

Self-Evaluation of Food Habits

Meal Composition/Cycle

- How many meals do you eat each day?
- What elements (bread, rice, meat, vegetables, or other) are needed to make a meal for you?
- What is a typical serving size of meat, starch, and vegetable for you?
- Do you eat dessert? How often and at what meals?
- Is the meal served in courses? If yes, what are they? What is the order of service?
- How often do you snack each day? What types of foods do you consider a snack?
- What are the major holidays you and your family celebrate each year?
- What special foods are served for these holidays?
- Do you ever fast? If yes, when? What, if any, foods are avoided and/or consumed?

Rules

- What, if any, utensils do you use when you eat?
- At a family meal, who should be present?
- Is someone at the family meal served first? If yes, who and why?

List three rules (i.e., don't eat with your mouth open) that you follow when you eat a meal.

Do these rules change if you eat informally? If yes, how?

Attitudes

Were you aware of your own food habit norms before you completed this evaluation?

List two personal biases you discovered through this evaluation.

Are there any food habits that you find morally or ethically repugnant?

What is your opinion about people who do not share your food habit norms?

Application

How do your food habits differ from your family norms? Those of friends? Those of people you work with? Those of clients? In what significant ways do they differ?

How can you personally avoid ethnocentric judgments regarding food habits?

Are you willing to try new foods?

Above from Kittler, P. G., & Sucher, K. P. (2004). *Food and culture* (4th ed.). Belmont, CA: Thompson/Wadsworth.

Below taken directly from Brenton, B. (Fall semester, 2002). Food and culture research project guidelines (ANT1100). St. Johns University.

- Who makes the decision as to what is eaten in your household?
- Who does the task of acquiring food?
- What are the typical methods of preparing food?
- What determines where you do and do not eat?
- What are important customs or table manners that are followed on a daily basis when eating?
- What uncommon foods (that is, rarely eaten) or dishes are used only for rituals or special occasions? Why?
- What family traditions call for formal eating situations?
- Are there foods that you identify with your family heritage? What are they?
- What decisions go into what foods you do or do not eat?
- What classes or types of food do you like or dislike? Why?
- Do you know where your food comes from (beyond the grocery store)?