“Main family cook” script
I ask the kids what they would like
↓
I shop after work
↓
I cook a one pot meal and leave it on the stove with a stack of plates
↓
People eat when they are ready or get home from practice

Sometimes I clean up when everyone goes to bed

“Everyone helps” script
We decide the night before what we want to cook
↓
If we need an ingredient, my wife will pick it up during the day
↓
One person does the chopping of vegetables, another watches the cooking on the stove and someone washes dishes and pans as we go along
↓
We usually eat around the table together and spend a lot of time talking and laughing
↓
We often wash up the last glasses and dishes in the morning

Food Choice Scripts
This model depicts the mental maps people use for eating situations that occur regularly. The sequential behaviors provide a guide for food choices within various food and eating contexts.