Influences on Food Choices:
Station Activity

Group Activity
• Each picture at the stations symbolizes something important that may influence the foods people select and prepare.
• Your assignment is to think of a meaning or connection for each item.
• See the sample
Sample: Emotions
Possible Connection

• Many times foods are selected because of how we are feeling not because we are hungry. Ex. turning to comfort foods, junk foods or chocolate when stressed

• Any Questions?
Instructions

• Write the connection of each picture/object to food influences/choices on the #’d strip, using colored markers. There are no specific right/wrong answers.
• Make sure you have connections to all of the pictures on your strips before proceeding to the next stage of the activity.
• Cut apart your strips.
Groups

• Count off by 8 and join your group at the # station.
• Introduce yourself if necessary.
• Discuss your meaning to each other and explain your reasoning. Place your strips under the picture.
• Repeat with second # at the station.
• Approximately 2-3 minutes before rotating to the next station. Ultimately, you will end up at your original station.
#1: Microwave Oven
#3: Economics
#4: Role Models
#5: Culture

[Image: Cartoon illustration of people from diverse cultures standing on a globe]
#6: Religion

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#7: Health
#8: Advertising
#9: Habits
#11: Senses
#12: Skills & Resources
#13: Time
#14: Fast Food

![Fast Food Logos](Image)
#15: Hunger

[Image of a cartoon character groaning with hunger]
#16: Friends/Family
Prep for Discussion

• At the original station, organize the strips into similar responses, themes, and ideas.

• Return to your seats to discuss...
  – What were the 3 most common meanings for your team’s pictures?

  – Proceed through each picture/share
Index Card Team Exit

• As a team, decide the single most important thing to remember about food influences/food choices, based on today’s discussion.
• Complete the prompt only—no need to rewrite the prompt today.
• Make sure all group member names are on the index card.

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Prompt

• The most important thing to remember about a person or family’s food choices based on today’s discussion is...