**Teen Eating and Expenditures: Challenges in Assessment**

The purpose of this exercise is to discuss traditional classification of “teenagers”, assessment of teenagers’ behavior, and some emerging evidence of eating and drinking trends and expenditures among teens.

1. Related to the research topics of chapter 2, the following articles addresses the gap of teenage research that exists and a unique capturing of teenage exposure to food cues through the use of body cameras.

* Cowburn, G., Matthews, A., Doherty, A., Hamilton, A., Kelly, P., Williams, J., ... & Nelson, M. (2016). Exploring the opportunities for food and drink purchasing and consumption by teenagers during their journeys between home and school: a feasibility study using a novel method. *Public health nutrition*, *19*(1), 93-103.

1. Explore teen expenditures on food. Eating is an experience as valued as other goods and experiences. Teen expenditures on food are now greater than their expenditures on clothing. As of 2018, according to the Piper Sandler survey of teenagers (<https://www.pipersandler.com/1col.aspx?id=6216>), United States teens from upper income and average income brackets spend a greater percent of income/money on food.

* Fast food purchases: Wills, W., Backett-Milburn, K., Lawton, J., & Roberts, M. L. (2009). Consuming fast food: the perceptions and practices of middle-class young teenagers. In *Children, food and identity in everyday life* (pp. 52-68). Palgrave Macmillan, London.
* <https://www.statista.com/statistics/286937/us-teen-spending-share-by-category/>
* COVID-19 may have changed this trend. Ask students to:
  + Consider why COVID-19 may impact how teenagers access foods and drinks.
  + Predict whether relative food expenditures would be up or down since 2018.
  + Find evidence of teenage expenditures on food and drink since the above 2018 reports.
  + Share evidence they find and any predicted permanent changes that could occur from CO

1. In the following review, Truman and Elliott discuss food marketing to teenagers, which is potentially as problematic as ads targeting children (covered in chapter 10).

* Truman, E., & Elliott, C. (2019). Identifying food marketing to teenagers: a scoping review. *International Journal of Behavioral Nutrition and Physical Activity*, *16*(1), 1-10. <https://ijbnpa.biomedcentral.com/articles/10.1186/s12966-019-0833-2>

**Related references:**

Story, M., & French, S. (2004). Food advertising and marketing directed at children and adolescents in the US. *International Journal of Behavioral Nutrition and Physical Activity*, *1*(1), 1-17.