Mindless Eating



Researching How Much "Mindless Eating" Students Partake in at D-Hall

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

- I have conducted an experiment at Longwood Dining Hall to see how much students eat mindlessly
- I recorded 10 different students who were planning to eat at D-Hall
- I asked them how long they were going to be at the dining hall, what they planned on eating, and how much they ended eating by the end of dinner

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 go to an open buffet, such as the dining hall, we are more inclined to keep going up for more because there is no limit. Another factor that increases food consumption in buffets is the amount of time you sit at the table. With the longer you sit, the more food you will get because you are simply bored, or others get up to eat more food. I want to show that people are more inclined to eat more the longer they sit at the table when going to a buffet.

3) Who was studied?

Subject #1: College student, female

Subject #2: college student, female

Subject #3: college student, male

Subject #4: college student, female

Subject #5: college student, female

Subject #6: college student, male Subject #7: college student, male Subject #8: college student, female

Subject #9: college student, female

Subject #10: college student, female

4) What was the hypothesis?

My Hypothesis: If the student sits at the dining hall for more than 30 minutes, they will get more food than they originally said. The longer they sit, the more food they will accumulate.

5) State the study's methods.

- I recorded 10 college students who were going to dhall to eat with a group.
- I asked each student what they planned to eat for their dinner.
- I recorded how long they sat at the table and after their meal I asked them everything they ended up eating.
- I also recorded their gender.

6) What were the findings of the research?

Subject #1:

How long they sat - 35 minutes How much they added - 0% <u>Subject #2:</u>

How long they sat - 60 minutes How much they added - C

Subject #3:

How long they sat - 40 minutes How much they added - C

Subject #4:

How long they sat - 50 minutes How much they added - B

Subject #5:

How long they sat - 60 minutes How much they added- D

* 0% = didn't add anything
(A): 1 - 25% - added up to ¼ more to their plate
(B): 26 - 50% - added up to ½ more to their plate
(C): 51 - 75% - added up to ¾ more to their plate
(D): 76 - 100% - added up to double food to their plate
(E): 101 +% - over doubled their food on their plate

The Findings, Part II

Subject #6:

How long they sat - 45 minutes How much they added - C

Subject #7:

How long they sat - 55 minutes How much they added - D

Subject #8:

How long they sat - 40 minutes How much they added - B

Subject #9:

How long they sat - 38 minutes How much they added - B

Subject #10:

How long they sat - 30 minutes How much they added - A

* 0% = didn't add anything
(A): 1 - 25% - added up to ¼ more to their plate
(B): 26 - 50% - added up to ½ more to their plate
(C): 51 - 75% - added up to ¾ more to their plate
(D): 76 - 100% - added up to double food to their plate
(E): 101 +% - over doubled their food on their plate

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

- The results of the mini experiment were similar across the board. My
 hypothesis that the longer a student sits at the table, the more food they will
 add to their plate, was generally correct. There were a couple of outliers, but
 overall, there was an increase from how much they thought they were going
 to eat, and how much they actually ate.
- I believe the results are very similar because when people have unlimited food options, and sit for a long time, they are more likely to mindlessly eat and get seconds, thirds, or even fourths.

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

 Yes, my findings did match my hypothesis. My results proved that the longer people sit, the more likely they are to accumulate more food because my research showed that people increased their food intake with the amount of time they sit.

What observations/opinions can make regarding the results about the Longwood population?

- I can conclude that Longwood students can find themselves sitting in dhall for up to an hour, and the longer they sit, the more unprecedented, mindless eating they partake in.
- I can conclude that students generally also don't stick to their plan on what they want to eat and what they actually do eat.

How can these results help to change "Mindless Eating?"

- These results show that students do not stick to their plan when they go to eat at the dining hall, and if they are aware of their mindless eating they are more likely to stick to a plan.
- They also point out to students the correlation between wasting time in the dining hall and increased food intake, pointing out that if students cut down on their time at d-hall, they will have less food intake.