Any material submitted to the research team will be handled in accordance with the approved ethics protocol, de-identified where possible, and used only for the approved research purposes.

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This project has been funded by Hort Innovation using the onion and vegetable research and development levies, Hort Innovation Frontiers, and contributions from the Australian Government



SHOPPING TEMPLATE (PART A)

Thank You For Taking Part!

Thank you for downloading the **Citizen Food Ethnography Shopping Template Part A**. By participating, you are helping us explore how food fits into everyday life in Australia, from the influences that shape our shopping habits to how we prepare, eat, and experience the food we buy.

This activity is designed for anyone who wants to slow down and reflect on their shopping practices. It is not a test, and there are no right or wrong answers. You are invited to notice, describe, and reflect on your choices in whatever way feels comfortable for you.

You may complete the template **anonymously**, or you can include as much or as little personal information as you wish. Handwritten notes, sketches, and reflections are all welcome. What matters most is your own honest attention to how food is situated in your shopping routines, cultural traditions, and life circumstances.

By contributing your reflections, you are joining a wider conversation about food, health, and wellbeing in Australian society. We appreciate the time and care you bring to this process. We are interested in your reflections because they reveal the everyday realities of food in Australia: how people decide what to buy, how they prepare it, and how they experience it in their bodies and lives. While nutrition surveys can tell us *what* Australians eat, they don't always capture *why* choices are made, or how culture, cost, time, wellbeing, and family life shape those decisions. By collecting these kinds of insights, we aim to build a more comprehensive picture of the food system, one that includes taste, tradition, and lived experience alongside nutritional information and data.

Your input will help us develop more effective public health strategies, policies, and educational resources that are grounded in real-life experiences. Our long-term goal is to promote healthier and more sustainable food practices across Australia, while respecting the diverse ways that people experience food. In particular, we are looking to translate the science of bioactives into meaningful and accessible messages that support public understanding of fresh produce and informed food practices. We don't expect people to know much about naturally occurring bioactive compounds before taking part in the research, but stay in touch with us through social media or via email if you would like to learn more!

Before taking part in this exercise, please take a moment to [download and read the Participant Information Sheet](#) (PDF) available on our website (www.freshproducebioactives.com.au) and keep a copy for your records.

The information sheet explains:

- The purpose of this research
- What your participation involves
- How your responses will be kept anonymous and confidential
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ETHICS & CARE

This is your personal record. You may anonymise brand names or people. Be kind to yourself: describe without judgement first, then interpret. If discussing with others, share only what you're comfortable sharing.

Name or pseudonym (optional):	
Week of (dates):	
Primary shopping location(s) or general area/type of shop, if you wish to say:	
In-store / Online / Other:	
Household size:	

How to use the Citizen Food Ethnography Shopping Template Part A

How to Use This Template Use this **Part A** booklet (and a pen) when you are shopping. Work slowly, think about what you are doing and what you notice in the shopping environment. As you complete the template, write down your first thoughts without analysing or judging your answer. Write in your own words or sketch, map, or annotate as you like. Do whatever feels natural to you. There are no right or wrong answers. Simply pay attention to what you notice: sensations, moods, meanings, constraints, routines, and surprises.

Use the prompts that resonate and skip those that don't. Feel free to write down notes in your first language and translate them to English later. At the end of the week, use **Part B** to reflect on your experiences using this Part A template. Look for patterns or contradictions between what you think you do and what your receipts, lists, and notes suggest. You may use receipts as a memory aid, but you do not need to submit receipts themselves. Please avoid including payment details, loyalty card information, names, addresses, or other identifying information. Approximate totals and broad categories are enough. Keeping your receipts will make this easier. Most importantly, we hope you find some personal insight and value in completing this exercise for yourself.

Notes on Dietary Patterns/Restrictions: Food is more than just calories or nutrients. It is also social, cultural, and political. Public health research often uses surveys and nutrient data to understand diets. While these tools are useful, they can miss the everyday complexity of how people actually shop, cook, eat, and make sense of what nourishes them.

