Healthy Eating: Strategies for Eating Alone

Emily Minton and Linda B. Bobroff

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?

![Word Search](image)

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2. Emily Minton, B.S., former ENAFS program coordinator; and Linda B. Bobroff, professor; Department of Family, Youth and Community Sciences, UF/IFAS Extension, Gainesville, FL 32611.