

How green are you?

Food

- 1 **How often do you eat meat?**
a. I don't eat meat b. Some of the time c. Most of the time
- 2 **How often do you eat food from restaurants, canteens and takeaways?**
a. 0-1 time per week b. 2-3 times per week c. 4+ times per week
- 3 **How much food do you throw away?**
a. 0-10% b. 10%-30% c. 30%+
- 4 **How much of your food is local?**
a. Most of it b. Some of it c. None of it

Travel

- 5 **How do you mostly travel?**
a. On foot or by public transport b. By motorbike c. By car
- 6 **How many hours per week do you spend in a car?**
a. 0-3 hours per week b. 3-7 hours per week c. 8+ hours per week
- 7 **How many return flights do you take each year?**
a. 0-2 flights b. 3-5 flights c. 6+ flights

Home

- 8 **How many spare rooms are in your home (rooms not in use)?**
a. None b. 1-2 rooms c. 3+ rooms
- 9 **Do you turn off lights and appliances or leave them on stand by?**
a. Yes all the time b. Some of the time c. No, never
- 10 **How cold do you keep your home in the summer?**
a. 25°C or over b. 21-24°C c. Below 20°C

Stuff

- 11 **In a typical month, how much do you spend on new things, such as electrical goods, beauty products or clothing?**
a. 0-100aed per month b. 100-200aed per month c. 300aed+ per month
- 12 **Do you give your old clothes to charity?**
a. Yes, all the time b. Sometimes c. No, never
- 13 **How often do you recycle?**
a. All the time b. Some of the time c. Never