Lesson 1.18 – (Relevant to National Health Education Standards 2, 5 & 7)  

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The Dark Side of Variety
How variety causes you to overeat

Objective: To learn that you will eat more food if given a variety of options than you will if given only one option.

Warm-Up Questions:
1. Explain why you think you would eat [more/less/the same amount] of pudding if given both chocolate and vanilla to eat versus just one flavor.

Blackboard Plan:

<table>
<thead>
<tr>
<th>Have Bread at Home:</th>
<th>Thinking about bread now:</th>
<th>More likely to eat bread today:</th>
</tr>
</thead>
</table>

Activity:
Materials:
- two bags of Skittles
- large bowl
- empty egg carton

Procedure:
1. Empty one bag of Skittles into the large bowl.
2. Empty the other bag of Skittles into the egg carton (put each color into separate holders.)
3. Put the two containers side-by-side.
4. Ask the class for two volunteers.
5. Have one volunteer take a serving of Skittles from the bowl, have the other volunteer take a serving of Skittles from the egg carton.
6. Before the volunteers eat their Skittles, count the number of Skittles each volunteer took and have the class discuss which person seems to have a greater variety of Skittles.

Discussion Questions:
1. Why do you think variety causes people to eat more?
2. What are some situations where having a greater variety would be beneficial? When would it be bad?

Take-Away Facts:
1. If a bag of trail mix is put in 20 bowls, people will think there is a greater variety than if the same amount was put into just a few bowls.
2. When variety increases, people eat more. For example, when people were offered three different types of yogurt, they ate as much as 300% more than when offered only one type.
3. Having a variety of foods available makes people think that they will enjoy the foods more.

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