

Fast Food Restaurant

You are in the mall shopping and it is about time to eat. There are many choices in the food court but all of them fast food.

- What strategies can you use to deal with some of the challenges in this situation?
- How could this situation have been avoided?



Challenges	Strategies To Manage

I can avoid this situation by:

Family Restaurant

Every other week you get together with a group of friends to go out for a meal. You chose the restaurant last time and this time it is someone else who is picking. They choose a local Family Restaurant.

- What strategies can you use to deal with some of the challenges in this situation?



Challenges	Strategies To Manage

Other Notes:

Buffet

You are at a wedding where the meal is served buffet style.

- What strategies can you use to deal with some of the challenges?



Challenges	Strategies To Manage

Other Notes:

Supper At A Friend's

You are going over to a friend's house and they have prepared a large fancy meal. They have made some of your favourite foods especially for you.

- What strategies can you use to deal with some of the challenges in this situation?



Challenges	Strategies To Manage

Other Notes:

A Holiday Party

You are going to an evening holiday party and you know there are going to be appetizers, snack foods and drinks available the whole time.



- What strategies can you use to deal with some of the challenges in this situation?



Challenges	Strategies To Manage

Other Notes:
