



Directions: Answer the questions below as they relate to the chart you completed on the other side.

1. How many marks in the red column? Yellow? Green?
2. In three or more sentences, explain what this activity reveals about YOUR eating habits?
3. What are five examples of healthy, nutrient dense foods that you do not eat but should eat?
4. What factors do you think affect your food choices the most? In other words, what are the main reasons you eat the things you eat most often? List a minimum of five (5) factors.