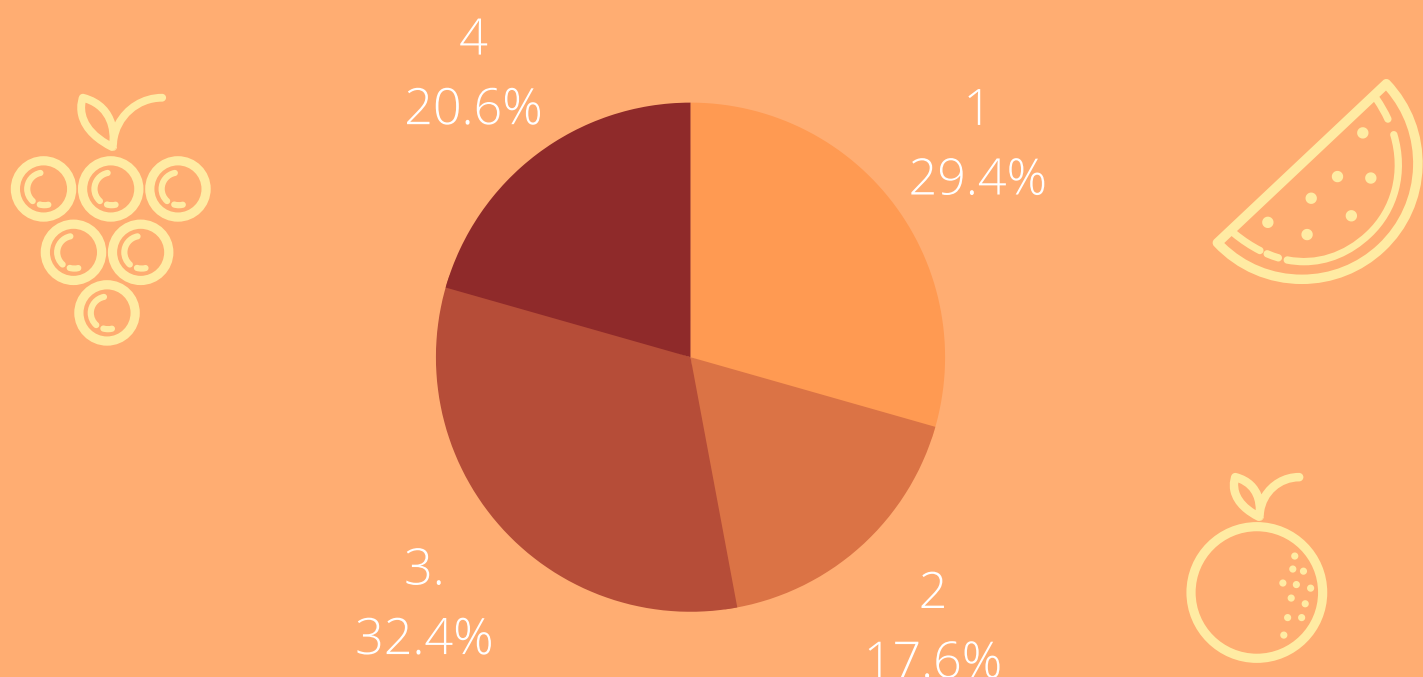




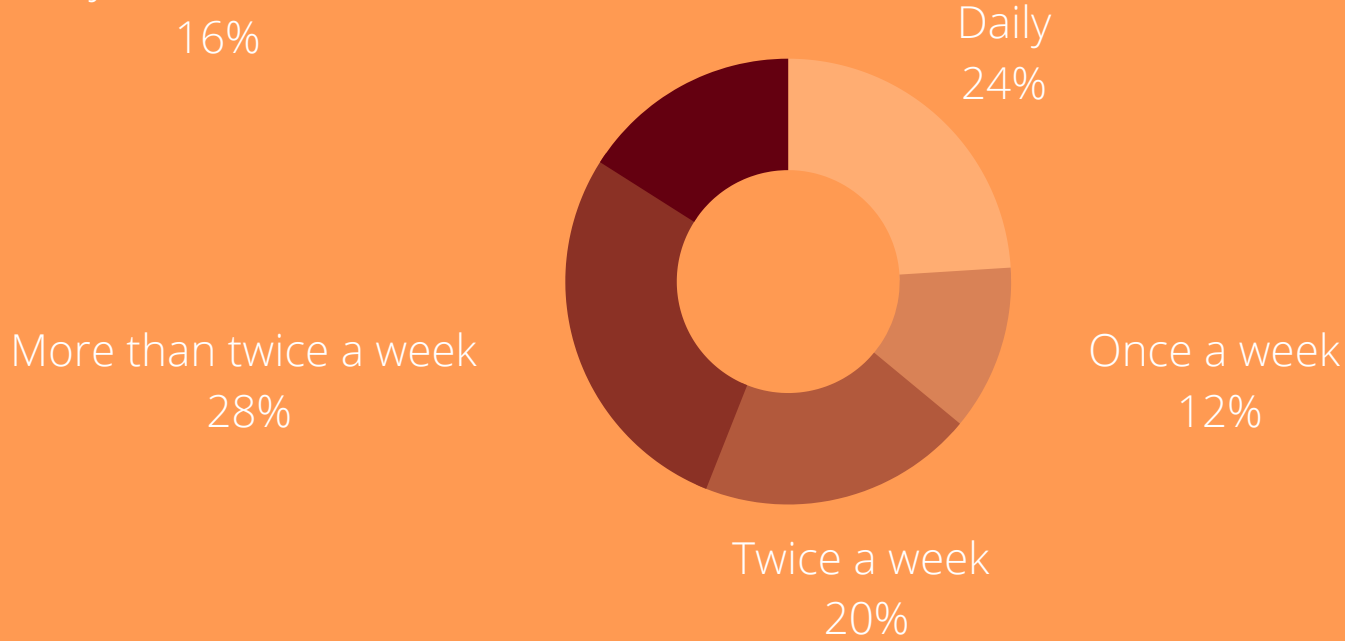
COOKING HABITS

HOW HEALTHY DO YOU COOK?



HOW OFTEN DO YOU COOK ?

I never cook my mum(or dad) cook for me



What do you prefer? Cooking alone or with someone?



"Cooking alone"

