

## APPENDIX K: (SECTION 8)

# FOOD MEMORY ACTIVITY

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Make copies of the two lists of food in the following tables. Mentally divide the room in half giving copies of Set 1 to participants on the left side of the room and copies of Set 2 to participants on the right. Tell participants that the list being distributed contains 20 items you'd like them to remember. Do not share that the lists are categorized differently. Participants will have 1 minute to try and memorize as many items on the list as possible. After the allotted time, participants will turn their paper over. Now make the prediction that all participants on the left side of the room or table (or whichever side you select to get Set 1) will remember more items from the list than the other side. Ask participants to write all the items they can remember from the list on the back side of the paper.

After 2 minutes, ask participants to raise their hand if they wrote down 20 items from the list. Then 19 items, 18, 17, 16 and so on. You will see that the participants that received the categorized list fared better.

The prediction you made about one side doing better than the other came true. Explain to them that the list of food in Set 1 was categorized by food groups and Set 2 was not. The process we used in this situation is called *chunking*. Chunking means to organize items into familiar manageable units.<sup>17</sup> In chunking, information is re-coded or regrouped so your brain can memorize in meaningful structures or *chunks*. The *chunk* capacity of short-term memory has been shown to be in the range of five to nine. When you teach, think about how many pieces of information you give at one time. If there are more than five to nine, participants may have a harder time remembering what they have learned.

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**FOOD MEMORY ACTIVITY – SET 1**

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<b>FRUITS</b>	<b>MEATS</b>	<b>VEGETABLES</b>	<b>DESSERTS</b>
<b>Apples</b>	<b>Beef</b>	<b>Onions</b>	<b>Ice Cream</b>
<b>Oranges</b>	<b>Chicken</b>	<b>Mushrooms</b>	<b>Cake</b>
<b>Bananas</b>	<b>Tuna</b>	<b>Peppers</b>	<b>Cookies</b>
<b>Pineapple</b>	<b>Pork</b>	<b>Cabbage</b>	<b>Cherry Pie</b>
<b>Strawberries</b>	<b>Lamb</b>	<b>Bean Sprouts</b>	<b>Brownies</b>

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**FOOD MEMORY ACTIVITY – SET 2**

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<b>Chicken</b>	<b>Onions</b>	<b>Cherry Pie</b>	<b>Tuna</b>
<b>Bananas</b>	<b>Lamb</b>	<b>Peppers</b>	<b>Cake</b>
<b>Ice Cream</b>	<b>Apples</b>	<b>Strawberries</b>	<b>Pork</b>
<b>Cabbage</b>	<b>Pineapple</b>	<b>Cookies</b>	<b>Mushrooms</b>
<b>Oranges</b>	<b>Beef</b>	<b>Bean Sprouts</b>	<b>Brownies</b>