

Discussion Family Food Decisions....

Objectives:

- To identify some routine family food decisions and consider how satisfactory they are to the participant
- Celebrate the families' healthy decisions
- Identify changes that the family wants or needs

1. What are some of the foods your family often eats? How do you decide upon them?
2. Many family members often have different food goals. What are some of your family's food goals?
3. Please share a typical meal that your family likes to eat.
4. When members of your family want different things or have different food goals, how do you decide what to purchase and/or prepare?
5. Is there anything that you don't like about your family's food? What would you like to work on?
6. Are there other foods, meals, shopping methods, or cooking techniques that could also help you to meet your goals?

For the educator: Actions you would like the family to work on:

Other comments for follow-up with the family:

Please suggest changes and/or additions to the questions above to ask families when discussing their food decision-making. Please make any additional suggestions to Ardyth Gillespie ahg2@cornell.edu Thank you!