Our food choices are tied to identity, culture, work, gender roles, migration, income, and global food systems. Food security is not only about having enough to eat, but also about access to foods that are meaningful, affordable, and practical to prepare. Shopping, cooking and eating practices both shape health and reflect wider inequalities.

This task asks you to be both a researcher and a participant. By slowing down and recording your own food purchasing you will practise *citizen food ethnography*. This is not about showing nutrition expertise or making "perfect" choices. It is about paying attention: what drives your decisions, how you feel about them, and what social, cultural, or economic forces shape them.

Looking closely at your own food practices can provide insights that support more inclusive, realistic, and culturally aware approaches to public health.



PRE-SHOP REFLECTION

Do you shop as needed, or as a regular weekly task? Complete this part before you shop. What are you feeling (energy, mood, hunger, etc) before shopping? How are you feeling about shopping?



CONTEXT

Where will you be shopping (in-store or online)? Who will be with you (what is their relation to you)? What time/day are you planning to go? How does this time fit around your schedule? Are there any time pressures or budget limits to consider? Anything else comes to mind?



PLANNING

Did you plan a list? A meal plan? What's your strategy (top-ups, bulk, specials, seasonal)? Roughly how many at-home meals will today's shop provide for you?



PRIORITIES

What matters most today: price, taste, convenience, health, cultural tradition, environment, packaging, sustainability, organic, how well food keeps, something else? Why?



CONSTRAINTS

What constraints shape decisions (money, time, distance, transport, storage space, appliances, cooking skills, household preferences, location)?



ANTICIPATIONS

What foods do you expect to buy? Any 'treats' or comfort items you're hoping for? Anything you're avoiding this week? Why?



IN-STORE / ONLINE OBSERVATION

Move slowly; notice store/market/website layouts, cues and influences on your decision-making, your own habits, impulses and thought processes while shopping.



ROUTE & LAYOUT

Sketch your path (aisles, sections, website categories). What draws your attention first? What do you skip?





LABELS & HEURISTICS

Do you pay attention to labels? If so, what do you look for on labels (ingredients, unit price, protein/carbs/fibre, sodium/sugar, additives, allergens, certifications)? How do you prioritise these factors?



PACKAGING & ENVIRONMENT

Does packaging influence your purchasing? Is packaging important or unimportant to you? Are you noticing plastic or other forms of packaging? Reusable options? Bulk or loose produce? How do these factors influence your choices?



BASKET / CART LOG

Either for each item or just the items that are important to you, jot down a few words. You can add more detail later in the reflection pages if you would like to.

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]

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[illegible]

Did a complication such as sleep, stress, alcohol, illness, exercise, medications affect or impede your shopping practice? You may skip this question or answer generally. You do not need to include medical details.

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We hope you found it a useful opportunity to slow down and reflect on food, shopping, and everyday life. You are not required to share your notes or reflections with us; this template can remain a private exercise for your own use. If you do choose to share your reflections with the research team, we greatly value the time, care, and insight you have contributed. We look forward to sharing general project findings through the project website, social media, and other public communication channels.



SHOPPING TEMPLATE (PART B)

Thank You For Taking Part!

Thank you for downloading the **Citizen Food Ethnography Shopping Template B**. By participating, you are helping us explore how food fits into everyday life in Australia, from the influences that shape our shopping habits to how we prepare, eat, and experience the food we buy.

This activity is designed for anyone who wants to slow down and reflect on their shopping practices. It is not a test, and there are no right or wrong answers. You are invited to notice, describe, and reflect on your choices in whatever way feels comfortable for you.

You may complete the template **anonymously**, or you can include as much or as little personal information as you wish. Handwritten notes, sketches, and reflections are all welcome. What matters most is your own honest attention to how food is situated in your shopping routines, cultural traditions, and life circumstances.

