

# MY FAVOURITE RESTAURANT\*

## – telling about favourite food by choice of restaurant

The aim of the 'My Favourite Restaurant' exercise is to create a good atmosphere while the educator gets to know the participants. Answering the question: "Which restaurant would you choose if going out for an evening?" – and letting participants use posters of different countries' foods to talk about their preferences for getting feedback on good experiences and common interests. For those who eat very traditional food, other participants' choice for restaurant can provide inspiration and make it 'less dangerous' to try out new food. This knowledge of food preferences can also give the educator some idea about participants' readiness to change eating habits.



Approximately 15-20 minutes, 1-2 minutes per participant



Seven food posters, possibly menu holders. Good table space



Group



The same type of exercise as 'Who Am I', 'My Mood' and 'My Exercise'

\* Source: Karin Lykke Iversen

# STEP BY STEP

1. The educator introduces the aim of the exercise: To share eating experiences with each other and possibly to be inspired to adopt new habits.
2. The food posters can be placed in a menu holder at the end of the table or spread out on the table that participants sit or stand around.
3. The educator introduces the exercise by saying for example: "What restaurant would you choose if you were going out to eat one evening? You can use the pictures for inspiration or for telling us a little about what you like to eat in a restaurant and whether you eat the same kind of food at home. It is up to you what you want to say. You can say how much you like that kind of food, for example its taste, great memories or something else."
4. The educator may choose to start off if participants have not tried this kind of assignment before.
5. The educator then asks who would like to continue. If they like, the other participants can ask the speaker a few more detailed questions.
6. All the participants talk about their choice.
7. The educator concludes for example by summarizing participants' shared preferences or major differences in eating habits and thanking them for inspiration for new experiences.