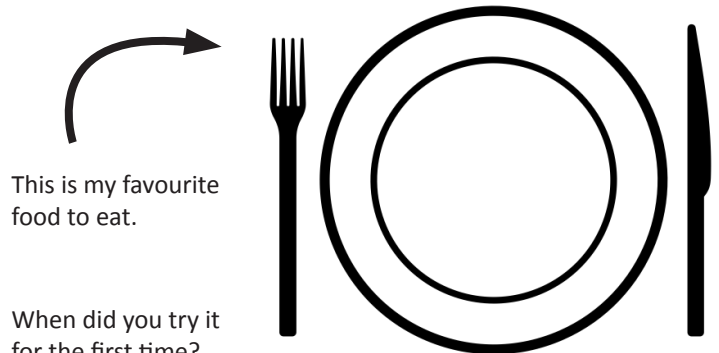


## Sensitising exercises

### DAY 1

## All about food.

This workbook is meant to get you thinking about your personal experiences with food. It is set up as a diary, with several exercises spread over a few days. There are no right or wrong answers, only 'your' answers. We are keen to learn about your experiences; the more stories you can tell us, the better!



This is my favourite food to eat.

When did you try it for the first time?

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### DAY 1

What is your most memorable dining experience?  
Draw us a picture.

You can use some words too:

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Why did it stick with you?

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### Sensitising exercises

#### DAY 2

Who do you eat with the most often? Circle the two most common.  
Draw a smiley next to the icon if you enjoy eating with this group of people.



other: \_\_\_\_\_

How does eating with these two different groups compare? What is different?

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#### DAY 3

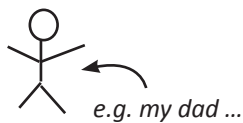
How do you decide what you are going to eat at night? Draw or label the most important steps along the timeline.

HUNGRY!!

FOOD  
READY



Who is involved at each step? Draw them in the timeline.

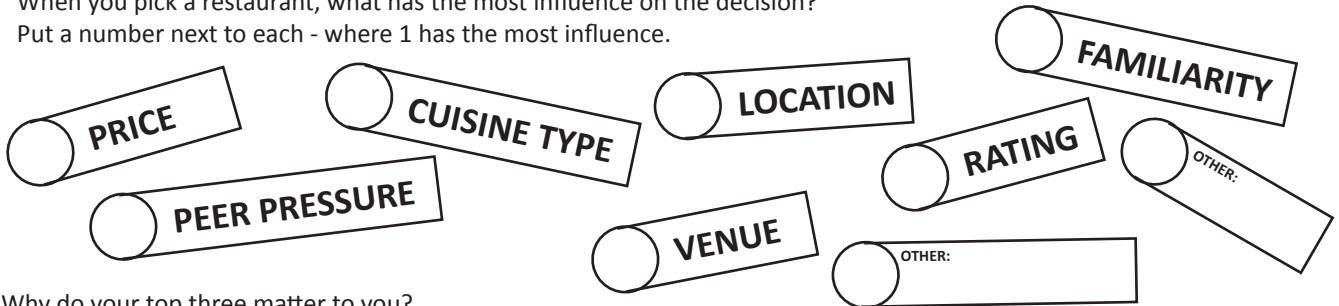


Draw a cross next to the bad parts and a tick next to the good parts. What is good or bad about them?

### Sensitising exercises

#### DAY 4

When you pick a restaurant, what has the most influence on the decision?  
Put a number next to each - where 1 has the most influence.



Why do your top three matter to you?

| 1     | 2     | 3     |
|-------|-------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |