

Stage 3

Outcomes:

PHS3.12 Explains the consequences of personal lifestyle choices.

DMS3.2 Makes informed decisions and accepts responsibility for consequences

Food Decisions

As a class, brainstorm the factors that influence student choice of foods.

Responses may include: price, taste, preparation time, convenience, friends, parents, allergies and Advertising.

Make a list on the board.

Put up three signs around the room. 'Agree' 'Disagree' and 'Unsure'

Read the following statements to the students.

Ask students to move the sign that best describes their reaction to each statement.

After each statement is read, allow students a few minutes to discuss and justify reasons for their stance with someone who is standing near them.

Select certain statements to discuss as a class.

Statements

- Taste is the most important consideration when choosing food.
- I would always choose to eat a hamburger over a salad roll.
- What I eat is largely influenced by what my friends eat.
- What I eat is largely influenced by what my family eats.
- Takeaway or convenience foods are an important part of my diet.
- I like to try things I see advertised.
- I do not like to try new things to eat.
- Healthy food always tastes terrible.
- It is cheaper to buy takeaway than healthier foods.
- I do not like the taste of tap water.
- Sports drinks such as 'Gatorade' are good for you.



Adapted from the Crunch&Sip® school resource pack

agree

disagree

unSURE

