Handouts for
Section 3
Family Food Puzzle
**Who Holds the Most “Power”?**

Put your sticker next to the family member who you feel **holds the most power** in your family when it comes to making the 12 food-related decisions noted on the left column. More than one sticker can be placed in one box — For example, if all family members feel that the parent has the most power in deciding “What foods the family buys” then everyone should place their sticker under “parent.” If you feel that nobody has more decision-making power than others in the family for a particular category (e.g., what foods enter the house), then don’t put down a sticker for that item.

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<th>Grandparents</th>
<th>Other adults with caregiving responsibilities</th>
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From Power to Partnership

Put your sticker next to your category if you would like to have more influence (or power) in making these decisions.

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Dinnertime poem
— by Mary Ann Hoberman

David asks for his dessert
Peggy wants to press her skirt
she has dance class and she’s late
David says he cannot wait
Mike is giving him a ride
he’ll just go and wait outside
Father tells him he will not
David mutters thanks a lot
Ann says she expects a call
Benjamin won’t eat at all
Mother starts to serve the pie
Benjamin begins to cry
Mother asks him what is wrong
Father says the tea’s too strong
Ann gets up to get the phone
Benjamin begins to moan

Peggy says her tights are torn
David says he hears a horn
Father says to finish first
David says that he will burst
Peggy says it isn’t fair
Ann has on her other pair
now she will be late for class
Benjamin upsets his glass
David’s taking tiny bites
Ann is taking off the tights
David says the crust is tough
Mother says she’s had enough
Father says it’s not too bad
Mother says she’s going mad
David wiggles like a mouse
that is dinner at our house

"Dinnertime" was written by Mary Ann Hoberman and published in Little, Brown and Company in "Fathers, Mothers, Sisters, Brothers: A Collection of Family Poems" in 1991.

The illustration was developed by Stephen Carpenter.
Sharing Visions — How We Work Together to Eat Healthfully

1. In our family, when it comes to deciding what foods to buy, we will display cooperation and teamwork in the following ways:

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2. In our family, when it comes to cooking and preparing meals, we will display cooperation and teamwork in the following ways:

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3. In our family, when it comes to cleaning up after meals, we will display cooperation and teamwork in the following ways:

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4. In our family, when it comes to deciding what restaurants to go to when eating out, we will display cooperation and teamwork in the following ways:

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5. In our family, to make sure that we have at least some meals together as a family, we will:

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6. To ensure that our family eats healthfully, we will adopt the following healthy traditions for: shopping, preparing food, and eating our meals:

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7. To make sure that all family members are able to have some input into decisions that are made regarding food selection and preparation, we will:

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8. Future generations of our family will feel in knowing that our family communicates and works together on issues related to food and fitness.
Food & Family Contract

We the ............................................................................... Family agree to:

• Follow the Family Visions (attached) we have developed for ourselves at the F.R.I.D.G.E. program.
• Do our best to communicate effectively about food related issues.
• Work hard at making our family a success in eating healthier!
• We further agree to the following:

When buying food ........................................................................................
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When preparing food ...................................................................................
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When eating food ........................................................................................
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Signed: ................................................................. Date: ...............................

Drawing up an “Official” Food & Family Contract

HANDOUT 3-Take Out