**FAFH: Food Away from Home**

“Eating out” refers purchasing food that is ready-to-eat, such as fast food establishments or restaurants. For consumption researchers, this comprises what is known as *food away from home* (FAFH) as a contrast to *food at home* (FAH).

This exercise includes skills in research and examination.

1. Ask students to find peer-reviewed research that describes trends in FAFH.
   1. In what years or decades did it decrease?
   2. In what years or decades did it increase?
   3. What factors contribute to increases and decreases in FAFH?
   4. How did COVID-19 impact FAFH?
2. Now have students consider what questions they still have about FAFH. What more do they want to know? What do they predict will happen to FAFH over the coming years and decades?
3. Challenge students to design a study involving FAFH working with a partner.   
   Assign them to:
   1. Create a research question about FAFH.
   2. Design a study to answer the research question.
   3. Create a graph containing mock data that represents a potential outcome.
   4. Share with the class their hypothetical research project/study.

**Resources:**

Phillips (2016). No one cooks anymore, *Quartz*:

<https://qz.com/706550/no-one-cooks-anymore/?utm_source=nextdraft&utm_medium=email>