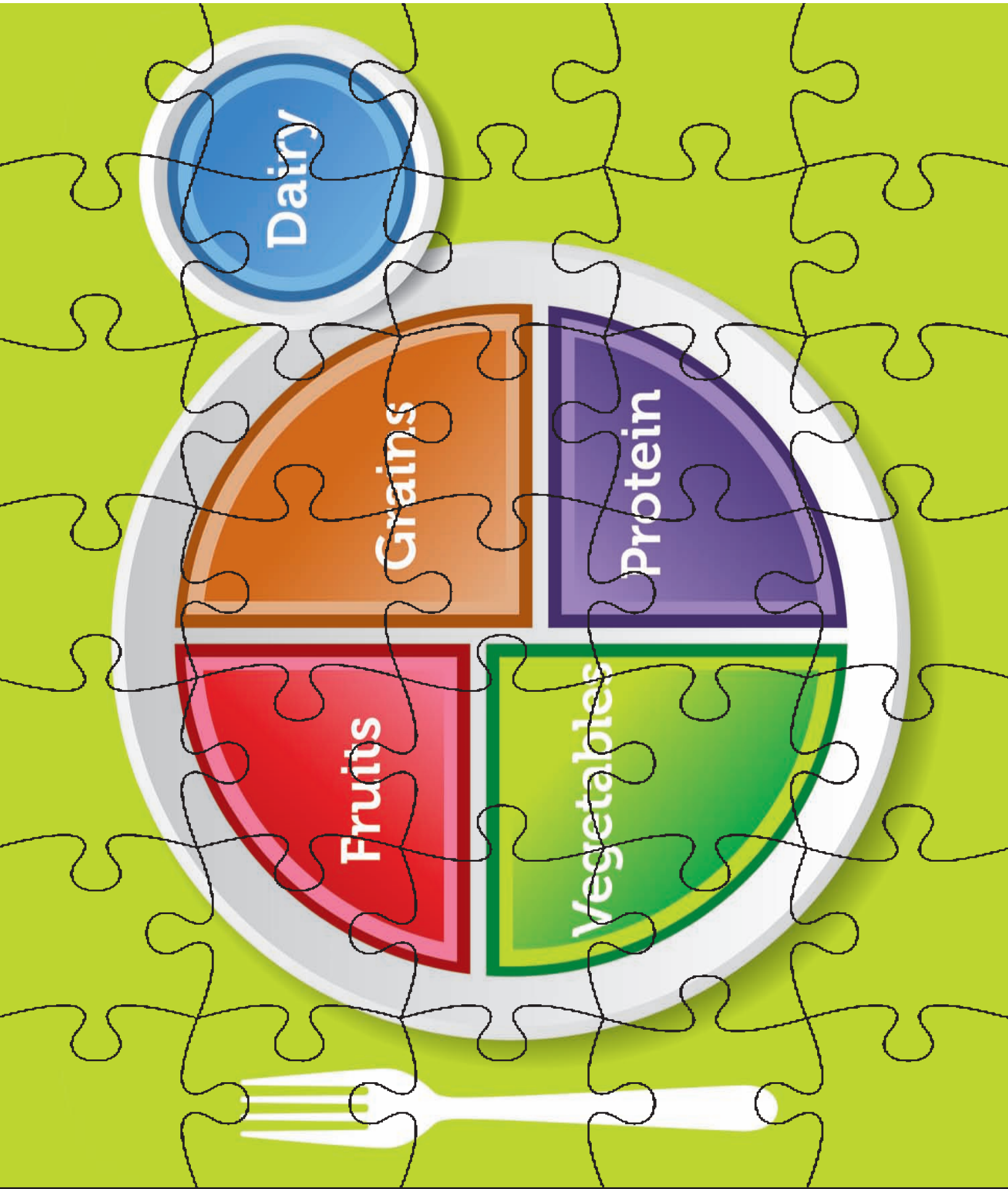


Handouts for Section 3

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.

Food-related decision	Child(ren)	Parent(s)	Grandparents	Other adults with caregiving responsibilities
1. What foods the family buys?				
2. What foods enter the house?				
3. How food is prepared?				
4. Who prepares the food?				
5. Will the family eat a meal together (a “family meal”) or is it just “grab and go”?				
6. When does the family meal take place?				
7. How long do family meals last?				
8. Where are meals at home eaten?				
9. Who cleans up after meals?				
10. If the family goes out to eat, who decides where to go?				
11. What foods do family members snack on?				
12. What are the family snacking rules (if any)?				

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.

Food-related decision	Child(ren)	Parent(s)	Grandparents	Other adults with caregiving responsibilities
1. What foods the family buys?				
2. What foods enter the house?				
3. How food is prepared?				
4. Who prepares the food?				
5. Will the family eat a meal together (a "family meal") or is it just "grab and go"?				
6. When does the family meal take place?				
7. How long do family meals last?				
8. Where are meals at home eaten?				
9. Who cleans up after meals?				
10. If the family goes out to eat, who decides where to go?				
11. What foods do family members snack on?				
12. What are the family snacking rules (if any)?				

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:

.....

.....

.....

.....

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

.....

.....

.....

.....

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

.....

.....

.....

.....

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:

.....

.....

.....

.....

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

.....

.....

.....

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

.....

.....

.....

.....

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:

.....

.....

.....

.....

8. Future generations of our family will feel

.....

in knowing that our family communicates and works together on issues related to food and fitness.

Drawing up an "Official" Food & Family Contract

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

.....

.....

When preparing food

.....

.....

When eating food

.....

.....

Signed: Date: