**Foods Defined by Meals**

This exercise is a quick 5-to-10-minute tool for getting students to think about social prescriptions that define *when* foods are eaten.

**Step 1**. Ask students to make a list of foods that come to mind while you read aloud the words, “Breakfast”, “Lunch”, “Afternoon Tea”, and/or any other terms that refer to typical meals in your culture.

* Each student should aim to name at least 5 foods or drinks under each category you read.

**Step 2.** Guide student discussion as they share items on their lists.

* Are the lists similar across students? In what way(s)?
* What factors create commonalities and distinctions in individual lists?

**Step 3.** Ask students to circle or mark any foods or drinks on their lists that they imagine as off-putting or non-appetizing at a particular meal or time.

**Step 4.** Invite students to share with the class examples of a food or drink that appeals to them at only certain times of meals. Discuss processes that contribute to students’ emotional reactions surrounding their violation of norms by eating foods at the wrong times.

**References:**

Higgs, S. (2015). Social norms and their influence on eating behaviours. *Appetite*, *86*, 38-44.