"With my daughter"

"Alone or with my mum"

"Both depends on my mood"

Why do you prefer it ?

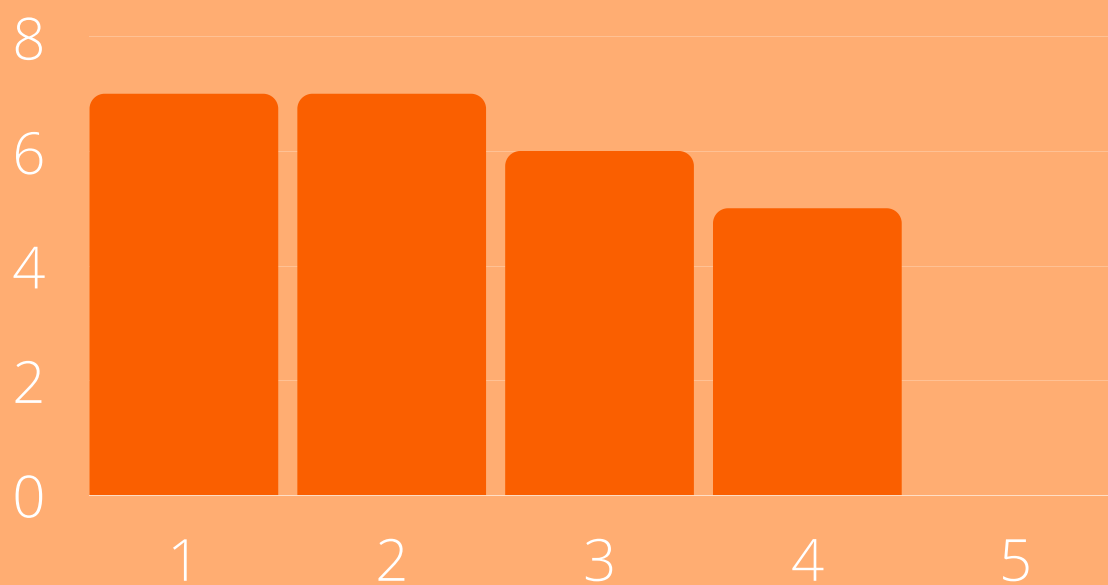
"If I cook alone that is just my "me-time" and I enjoy doing it and if i cook with my Mum it's a quality mother-daughter time"

