



Unit 4

What do we eat, and why?

Outcomes

- Recognize the variety of food available for people to eat
- Examine food choices and identify factors that influence them.



Overview

In this unit, you'll be looking at the diversity of food available in the marketplace, how food is promoted, what's new and why you choose to eat the food that you do. Choosing what you eat is very personal, yet it is influenced by many factors. While you read about general factors that influence food choices, begin thinking about what factors direct your own food choices. If you want to change your own eating pattern, it is important for you to consider why you are making your current food choices. If you want to help others make changes in their eating habits, it's important to know what influences their current eating patterns and decisions to change.



Reading Assignments

Put a check mark in the box as you complete each of these

- The ADA Complete Food and Nutrition Guide, Chapter 9, pages 181-187.**
The first part of this chapter discusses some other factors that influence our food choices: marketing, flavor, culture and ethnicity, and availability of different foods. As you read, think about how these factors influence your choices when you shop and when you eat away from home.

Understanding the Food Choices of Low Income Families

<http://www.fns.usda.gov/oane/menu/published/nutritioneducation/Files/NUTRI.PDF>

Review this summary of findings to introduce you to some of the research that has been done toward understanding food choices and attitudes of limited income audiences. As you read, think about people you know with limited incomes, such as your program learners and others, and whether this information gives you any new insights or understandings.



Learning Activities

Put a check mark in the box as you complete each of these

Complete the Grocery list worksheet

Using this worksheet, make a grocery list and go shopping. When you get home, before you put anything away, compare your shopping list with what you actually purchased. Write in any items you purchased that were not on your list. Complete the questions on the second page of the worksheet.

Complete the worksheet “Why do you eat what you eat?”

This worksheet helps you look at foods you like as well as foods that you dislike – and to think about the reasons why. If there are other influences on your eating habits, in addition to those shown on the worksheet, write them on the blanks at the bottom of the worksheet.



Your Food Choices

What kinds of influences do you remember from your childhood?

How did those influences change during your teen years, when you first lived away from home, during your adult years?

What influences have stayed the same throughout your life?

Food Choices of WNEP Learners

What are some of the influences on food choices of WNEP learners?

How will you use this information as you plan for teaching?

Grocery list worksheet



Fresh Fruits and Vegetables <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Canned Foods <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Staples, Dry Beans and Peas <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Refrigerated Foods and Dairy Products <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Frozen Foods <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Meats <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
Breads, Cereals and Pasta <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Paper and Non-food Items <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	Other <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>



Did you purchase any items that were not on your list? If yes, what influenced you to buy these?

Were there items that you wanted to buy but did not?

What influenced your decision not to buy them?

Did you buy any foods you have never tried before?

Why did you, or didn't you, decide to try something new?

Why do you eat what you eat?

Write two of your favorite foods and two foods you dislike on the plate below.
Think about the many influences on your eating habits.
In each square, briefly describe a way in which your eating has been influenced.

