

# Picky Eater Test

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Below is a comprehensive Picky Eater Test in a table format. The test consists of 20 statements related to food preferences, habits, and aversions. The test-taker should rate each statement on a scale of 1 to 5, where one means "Strongly Disagree" and five means "Strongly Agree."

After completing the test, the individual can tally their total score to determine their level of pickiness.

No.	Statement	1 (Strongly Disagree)	2 (Disagree)	3 (Neutral)	4 (Agree)	5 (Strongly Agree)
1	I often refuse to try new foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	I have a limited number of foods I like.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	I prefer to eat the same meals repeatedly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4	I dislike most vegetables.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5	I avoid foods with unfamiliar textures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6	I am sensitive to the smell of certain foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7	I dislike trying foods from other cultures.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8	I often separate the food on my plate.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9	I dislike mixed dishes (e.g., casseroles).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	I have specific food preparation preferences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	I avoid foods with specific colors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	I dislike foods with intense flavors.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13	I prefer my food plain and unseasoned.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14	I have difficulty eating with others due to my food preferences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15	I get anxious when trying new foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16	I avoid foods based on their nutritional content.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17	I often take a long time to finish a meal because of my food preferences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18	I have specific rituals when it comes to eating (e.g., eating foods in a certain order).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

No.	Statement	1 (Strongly Disagree)	2 (Disagree)	3 (Neutral)	4 (Agree)	5 (Strongly Agree)
19	I find it challenging to eat at restaurants due to my food preferences.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20	My food preferences impact my social life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Total Score:** \_\_\_\_\_

**Score Interpretation:**

After completing the test and tallying the total score, use the following scale to interpret the results:

- **20-40: Not picky.** You have a diverse palate and are open to trying new foods.
- **41-60: Mildly picky.** You have some food preferences, but they don't severely limit your diet.
- **61-80: Moderately picky.** Your food preferences limit your diet, and it may be worth considering strategies to expand your food choices.
- **81- 100: Highly picky.** Your food preferences significantly limit your diet, and it's essential to consider expanding your food choices to ensure a well-rounded, nutritious diet.

Please keep in mind that this test is not diagnostic and should not replace the advice of a healthcare professional. If you have concerns about your eating habits, it's always best to consult a registered dietitian or healthcare provider for personalized guidance.