



Your Eating Fingerprint

Take a moment to answer the questions below, reflecting on your experience and relationship with food and eating as a child:

Please describe your relationship with food as a child.

What was your favorite childhood food?

Does this still hold true today? If not – what is your favorite food now and why?

Would you describe this as a comfort food?

What is the definition of a comfort food for you?

Describe your parents and/or care-takers relationship with food.

How do their behaviors influence your eating patterns today?

Please draw what your dinner table looked like as you were growing up.



Questions to think about post drawing your table....

Who is sitting at the table with you?

Where are you in relation to other family members?

What were you doing at the table? How were you feeling at the table?

Is there food on the table?

What are the family members eating?

Are you eating?

How is it different from your dinner table today?

Do these answers influence your dining experience today?

Do the eating patterns and behaviors of your childhood shape your relationship to food today?