

# What's For Lunch?

## An Example of Criteria-Based Decision-Making



### How To: Criteria-Based Decision-Making

**Learning Objectives:** To understand what criteria-based decision-making is, and how it can be an effective way to make decisions

**Scaffolds:** This activity is considered a scaffold for the [Issue Selection Grid](#) and [Using Criteria-Based Decision-Making](#) activities.

Criteria-Based Decision-Making may be a new term for your students. In fact, this is something they use in their daily life, they just may not realize it. When introducing Criteria-Based Decision-Making, use an everyday example to help familiarize your students with this concept before using it in their Earth Force project. Below is an exercise that you can use with your students to orient them to Criteria-Based Decision-Making.

Deciding what to eat for lunch is a perfect example of using Criteria-Based Decision-Making in daily life!

**Definition:** Criteria are guidelines we use to make judgments or decisions.

When deciding what to eat, you think about what you want or like, what is available, and what is involved in preparing the food among other things. You are making multiple decisions to refine your options.

Ask your students what criteria they think about when deciding what to eat. Here are a few ideas:

- What's already in the fridge/pantry
- How tasty the food option is
- How healthy the food option is
- How long it will take to cook

Using these criteria, you narrow down your options. Using a table like the one below creates a visual representation of that narrowing-down process. The more boxes checked for each option, the more closely matched it is to your criteria!

	Peanut Butter & Jelly Sandwich on White Bread	Mac & Cheese	Pizza	Salad	Turkey and Cheese Sandwich on Whole Wheat Bread
Availability (already in fridge /pantry)	X	X		x	X
Taste	X	X	X		X
Health				X	X
Shortness of Cooking Time	X			X	X

So as you can see, Turkey and Cheese on Whole Wheat is the best option for lunch using these criteria!