By contributing your reflections, you are joining a wider conversation about food, health, and wellbeing in Australian society. We appreciate the time and care you bring to this process. We are interested in your reflections because they reveal the everyday realities of food in Australia: how people decide what to buy, how they prepare it, and how they experience it in their bodies and lives. While nutrition surveys can tell us *what* Australians eat, they don't always capture *why* choices are made, or how culture, cost, time, wellbeing, and family life shape those decisions. By collecting these kinds of insights, we aim to build a more comprehensive picture of the food system, one that includes taste, tradition, and lived experience alongside nutritional information and data.

Your input will help us develop more effective public health strategies, policies, and educational resources that are grounded in real-life experiences. Our long-term goal is to promote healthier and more sustainable food practices across Australia, while respecting the diverse ways that people experience food. In particular, we are looking to translate the science of bioactives into meaningful and digestible messages that will support public understanding of fresh produce bioactives and informed food practices. We don't expect people to know much about naturally occurring bioactive compounds before taking part in the research, but stay in touch with us through social media or via email if you would like to learn more!

Before taking part in this exercise, please take a moment to [download and read the Participant Information Sheet](#) (PDF) available on our website (www.freshproducebioactives.com.au) and keep a copy for your records.

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ETHICS & CARE

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Name or pseudonym (optional):	
Week of (dates):	
Primary shopping location(s) or general area/type of shop, if you wish to say:	
In-store / Online / Other:	
Household size:	

How to use the Citizen Food Ethnography Shopping Template Part B

How to Use This Template: Once you have completed **Part A** of this template a few times, use this **Part B** booklet (and a pen) to reflect on your experiences. Work slowly and think about your experiences in Part A and what you may have learned about your practices, habits, constraints, and routines. As you complete the template, write down your first thoughts without analysing or judging your answer. Write in your own words or sketch, map, or annotate as you like. Do whatever feels natural to you. There are no right or wrong answers. Simply pay attention to what you notice as you reflect: sensations, moods, meanings, constraints, routines, and surprises.

Use the prompts that resonate and skip those that don't. Feel free to write down notes in your first language and translate to English later. Most importantly, we hope you find some personal insight and value in completing this exercise for yourself.



SYNTHESIS

Once you have completed Part A one or more times and reflected on a few shopping experiences, review your entries.

What do you notice about your reflections? Are there any patterns in how you feel? Did anything surprise you or was there tension between what you thought you would buy and what you actually did buy? You do not need to answer every question. These prompts are designed to help you notice patterns, not to evaluate your choices.

Does what you know about food align with the foods you buy? Where do knowledge and action diverge?

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SYNTHESIS

Has anything you've learned previously or through this exercise made you want to change your habits?

How has price influenced your purchasing? How do you respond to promotions? How does what you think about price, and how much you use different products, map to the actual expenditure? You may use receipts as a memory aid, but you do not need to submit receipts. Please summarise totals, categories, or general observations rather than including identifiable receipt details.



HERE IS A SMALL SPACE FOR OPEN THOUGHTS



MAPPING AND FOOD-WRITING

Use this section to deepen observation and reflection. Write 6–8 sentences beginning with your senses (what you saw/smelled/touched/tasted/heard) while shopping.



SEASON & CULTURE

Choose one purchase with cultural meaning for you (or your household). What story does it carry?



NUTRIENTS OR NOURISHMENT

Were these in mind when you shopped this week? If not, what was the thinking that guided your choice?



WHAT OTHER QUESTIONS COME TO MIND?

Are there any other questions you have thought of that will help establish an alternative angle or lens through which to view your food purchasing?



SKETCH SPACE



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**Hort
Innovation**



**MACQUARIE
University**

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COOKING TEMPLATE (PART A)

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ETHICS & CARE

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Name or pseudonym (optional):	
Week of (dates):	
Household size:	

How to use the Citizen Food Ethnography Cooking Template Part A

How to Use This Template: Use this **Part A** booklet (and a pen) when you are cooking. Work slowly and without screens. As you complete the template, write down your first thoughts without analysing or judging your answer. Write in your own words or sketch, map, or annotate as you like. Do whatever feels natural to you. There are no right or wrong answers. Simply pay attention to what you notice: sensations, moods, meanings, constraints, routines, and surprises.

