

1-2

# Thinking About Decisions

Welcome to the team and Task 1-2. As you heard, you will be making many decisions as a team during your research about food and nutrition. Before you begin your research, the team must think about how each team member makes decisions. You will also need to use your identity map from Task 1-1 to see if any parts of your identity are affecting the decisions you make.


## Objective



In this task, the team will learn how to work and talk together about decision-making and how it may be influenced by the identity map you made in Task 1-1. This will be especially important when you all do not agree.

Go over these team norms together.

- Recognize the benefit of listening to different ideas from people on your team.
- Be open to new ideas and perspectives that challenge your own.

1. Go to the Task 1-2 folder and get the Thinking About Decisions activity and discussion questions. 
2. Choose the FOOD A or B activity from the task folder. You can also do both versions of the task, if you want. Or some of the team can do FOOD A and some can do FOOD B. You decide!
3. Do the activity according to the instructions in the folder and discuss the questions.
4. Remember, when engaging in meaningful discussion as a team, you must respect your team. For example, use these sentence starters.
  - I agree with \_\_\_\_\_ because . . .
  - I disagree with \_\_\_\_\_ because . . .
  - I'd like to go back to what \_\_\_\_\_ said about . . .
  - I'd like to add \_\_\_\_\_

Hooray! You completed Task 1-2. Check it off the task list. *Go to Task 1-3!*





**Task 1-2. Thinking About Decisions—FOOD A**

Below you will find a brief story. After you read the story, stop and quietly decide for yourself whether you think the people in the story did anything wrong. Before talking with anyone else about how you feel, mark your feelings on the scale below.

**Story**

A family’s pet was killed by a car in front of their house. Based on a number of variables, they decided to cook it and eat it for dinner. Nobody saw them do this.

1. Do you think this family did anything wrong? Before you talk with others, use the scale below to mark how you feel about this question.

I strongly disagree with what the family did.	I disagree with what the family did.	I slightly disagree with what the family did.	I am neutral or undecided about what the family did.	I slightly agree with what the family did.	I agree with what the family did.	I strongly agree with what the family did.
1	2	3	4	5	6	7





- After you have made your personal decision, compile and tally the data for your team's responses to this question.

	Scale	1	2	3	4	5	6	7
Initial Reaction Data	Team members							
	Total							

- Use the questions below to have a discussion with your teammates about your personal decisions.

**Discussion Questions for Thinking About Our Decisions**

- As a group, share whether you think the people in the story did anything wrong or not.
- What reasoning did you use to support your decision?
- Look at the identity map you created in Task 1-1. Were your decisions influenced by any things on your identity map, such as your values, attitudes, biases? Local culture or customs?
- After listening to your teammates, did your personal decision change? If so, where on the scale are you now? Compile the current team data for later analysis.

	Scale	1	2	3	4	5	6	7
Post Sharing and Discussion Data	Team members							
	Total							





**Story Alternatives**

Below are alternatives to the story. Read each and determine whether your thoughts or decisions about the story change when this information is included. Use the data table below to track how you and your team’s agreement level changes for each story alternative. Then discuss your reasoning for each.

- A. Would your thoughts and decisions change about the story if you knew the family had not had any food for a few days before they ate the pet?
- B. Would your thoughts and decisions change if the animal were wild, such as a deer or rabbit, and not a family pet?
- C. Would your thoughts and decisions change if you knew the pet was specifically a dog? Cat? Rabbit?
- D. Would your thoughts and decisions change if someone saw the family eat the pet?
- E. Would your thoughts and decisions change if you knew no other people would ever find out the family did this?

Scale		I strongly disagree with what the family did.	I disagree with what the family did.	I slightly disagree with what the family did.	I am neutral or undecided about what the family did.	I slightly agree with what the family did.	I agree with what the family did.	I strongly agree with what the family did.
		1	2	3	4	5	6	7
Story A	Team members							
	Total							
Story B	Team members							
	Total							





Story C	Team members							
	Total							
Story D	Team members							
	Total							

**Data Analysis**

1. Create a line or bar graph to analyze the data collected at different points in this activity.
2. Describe any interesting trends or relationships you find in the data. How does the initial reaction data compare with the story alternatives data?
3. Does the data provide any supporting evidence about how people’s decisions change in different situations?
4. Based on this analysis and your understanding of the data, could you create other ways of visualizing this data to help communicate it to other people?

