

Healthy Eating: Strategies for Eating Alone¹

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Eating alone may not always be our first choice, but there are many ways to make eating alone more enjoyable. Examples include listening to music or a book on tape, watching television, calling a friend or family member, choosing pleasant lighting, or eating outside in the fresh air.

Can you find the following strategies in the word search below?

Music • Book • Television • Phone • Lighting • Outside

G	B	U	Z	D	S	I	Z	I	U	F	A	I	Q	H
N	B	N	D	U	B	O	M	U	F	V	K	Z	Z	P
I	I	V	S	N	W	E	P	C	A	W	Z	M	J	U
T	Z	Q	W	T	O	S	P	P	W	E	B	V	C	V
H	F	Y	U	X	V	I	M	A	D	A	O	J	P	W
G	I	I	M	F	J	A	S	I	Y	H	O	V	T	C
I	K	E	X	I	U	A	S	I	T	T	K	V	L	F
L	M	O	P	V	P	T	K	P	V	G	B	B	U	S
A	M	Q	Y	V	U	H	H	Z	U	E	C	U	Z	R
E	M	U	C	O	X	B	P	D	E	J	L	M	C	N
W	P	C	S	Q	H	G	O	L	S	V	M	E	X	Z
J	E	D	N	I	D	C	V	I	Q	C	N	H	T	U
S	T	Q	L	T	C	B	V	Y	H	E	I	I	X	R
D	E	U	X	C	L	P	Y	W	W	I	X	T	D	J
P	H	O	N	E	N	G	S	Z	W	Y	Q	J	I	U



Figure 1. Try eating outside in the fresh air. Credits: Photo by Judy Baxter. CC BY-NC-SA 2.0 <http://flic.kr/p/9Hxzz7>

1. This document is FCS80016, one of a series of the Department of Family, Youth and Community Sciences, UF/IFAS Extension. Original publication date March 2012. Reviewed July 2017. Visit the EDIS website at <http://edis.ifas.ufl.edu>.
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