Use the prompts that resonate and skip those that don’t. Feel free to write down notes in your first language and translate them to English later. At the end of the week, use **Part B** to reflect on your experiences using this Part A template. Most importantly, we hope you find some personal insights into your cooking practice in completing this exercise for yourself.

Notes on Dietary Patterns/Restrictions: Food is more than just calories or nutrients. It is also social, cultural, and political. Public health research often uses surveys and nutrient data to understand diets. While these tools are useful, they can miss the everyday complexity of how people actually prepare food and make sense of what nourishes them.

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This task asks you to be both a researcher and a participant. By slowing down and recording your own food preparation habits, you will practise *citizen food ethnography*. This is not about showing nutrition expertise or making “perfect” choices. It is about paying attention: what drives your decisions, how you feel about them, and what social, cultural, or economic forces shape them.

Looking closely at your own food practices can provide insights that support more inclusive, realistic, and culturally aware approaches to public health.



PRE-COOK REFLECTION

What are you feeling (energy, mood, hunger, etc) before cooking? How are you feeling about cooking?



CONTEXT

Where are you cooking (are you at home, a friend or family member's place, school/work etc)? Who will be with you (what is their relation to you)? What time/day are you planning to cook? How does this time fit around your schedule? Does anything else come to mind? You do not need to name specific addresses, workplaces, schools, or private homes.



CUES & INFLUENCES

Which cues matter to you in choosing to make this meal (seasonal produce, the weather, cultural and religious holidays)? Were there any incidental influences (e.g. smelled lasagne on the way home)?



FRESH VS PROCESSED INGREDIENTS

What ingredients have you chosen and why? Have you chosen processed ingredients for convenience or ease (ie frozen food or jarred sauces)? Do you or those you cook for have likes or dislikes relating to freshness/processing (e.g. preference for canned fish over fresh, preference for hot chips over mashed potatoes)?



PLANNING

Did you plan this meal or are you improvising? How do you usually approach cooking? Are you cooking with leftovers or what's available in your pantry? What influenced your decision to prepare this meal (hungry, cooking for others, ease, preparation time, cost, flavour, cravings, availability of what was in the fridge, someone else requested it, etc)? Is your choice of ingredients related to a general health, wellbeing, cultural, practical, or personal goal? You may answer generally and do not need to include medical details.



QUANTITY

Are you cooking for just one meal or are you making enough for other meals throughout your day/week?



PRIORITIES

What's most important in your cooking choices today? Eg: price, taste, convenience, health, cultural tradition, cooking environment, organic, how well ingredients keep, food close to expiry, something else? Why?



CONSTRAINTS

What constraints shape decisions (money, kitchen/storage space, appliances, cooking skills, household preferences, location)? Are there any pressures (time, hungry family members etc) or other limits to consider?



ANTICIPATIONS

How are you feeling about what you're making (excited, indifferent, hungry)? What do you hope this meal will bring? How do you anticipate yourself or others responding to this meal?



RECIPE OR INSPIRATION FOR MEALS

Where did you get the recipe or inspiration for the meal you're preparing now? Where do you most often get your ideas for meals from (Family/Friends, Cookbooks, online, blogs, social media)?



MAPPING & FOOD-WRITING

Use these to deepen observation and reflection. Write 6–8 sentences beginning with your senses (what you saw/smelled/touched/tasted/heard) while preparing a meal.



COOKING KNOWLEDGE SOURCES

Who taught you to make the meal you're preparing now? How did you learn to cook? Did someone or something inspire you to cook? Are you motivated to learn more about cooking? Why or Why not?



REFLECTIONS ON THE COOKING EXPERIENCE

Is this a regular meal in your diet or something out of the ordinary? If out of the ordinary, what prompted the change from your regular diet?



