

Meaning of Food in Life

Have you ever thought about what is important to you about food? Is it something that is important to your life? In what way?

What values motivate your food choices the most? Moral, social, sacred, aesthetic, or health?

What are some examples of these values in your life?

1. Read each statement below and rate it on a scale of 1 to 7.
1 = I strongly disagree
2 = I mostly disagree
3 = I disagree somewhat
4 = I don't agree or disagree
5 = I agree somewhat
6 = I mostly agree
7 = I strongly agree
2. Add up the totals in each section and divide in order to get your personal rating for each set of values.

Moral

- _____ I care about the impact of my food choice on the world.
- _____ My food choices are an important way that I can affect the world.
- _____ When I eat food I think about where it came from.
- _____ I eat in a way that expresses care for the world.
- _____ My food choices reflect my connection to nature.
- _____ ÷ 5= _____

Social

- _____ Food is closely tied to my relationships with others.
- _____ When I eat I feel connected to the people I am eating with.
- _____ Food is a way for me to connect with my cultural traditions.
- _____ Sharing food with others makes me feel closer to them.
- _____ Making food for others is a main way I show care for them.
- _____ ÷ 5= _____

Sacred

- _____ What I eat is a reflection of my spiritual beliefs.
- _____ From a spiritual perspective some foods are better than others.
- _____ My food choices are a way for me to connect with the sacred.
- _____ Some foods are spiritually polluting.
- _____ $\div 4 =$ _____

Aesthetic

- _____ Preparing a good meal is like making a work of art.
- _____ A good meal is like a work of art.
- _____ Eating a good meal is an aesthetic experience like going to a good concert or reading a good novel.
- _____ I can appreciate the beauty of a dish even if I do not like it.
- _____ $\div 4 =$ _____

Health

- _____ I get satisfaction from knowing that the food I eat is good for my health.
- _____ Eating foods that I know are good for my body brings me comfort.
- _____ I feel that nourishing my body is a meaningful activity.
- _____ I eat in a way that expresses care for my body.
- _____ $\div 4 =$ _____

Definitions

Moral: You are concerned with doing the right thing for society, animals or the environment when it comes to food.

Social: You care about how food allows you to interact with and connect to people

Sacred: You have spiritual beliefs and a sense of a higher purpose that is reflected in how you eat

Aesthetic: You appreciate the artistry and beauty of good food and the dining experience

Health: You care about having good nourishment to ensure your physical well-being

Arbit, N., Ruby, M., and Rozin, P., (July 2017). *The Meaning of Food in Life Scale: Evidence for Links with Healthy Eating, A Positive Relationship to Food, and Established Determinants of Healthy Eating Behavior.* [http://www.jneb.org/article/S1499-4046\(17\)30288-9/pdf](http://www.jneb.org/article/S1499-4046(17)30288-9/pdf)