

# Food Choices

Find the ads in the newspaper for food, check them out and categorize the products into two types – good choices and poor choices. Write the name of the item and the reason why you placed it where you did. Are there any poor choices in your diet that you feel ready to give up or cut down?

## Good Choices

Food Item

Reason

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Poor Choices

Food Item

Reason

1. \_\_\_\_\_

\_\_\_\_\_

2. \_\_\_\_\_

\_\_\_\_\_

3. \_\_\_\_\_

\_\_\_\_\_

4. \_\_\_\_\_

\_\_\_\_\_

5. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_