Favourite foods are a very personal choice. To understand why people choose the food they choose to turn to for comfort, I asked the Grade 11s in my class what their favourite food is. The most popular choice was dessert (at 30%) followed by chicken (at 20%). Chips had 15% of the Grade 11s excited, while only 13% of them would choose fish. Surprisingly, steak (at 12%) was not at the top of the list, only beating salad (at 10%) by 2%. You can see this breakdown in the figure below.



Food preferences of Grade 11 students.