"She is the best help ever (aged 4)"

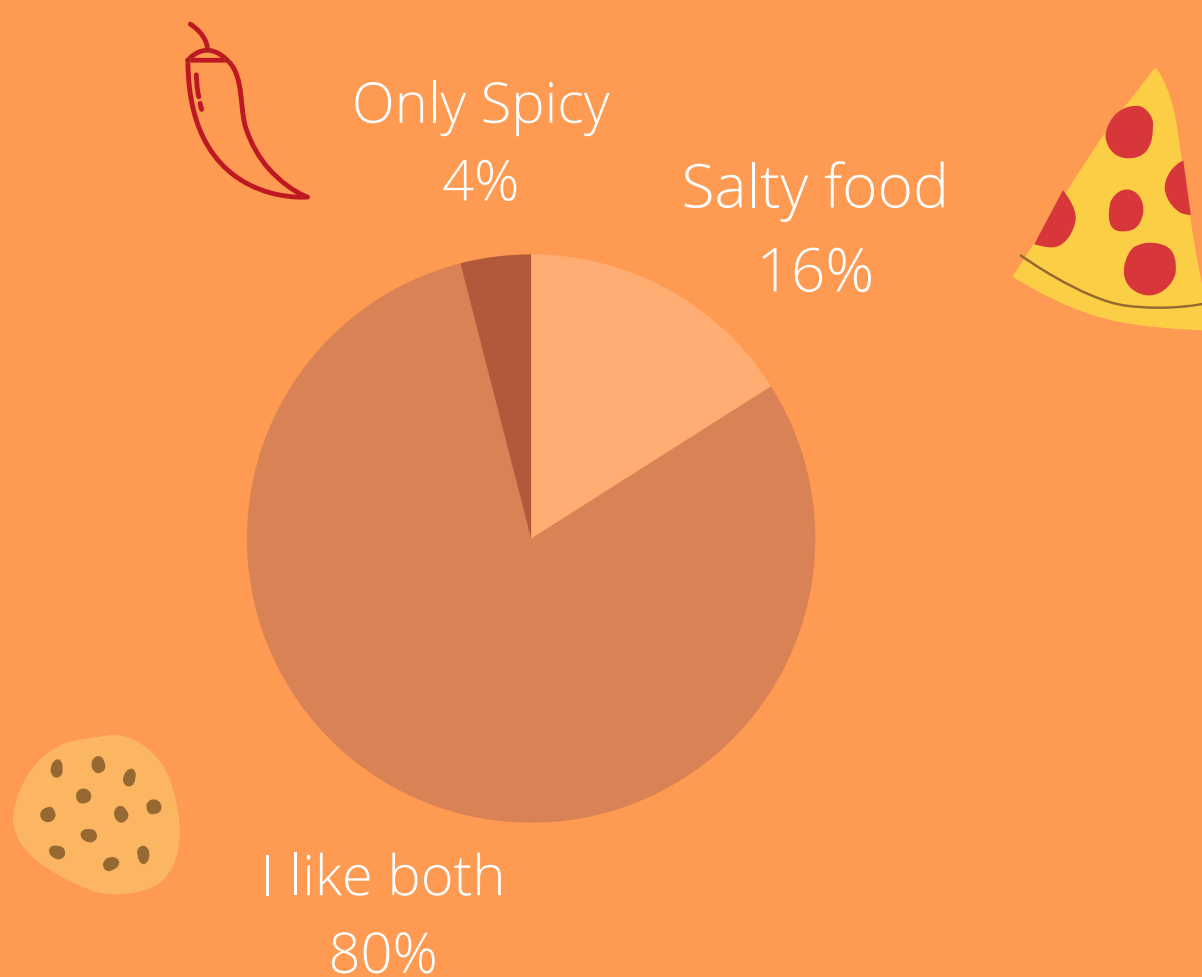
"If alone: chilling and freetime with myself if with someone :good fun"

"Alone: Because I can take care of myself, I can think and relax. With my husband: Our marrige is better and stroger if we cook together and we can make good memories."

How much did your cooking habits change during covid-19?



What do you prefer? Salty or Sweet food ?



Do you need to pay attention to any food allergies when you cook? (for yourself or others)

