

## Improving Your Eating Habits

### **Analyze Food Labels**

What is the purpose of food labels?

A \_\_\_\_\_ food is a food that has been specially treated or changed.

ALL processed foods must have a \_\_\_\_\_.

How are ingredients organized?

### **Influences on Your Food Choices**

Match the following influences to each example.

- a. Availability
- b. Family
- c. Health Benefits
- d. Situation
- e. Mood
- f. Body Image
- g. Habit
- h. Cost
- i. Media
- j. Vegetarian Lifestyle

\_\_\_\_\_ Going to McDonalds every day to buy lunch.

\_\_\_\_\_ I come from a Greek background and we eat lamb for holidays.

\_\_\_\_\_ Barry has a peanut allergy.

\_\_\_\_\_ Michael Jordan on a Wheaties cereal box

\_\_\_\_\_ The school cafeteria has 2 options for lunch: burgers or hot dogs.

\_\_\_\_\_ Mary does not eat any animal products

\_\_\_\_\_ Unhealthier options are cheaper than healthier options

\_\_\_\_\_ Hanging out with my friends and we decide to go to Chipotle.

\_\_\_\_\_ When someone is afraid they are too skinny or overweight

\_\_\_\_\_ Eating when sad or happy

### **Reasonable Shopping Choices**

How can you save money at the grocery store?

### **The Role of Supplements**

Nutritional \_\_\_\_\_ is a non-food pill, powder, or liquid that contains minerals, vitamins, and other healthful substances.