Strategies for Eating

Lesson 2: Sharing Meals

“Sharing is caring”

Action: Ask someone in the audience to assist you. Give the tally sheet to this person and have them count the number of participants in the audience and record on tally sheet. At the end of the lesson, you will ask the participants 3 questions and your assistant will record the amount of people agreeing with the statement on the tally sheet.

Action: Pass out “Sharing Meals” handout. Begin lesson when everyone receives a handout.

Action: How many of you eat the majority of your meals alone or by yourself? Do you eat breakfast and dinner by yourself? What about on the weekends?

Read the following: How many of you have ever had too much food and then had to throw it away? Has anyone ever had food in the refrigerator for too long?

Today, we are going to talk about why we should share some meals with family or friends and how we can do this. Sharing is caring.

Action: Everyone repeat the following with me, “sharing is caring.”

Read the following: We should share some meals with family or friends because it can be hard to cook or prepare a meal for only one person or ourselves. Many times if we cook or prepare a meal for only ourselves we may have too much leftovers. When we have a lot of leftover foods, it may spoil quickly.
because we cannot eat it very fast. How can we avoid wasting food, and still cook the foods we love to eat? Sharing our food is a way that we can prepare a larger quantity of food we love, without having to eat the same thing over and over again. Here are some ways we can share a meal with another person:

Read the following:

We can take turns preparing meals with a group of friends. We can have a “themed” meal in which a different type of cuisine is prepared such as Italian, Filipino, Hawaiian, Japanese, Chinese, American, or Local Favorites. We can also rotate “holiday themed” meals with friends and get together on Valentine’s day, St. Patrick’s day, Fourth of July, Halloween, or other favorite holidays. We can eat a meal and watch our favorite television shows with neighbors or plan game days such as BINGO night or playing cards while eating our favorite foods. Sharing is caring.

Action:
Have participants repeat the following:

Everyone repeat with me, “sharing is caring.”

Read the following:

We can share a meal with a friend or relative by going to an eating place and splitting an entrée or plate lunch. Finding a place that offers a “senior discount” or “early bird special” is an excellent idea. Or, we can have a special day of the week that family or friends are invited over for a meal.

Action:
Ask the following question:

Does anyone else have any other suggestions on how we can share a meal so we don’t waste food?

*Gently encourage people to participate. Thank participants for sharing. Examples to share if no one participates: have friends or relatives over for a meal or split a meal with a friend or relative.

Read the following:

Eating with others and sharing our food will decrease the amount of leftovers we have to eat. We won’t have as
much spoiled food we have to then throw away. We won’t waste as much food. It can also be a lot of fun, spending more time with those we care about. Sharing is caring.

**Action:**
**Have participants repeat the following:**

Everyone repeat with me, “sharing is caring.”

But, before we prepare or eat food, we must always remember to wash our hands with soap and water. We should wash our hands for at least 20 seconds which is equivalent to singing “Happy Birthday” twice or singing the alphabet song, “ABC’s” once. We will wash away germs and decrease our chance of getting sick. Let’s sing the alphabet song together as a group.

**Action:**
Sing “ABC’s” together as a group. Demonstrate or pretend to wash your hands while singing the song.

**Action:**
Ask the following question:
What kind of beverage should we have with our meals? Water is a great choice!

**Action:**
Ask the following question:
Does anyone know why water is so important for our body?

**Read the following:**
Water is important for many reasons. About half of our body is made of water. It helps to keep our body running properly such as regulating our body temperature, keeping us regular, and cushioning our joints and other organs in our body. Water is important to keep us healthy.

**Read the following:**
Now I am going to read three statements. Please raise your hand if you agree with the statement. The first
statement is: So I don’t waste food, I plan to share some meals with a friend or relative.

**Action:** Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:** How many of you agree with this next statement: I plan to always wash my hands with soap and water before touching food. Please raise your hand if you agree.

**Action:** Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:** The last statement is: Water is important to keep me healthy. How many people agree with this last statement?

**Action:** Ask your assistant to count the number of participants who raise their hand and record on the tally sheet.

**Read the following:** That’s the end of our talk. Thank you for listening. Please check with your doctor or health care professional before making dietary changes.