**“Birds of a Feather…”**

Ask students to read the following magazine article (Lichtenstein, 2020) summarizing research from *Appetite*: <https://www.medicinenet.com/script/main/art.asp?articlekey=228073>.

As or after reading the article, explore the following questions or themes as related to the chapter content:

* This summary article does not define “junk foods”. What types of foods do you think qualify as junk? Can you obtain the original research article to determine researchers’ operational definitions of junk food?
  + Or, is junk food a summary term used by the magazine writer?
  + Explore how secondary sources can be misleading. What food labels and groupings were actually studied by the researchers?
* What do they seem more of in social media: vegetables or junk foods?
* How does BMI fit into these findings about social media and food choices?
  + In what way(s) is BMI important in this conversation and in what way(s) is it irrelevant in this conversation?
* Is personal responsibility relevant here? How could posting a vegetable or dessert influence your friends?
  + What does it convey about you, even if that food is not a normal aspect of your eating?

**References:**

The following article discusses the potential for “healthy eating” norms. Can they be used to promote food choices without risks of promoting disordered eating? You can extend the class conversation in this way, if time allows.

Plows, S. E., Smith, F. D., Smith, J. R., Chapman, C. M., La Macchia, S. T., & Louis, W. R. (2017). Healthy eating: A beneficial role for perceived norm conflict? *Journal of Applied Social Psychology*, *47*(6), 295-304.