



Food for thoughts



- Do People prefer Restaurant or Homemade food? -

AIM

To identify and analyse the factors behind the constant change in the human diet and to discern whether people prefer homemade or restaurant meals. We will need to investigate the factors influencing individuals' preferences: gender, pandemic etc. This study will require us to collect data from our survey which evaluates dietary necessities.



RATIONALE

Food is a very important issue of our lives and is deeply connected with our lifestyles, the modes of consuming food are frequently changing due to the increased population and new technological advances in the food sector. Peoples dietary needs over the past few decades have been heavily impacted.

Food has always connected people, millions of people experience different types of food to connect to other cultures, countries, and learn their traditions. However, concerns have been raised as to the amount of fast-food people are consuming and whether it is homemade or restaurant, which as a result is significantly affecting people's health, mentally and physically.

Food preference of humans has always been changing and especially now when there are so many options to choose from. This is when the question arises, "do people prefer homemade or restaurant food".



GENDER

Restaurants are getting more and more popular and many people these days go out to eat, but many people also prefer homemade meals. But does gender influence the preference of homemade or restaurant?

Male vs Female preference for Restaurant or Homemade

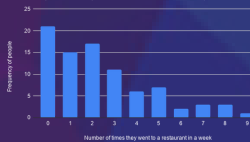


Through this graph, it is surprising to note that although males have a higher rate of preferred restaurants, they also have a higher rate of preferring homemade contrasts from the female demographic. It depicts the large distinction between the interest of homemade and restaurant from both female and male counterparts. The imbalance in the poster was due to the uneven numbers of male and females participating but we can see that homemade is highly preferred by both females and males. We can conclude from this that even though there was an imbalance in the number of females and males the data didn't change and homemade was more preferred. But why is homemade more preferred?

FREQUENCY

This graph shows the frequency of participants visiting a restaurant in a week, and it is evident that this graph is positively skewed, as the frequency of visiting a restaurant vary between the participants. This is supported by the fact that the mean number of times to visit a restaurant is 2.4. The median - 2 - shows that there is a large number of people who just go to the restaurant 2 times a week. However, this result has a standard deviation of 2.3 which indicates that there were some little inconsistencies in the results. This means that whilst on average, people went out 2.4 times a week to a restaurant, it did vary a bit amongst the participants (range from 0 to 9) this shown in the box and whisker plot below. According to the graph the highest frequency of visiting a restaurant is 9 times, which is only 9/21 meals in a week (breakfast, lunch, dinner in a day) which supports the fact that the majority of the meals are eaten at home. From this we can conclude that food is mostly eaten at home, but why is this?

How many times did you visit a restaurant in the past week?



Number of times the participants visited a restaurant in a week

mean	2.4
Median	2
Standard deviation	2.3

Frequency of visiting a restaurant in the past week

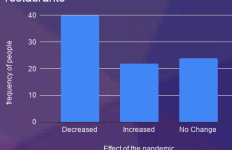


PANDEMIC

Why is homemade more preferred? Why is most food eaten at home? The answer to these questions is the global Pandemic. We can see that homemade food was more preferred by both genders and the average frequency of visiting a restaurant is 2.4. The reason for this was the global pandemic which made people more alert about hygiene and health. One of our survey questions was "Did eating at a restaurant after the pandemic increase or decrease?" and this is represented in the graph. 46.51% of the participants agreed to the fact that visiting a restaurant decreased due to the Pandemic. This shows that the pandemic caused the preference of visiting a restaurant to decrease because homemade food in their perspective is more reliable and healthy where restaurant food is not hygienically safe. But 25.58% of the respondents said that their visit to the restaurant increased after the pandemic. This shows that there were some inconsistencies in the data. This concludes that human choices and preferences are influenced by society, the Pandemic heavily impacted human choices which caused the decline in preferring restaurants and increased the preference of homemade food.



effect of the pandemic on visiting restaurants



HYPOTHESIS

We infer that homemade meals will be more popular and people will prefer to eat homemade rather than fast food, this would be impacted by their surrounding, society and habits. As a result, people will eat homemade meals due to its nutritional factors, pandemic and the consideration of the consequences it would have on their health



DATA COLLECTION

In order to answer our question "do people prefer restaurant or homemade meals", we need to be able to collect a range of data and statistics from people. To achieve this we will be doing a Google form survey where we will ask people a range of questions and send the survey to students at our school to receive a noticeable amount of data. In addition to their age and gender, the participants were asked to state how frequently they visit a restaurant in a week and their preference over restaurant or home food and the factors influencing it. Through the questions in the survey, it will give us an overview of whether people prefer homemade or restaurant meals and their reasons behind it. Overall, through the use of our survey, we will be able to collect the data to summarise and provide graphs and reasons needed to answer our self-driven researched question.

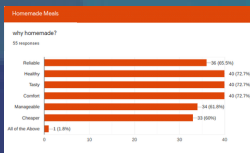
DATA



The graph on the right represents the proportion of students who prefer homemade or restaurant food. As depicted from the graph, homemade food is highly preferred with 62.8% of the participants in its favour as compared to restaurant food with 37.2% participants in its favour. This is due to the hygiene level and also some of the influential factors it like the price, taste, and comfort.



Why is homemade more preferred? Why is most food eaten at home? The answer to these questions is not only the global Pandemic but also these factors.

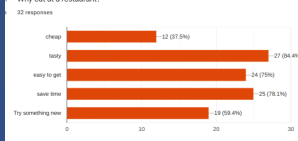


62.8% of the people who preferred homemade food over restaurant choose this because they think it is healthy, tasty, comfortable, manageable and reliable. 61.8% of the responders agreed to the fact that homemade food is more manageable which means it is customizable, for example, spice can be adjusted or could add more veggies to make it healthy. 72.7% of the responders said that homemade was more healthy. This is similar to the larger studies in Australia, which found that homemade food is high in nutrients and has less calories than restaurant food. 60% of the responders said that homemade food is cheaper due to the fact that it is better quality and more quantity for less price.

It is evident that majority of the people prefer homemade food but why does a minority of the people prefer restaurant food?

37.2% of the people surveyed prefer restaurant over homemade meals because they think it is tastier, cheaper, faster and easier to get. 84.4% of the responders think it is tasty, this is because it has been prepared by a professional chef. 75% of the responders believe that restaurant meals are faster and easier to get therefore it is reliable, this is because you don't have to go shopping for groceries and cook the food. Also now you are able to order your favorite food online and get it delivered at your door which is expensive but easy and faster.

Why eat at a restaurant?



CONCLUSION



Considering the results we collected using the survey we can conclude that homemade meals were preferred more than restaurant meals due to it being cheaper, healthier and more comfortable than Restaurant. According to Our Data and Results, we found that both the male and female demographic are less likely to visit a restaurant and are more conservative due to health concerns, this concludes that both demographic prefer homemade food more than restaurant food and gender doesn't influence the preference.

Our research shows that there are many factors influencing the individuals preference which includes taste, price and hygiene but the most influential factor was the pandemic, as 46.51% of the responders reduced their visit to the restaurant after the pandemic. Due to the fact that restaurant food is not hygienically safe enough as homemade food. Our hypothesis was proved correct: human choices and preferences are highly based upon the society and the environment an individual lives in.

we can conclude that both restaurant and homemade foods have its pros and cons and homemade was the most preferred due to certain factors.



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