

Feeding the Future: Constructing Development and Testing of a Food Paradigm Scale

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What is Food Value?

The inherent qualities food holds





Development of the Food Paradigm Scale

Food Paradigm Scale

1. I strive to know the person that grew/raised my food.
2. I eat food that is in season in my geographic region.
3. I seek out the USDA's nutrition facts of unlabeled foods (e.g. fruits & vegetables).
4. I enjoy the flavor of my food.
5. I want to know the geographic origin of my food.
6. I eat food that is produced in an environmentally sustainable way.
7. I choose food that is not animal-based.
8. I eat meals with my family when possible.
9. I consider the amount of calories per serving in my food.
10. I want to know how animals used for food are treated.
11. I include food with social events.
12. I buy locally produced food.
13. I choose healthy food.
14. I read the nutrition label of my food.
15. I eat meals with my friends when possible.

Major Constructs