POST COOK CHECK-IN

Did the meal meet your expectations? Why or why not? Does it look/taste how you thought it would? Are you satisfied with what you've cooked?



SEASON & CULTURE

Does this meal carry a particular story for you (cultural or family recipe, a particular memory etc?)



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COOKING TEMPLATE (PART B)

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Name or pseudonym (optional):	
Week of (dates):	
Household size:	

How to use the Citizen Food Ethnography Shopping Template Part B

How to Use This Template: Once you have completed **Part A** one or more times, use this **Part B** booklet to reflect on your cooking experiences, patterns, habits, constraints, and routines. Work slowly and write down your first thoughts without analysing or judging your answers. You may write in your own words, sketch, map, or annotate as you like. There are no right or wrong answers. Simply pay attention to what you notice as you reflect: sensations, moods, meanings, constraints, routines, surprises, and contradictions.

Use the prompts that resonate and skip those that don't. Feel free to write notes in your first language and translate them to English later. Most importantly, we hope you find some personal insight and value in completing this exercise for yourself.



SYNTHESIS

Once you have reflected on a few meals, review your entries. What do you notice about your reflections? Are there any patterns in how you feel? Did anything surprise you or was there tension between how you perceive your cooking practice and your actual habits and influences?



SYNTHESIS

Does what you know about cooking align with how you prepare your meals? Where does your knowledge diverge from your everyday cooking practice?

Has anything you've learned previously or through this exercise made you want to change your habits?



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SKETCH SPACE

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EATING TEMPLATE (PART A)

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You may complete the template **anonymously**, or you can include as much or as little personal information as you wish. Handwritten notes, sketches, and reflections are all welcome. What matters most is your own honest attention to how food is situated in your daily routines, cultural traditions, and life circumstances.

By contributing your reflections, you are joining a wider conversation about food, health, and wellbeing in Australian society. We appreciate the time and care you bring to this process. We are interested in your reflections because they reveal the everyday realities of food in Australia: how people decide what to buy, how they prepare it, and how they experience it in their bodies and lives. While nutrition surveys can tell us *what* Australians eat, they don't always capture *why* choices are made, or how culture, cost, time, wellbeing, and family life shape those decisions. By collecting these kinds of insights, we aim to build a more comprehensive picture of the food system, one that includes taste, tradition, and lived experience alongside nutritional information and data.

Your input will help us develop more effective public health strategies, policies, and educational resources that are grounded in real-life experiences. Our long-term goal is to promote healthier and more sustainable food practices across Australia, while respecting the diverse ways that people experience food. In particular, we are looking to translate the science of bioactives into meaningful and digestible messages that will support public understanding of fresh produce bioactives and informed food practices. We don't expect people to know much about naturally occurring bioactive compounds before taking part in the research, but stay in touch with us through social media or via email if you would like to learn more!

Before taking part in this exercise, please take a moment to [download and read the Participant Information Sheet](#) (PDF) available on our website (www.freshproducebioactives.com.au) and keep a copy for your records.

The information sheet explains:

- The purpose of this research
- What your participation involves
- How your responses will be kept anonymous and confidential
- How to get in touch with us or become more involved in other parts of the study



ETHICS & CARE

Please avoid including other people's names or identifying details. You can use general descriptions such as "my mother," "a friend," "my partner," "my housemate," or "a relative. You may anonymise brand names or people. Be kind to yourself: describe without judgement first, then interpret. If discussing with others, share only what you're comfortable sharing.

Name or pseudonym (optional):	
Week of (dates):	
Household size:	

How to use the Citizen Food Ethnography Eating Template Part A

How to Use This Template: Use this **Part A** booklet (and a pen) when you are eating. Where possible, work slowly and with minimal distractions. As you complete the template, write down your first thoughts without analysing or judging your answer. Write in your own words or sketch, map, or annotate as you like. Do whatever feels natural to you. There are no right or wrong answers. Simply pay attention to what you notice: sensations, moods, meanings, constraints, routines, and surprises.

