

# You Are What You Eat

What fills you up? Get together in groups of 8, sitting in the shape of a wagonwheel, four people back to back in the center and four people across from them on the outside of the circle. Everyone shares with the person across from them the answer to the first three questions about their eating habits. After two minutes, the four people on the outside move left (clockwise) to form new pairs. Now everyone answers the next three questions. Shift again to answer questions 7 to 9, and again to answer 10 to 12. Keep it moving—spending only about two minutes with each partner.

If you have time left over, answer the two questions below about your partner's habits under FEEDBACK.

1. My favorite food is ...
2. My favorite place to eat out is ...
3. My favorite dessert is ...
4. I draw the line when it comes to eating ...
5. If I could visit another part of the world to taste their food, I would go to ...
6. My idea of a midnight snack is ...
7. On a first date, I would probably eat at ...
8. If this was a really special occasion, I might take this person to ...
9. If I could order something "way out" at a restaurant, I might order ...
10. My favorite meal of the year with my family is ...
11. The most bizarre thing I ever ate was ...
12. The food that best describes my personality in the morning is ...

