

DATE:

NAME:

How Does It Affect Me?

BLM 1.4

Certain factors affect food choices and habits, and the choices we make form our habits. For each situation, describe what food choice you would probably make and the possible positive or negative consequences of your decision.

Situation	Food Choice	Possible Consequences
You are hungry on the way home from school.		
You are home alone and responsible for preparing your own meal.		
You have a packed lunch from home, but your friends are all going off-site for fast food.		
You forgot your lunch.		
You did not have breakfast. It is now lunchtime.		
You are hungry between classes.		
You are sitting in front of the TV or the computer.		