Use the prompts that resonate and skip those that don't. Feel free to write down notes in your first language and translate to English later. At the end of the week, use **Part B** to reflect on your experiences using this Part A template. Look for patterns or contradictions between what you think you eat and what you actually eat. Most importantly, we hope you find some personal insight and value in completing this exercise for yourself.

Notes on Dietary Patterns/Restrictions: Food is more than just calories or nutrients. It is also social, cultural, and political. Public health research often uses surveys and nutrient data to understand diets. While these tools are useful, they can miss the everyday complexity of how people actually shop, cook, eat, and make sense of what nourishes them.

Our food choices are tied to identity, culture, work, gender roles, migration, income, and global food systems. Food security is not only about having enough to eat, but also about access to foods that are meaningful, affordable, and practical to prepare. Cooking and eating practices both shape health and reflect wider inequalities.

This task asks you to be both a researcher and a participant. By slowing down and recording your own eating habits, you will practice *citizen food ethnography*. This is not about showing nutrition expertise or making "perfect" choices. It is about paying attention: what drives your decisions, how you feel about them, and what social, cultural, or economic forces shape them. Looking closely at your own food practices can provide insights that support more inclusive, realistic, and culturally aware approaches to public health.

Please remember, these questions are for general reflection only. You may skip any question, answer generally, and avoid including medical details. The template is not intended to assess health, diagnose symptoms, or establish whether a particular food caused a particular bodily response.



PRE-MEAL REFLECTION

Complete this before eating a meal. Are you eating because you're hungry, because it's a specific time, or because this is the time you have available? What are you feeling (energy, mood, hunger, etc) before eating? How are you feeling about eating?



CONTEXT

Where will you be eating (at home or elsewhere)? Who will be with you (what is their relation to you)? What time/day are you eating at? How does this time fit around your schedule? Are there any time pressures or other limits to consider? Anything else comes to mind?



PLANNING

Did you plan what to eat? Did you make your meal in advance? Is your meal purchased (takeaway, restaurant etc) or homemade? If homemade, did you cook for yourself or did someone else cook for you?



CUES & INFLUENCES

What influenced your meal choice today? Were there any internal or external influences on your meal choices? Were nutrients or nourishment in mind when you chose this meal?



PRIORITIES

What matters most today: price, taste, convenience, health, cultural tradition, environment, packaging, sustainability, organic, something else? Why?



CONSTRAINTS

What constraints shape decisions (money, time, distance, transport, appliances, cooking skills, household preferences, location)?



ANTICIPATIONS

What are you hoping to feel during or after you've eaten (nourished, revitalised, satisfied, sleepy, drowsy, heavy, satisfied, energised, or something else)? Why?



YOUR MEAL

What are you eating? List major ingredients + if (and how) they were cooked. Is this a regular meal in your diet or something out of the ordinary? If out of the ordinary, what prompted the change from your regular diet?



MEAL OBSERVATION

Describe your meal in terms of your senses; what do you see, smell, feel and hear?



SKETCH YOUR MEAL AND/OR EATING ENVIRONMENT



REFLECTION ON THE MEAL

Now that you are eating it, does it feel satisfying? Why / why not

How do you feel during your meal? Describe how the meal, who you are with or where you are makes you feel.



REFLECTION ON THE MEAL

Does it satisfy your taste preferences? Yes / No. Explain answer

Is there anything you wish were different about this meal? Why?



POST-MEAL CHECK-INS

Does it satisfy your appetite or sense of fullness? Yes / No. Explain answer

Explain how you feel right now having finished this meal. Include bodily sensations, thoughts, and/or emotions.



POST-MEAL CHECK-INS

If you desire something additional to eat, what is it (a second serve, dessert)?

What do you think is motivating the desire for something more (still feeling hungry, not feeling full, habit, culture/tradition, etc)?

