

# Mindless Eating Mini-Experiment

By Leah Merone





# 1) Describe the topic and methods of the mini research study

- I've conducted a mini-experiment at D Hall with the help of one of the lunch ladies
- We recorded the first ten subjects to come in and ask for pasta at the pasta stand
- The lady asked each of them if they would like a small portion or a large portion, and their answers were recorded



## **2) Why is researching this particular topic and research relevant to the general population?**

I believe that this topic is relevant to the general population because when we are given serving size choices, we tend to go for the largest available option, even when it isn't healthy for us. I wanted to test this hypothesis in an environment where all food was free, removing any obstacle that would cause the person to go for the "less expensive" option.



### **3) Who was studied?**

The subjects were ten college students between the ages of 18 and 22.

### **4) What was the hypothesis?**

My hypothesis was that if students were offered a choice between a small or a large portion of pasta, they would most likely choose the larger portion.



## **5) State the study's methods.**

- I convinced one of the lunch ladies to assist me in this project
- We recorded the first ten people to approach the pasta stand
- She asked each of them if they would like a large portion of pasta or a smaller portion
- We recorded their responses



## **6) What were the findings of the research?**

Subject #1: Large portion

Subject #2: Large portion

Subject #3: Small portion

Subject #4: Large portion

Subject #5: Large portion

Subject #6: Small portion

Subject #7: Large portion

Subject #8: Small portion

Subject #9: Large portion

Subject #10: Small portion



## **Were results similar throughout the subjects tested? Why or why not?**

The results were mostly similar. The majority of people chose the large portion (6 chose large, 4 chose small).

I believe this is because that people always tend to go for the option that gives them more of something, even if that something is bad for them.



# **Did the findings match the hypothesis? Why or why not?**

Yes, the findings matched my hypothesis. My results proved that if students are offered a choice between a small or a large portion of pasta, they will most likely choose the larger portion.

My hypothesis proved true, because the majority of the students chose the larger portion of pasta.



## **What observations/opinions can you make regarding the results about the Longwood University population?**

I can conclude that college students at Longwood University have forgotten that sometimes it's better to take smaller portions, as those mean less calories. This could lead to health risks, as well as possible wasted food.

I can also conclude that many of them might not be able to handle unlimited food.



## **How can these results help to change “mindless eating?”**

These results can show students that they might do better if they take smaller portions of food. They only need to take as much as they need, and many of them do not need larger portions.

These results can also show just how much food they eat.