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Foodways A 4-H Folkpatterns Project – Eating Alone or In A Crowd

Michigan State University Cooperative Extension Service

4-H Club Bulletin

Marsha Mac Dowell, Simon Bronner, Martha Brownscombe, Claire Fitzgerald, Yvonne Lockwood, Betty MacDowell, Elizabeth Poe MSU Museum; Pat Hammerschmidt, Wanda Lamphere, Ethelyn Swanson, Kim Swanson, Christine Tucker, 4-H

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# Eating Alone or in a Crowd

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Food Preparation

**PURPOSE:** To explore the differences in what you eat depending on who is with you when you eat

**YOU'LL NEED:** Pen or pencil

**TIME:** 20-30 minutes

**HOW TO DO IT:** Read over each of the statements below, then write what you would choose to eat or cook in each situation.

**When eating out with a new girlfriend or boyfriend . . .**

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**When eating by myself at home . . .**

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**When eating by myself in a restaurant . . .**

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**When eating a meal with my boss or teacher . . .**

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**When eating with my club, class, or team . . .**

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**When sharing a special meal with friends . . .**

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**NOW WHAT?** Discuss your lists with your group. Talk about why you would choose foods differently when eating alone than when eating with a friend. Talk about why eating with certain people affects what you choose to eat.

*Adapted from It's Your Move—4-H Teen Nutrition Education Program, by Susan E. Travis, Division of Nutritional Sciences, Cornell University, Ithaca, New York.*