**Discussion Questions**

- What does this exercise tell you about how you make most of your decisions?
- What does this exercise tell you about how you judge other people’s decisions?
- What is the worst decision you ever made?
- Do you consider it the worst because of the decision, or was it a reasonable decision with a bad outcome?
- Does a good decision guarantee a good outcome?
- Do you have control over the decision, the outcome, neither, or both?

Which aspects of your identity map do you think are most influential when making decisions?





**Task 1-2. Thinking About Decisions—FOOD B**

**1. Who Holds the Decision-Making Power?**

This activity aims to stimulate discussion about how decisions are made in your family when it comes to food. We will present 13 food-related decisions and ask your opinion about (a) who has the most power in making these decisions, and (b) whether you would like to have more influence in making these decisions.

This activity can be done as an individual or with an entire family.

Look at the following list of food-related decisions. Put a mark in the box under the family member who you feel holds the most power in your family when it comes to making the decision in the left column. If you are filling out this form with multiple family members, assign each person a different symbol (#, \*, !, +). You can place more than one mark can be placed in one box. For example, if all family members feel the parent has the most power in deciding what foods the family buys, everyone should place their symbol under “Parent (s).” If you feel nobody has more decision-making power than others in the family for a particular item, then don’t put a mark for that decision.

**Modified from source:** PennState Fridge Curriculum: Learning Together About Food and Nutrition

**Who Holds the Decision-Making Power?**

<b>Food-related decision</b>	<b>Child(ren)</b>	<b>Parent(s)</b>	<b>Grandparent(s)</b>	<b>Other adult caregiver(s)</b>
1. What foods does the family buy?				
2. Where does the family shop for food?				
3. What foods enter the home?				
4. How is food prepared?				





5. Who prepares the food?				
6. Will the family eat a meal together or is it just grab and go?				
7. When does the family meal take place?				
8. How long do family meals take?				
9. Where are meals at home eaten?				
10. Who cleans up after meals?				
11. If the family goes out to eat, who decides where to go?				
12. What foods do family members snack on?				
13. What are the family snacking rules (if any)?				

## 2. From Power to Partnership

This activity can be done as an individual or with your entire family. For each food-related decision, if you feel you would like to have more influence in the way your family makes this type of food-related decision put a mark in the column that represents who you are.

### Who Would Like More Decision-Making Power?

Food-related decision	Child(ren)	Parent(s)	Grandparent(s)	Other adult caregiver(s)
1. What foods does the family buy?				
2. Where does the family shop for food?				
3. What foods enter the home?				
4. How is food prepared?				
5. Who prepares the food?				
6. Will the family eat a meal together or is it just grab and go?				
7. When does the family meal take place?				
8. How long do family meals take?				





9. Where are meals at home eaten?				
10. Who cleans up after meals?				
11. If the family goes out to eat, who decides where to go?				
12. What foods do family members snack on?				
13. What are the family snacking rules (if any)?				

### Discussion Questions

If you have completed this activity as an individual:

- How did you arrive at your decisions?
- What are the potential effects or consequences of the decisions made by you and the people in your family?
- Look at the identity map you created in Task 1-1. Did any aspects of your identity map affect who influences these decisions? If so, which ones and why?
- Do you ever feel that your voice is not heard by others? How can you ensure your voice is heard in the future?
- What are some steps that could be taken to involve yourself or more family members in making food-related decisions?

If you have completed this activity as a family:

After some discussion, give family members the chance to revise their responses, in part to achieve as much consensus as possible. What will (hopefully) develop is a visually varied picture of the decision-making dynamics of the family.

- To what extent was there agreement/disagreement in family members' feelings about who should hold the power to make food-related decisions?
- Which decisions had the most agreement?
- Which decisions had the least agreement?
- Did anyone change their mind after hearing another person's explanation?
- What are some steps that could be taken to involve more family members in making food-related decisions?

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