

FACS 1151
Food Diary Assignment Guidelines

Directions: We decide what to eat, when to eat, and even whether to eat for a variety of reasons. You are to begin keeping a food diary on Thursday, January 15. Record everything you eat over the next 2 ½-3 weeks. Record times (day, date) and places (home, friend's house, restaurant, fast-food place, etc.) of meals and snacks (indicate if it was a meal or a snack), the types of foods eaten, quantity of food (1 slice of bread, 8 oz of orange juice, 6 oz steak, etc.) and a description of your thoughts and feelings when eating. Examine your food record and consider your choices. Respond to the following:

1. Which if any of your food choices were influenced by emotions (happiness, boredom, or disappointment; provide specific examples)
2. Was social pressure a factor in any food decisions? If so, explain.
3. Which if any of your food choices were influenced by marketing strategies or food advertisements?
4. How large a role do availability, convenience, and economy play in your food choices?
5. Do your age, ethnicity, or health concerns influence your food choices?
6. How many times did you eat because you were truly hungry? How often did you think of health and nutrition when making food choices? Were those food choices different from others made during the day?

Your assignment should be typed, 12 point font, Times New Roman or Arial font, submitted at the beginning of class on Thursday, February 5, 2009.