30-Minutes after eating: How are you feeling now (energised, drowsy, still hungry, still full, comfortable, regretful/content about meal choice, etc)?



POST-MEAL CHECK-INS

3-Hours after eating: How are you feeling?



CONFOUNDERS

Did a complication such as sleep, stress, alcohol, illness, exercise, medications affect or impede your meal?



EATING TEMPLATE (PART B)

Thank You For Taking Part!

Thank you for downloading the **Citizen Food Ethnography Eating Template Part B**. By participating, you are helping us explore how food fits into everyday life in Australia, from the influences that shape our shopping habits to how we prepare, eat, and experience the food we buy.

This activity is designed for anyone who wants to slow down and reflect on their food practices. It is not a test, and there are no right or wrong answers. You are invited to notice, describe, and reflect on your choices in whatever way feels comfortable for you.

You may complete the template **anonymously**, or you can include as much or as little personal information as you wish. Handwritten notes, sketches, and reflections are all welcome. What matters most is your own honest attention to how food is situated in your daily routines, cultural traditions, and life circumstances.

By contributing your reflections, you are joining a wider conversation about food, health, and wellbeing in Australian society. We appreciate the time and care you bring to this process. We are interested in your reflections because they reveal the everyday realities of food in Australia: how people decide what to buy, how they prepare it, and how they experience it in their bodies and lives. While nutrition surveys can tell us *what* Australians eat, they don't always capture *why* choices are made, or how culture, cost, time, wellbeing, and family life shape those decisions. By collecting these kinds of insights, we aim to build a more comprehensive picture of the food system, one that includes taste, tradition, and lived experience alongside nutritional information and data.

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Name or pseudonym (optional):	
Week of (dates):	
Household size:	

How to Use This Template: Once you have completed Part A one or more times, use this Part B booklet to reflect on your eating experiences, patterns, habits, constraints, routines, and surprises. Work slowly and write down your first thoughts without analysing or judging your answers. You may write in your own words, sketch, map, or annotate as you like. There are no right or wrong answers. Where possible, work slowly and with minimal distractions. Simply pay attention to what you notice as you reflect: sensations, moods, meanings, constraints, routines, and surprises. Use the prompts that resonate and skip those that don't. Feel free to write down notes in your first language and translate to English later. Most importantly, we hope you find some personal insight and value in completing this exercise for yourself.



SYNTHESIS

Once you have reflected on a few meals, review your entries. What do you notice about your reflections? Are there any patterns in how you feel about eating? Did anything surprise you regarding what you think you eat and what you actually eat? Did you notice a difference between how you expected or wanted to feel after eating in comparison to how you actually felt after eating?

[illegible]

[illegible][illegible]



SYNTHESIS

What did you notice about the amount and variety of fruits and vegetables in your meals? Were there types you tended to favour, avoid, or forget?

Do you notice any general patterns between the foods you eat and how you feel, such as energy, digestion, mood, sleep, comfort, or satisfaction? You may answer generally and do not need to include medical details. This question is for reflection only and is not intended to assess health or establish whether a particular food caused a particular response.

SYNTHESIS

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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MAPPING & FOOD-WRITING

Use these to deepen observation and reflection.

Map a 'food journey': pick one item in your meal and sketch its path from source to shop to preparation and finally, to your plate. What does the journey look like?



CULTURAL SIGNIFICANCE

Reflect on whether this meal has cultural or sentimental meaning for you (or your household).
What story does the meal carry?

Do you have any other thoughts that will help establish an alternative perspective regarding your eating practices?



Thank you for taking the time to use this Citizen Food Ethnography template.

We hope you found it a useful opportunity to slow down and reflect on food, shopping, and everyday life. You are not required to share your notes or reflections with us; this template can remain a private exercise for your own use. If you do choose to share your reflections with the research team, we greatly value the time, care, and insight you have contributed. We look forward to sharing general project findings through the project website, social media, and other public communication channels.



MACQUARIE
University

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