

Name: _____

Hour: _____



Video Worksheet

Why do we choose the foods we eat?

1. **Hunger** – Do you just grab anything nearby when hunger hits?
2. **Taste** – Do you prefer certain tastes or are you willing to be adventurous and try new foods?
3. **Family & Culture** – Are there certain foods your family prefers?
4. **Religion** – Do you have guidelines that specify which foods can be eaten and/or how the foods should be prepared?
5. **Friends** – The word companion means “to share bread with another.” Do you like to spend time with friends and share different food ideas? Are you willing to try foods your friends like?

6. **Emotions** – Do you have a special comfort food? What would be some examples of comfort food?

7. **Advertising** – Are you affected by commercials and fun sizes for foods? Are you an impulse buyer?

8. **Convenience** – Does grabbing something quick and easy appeal to you? What are some of your favorites?

9. **Geography** – Are your choices of food related to where you live?

10. **Healthy Lifestyle** – Do you eat enough healthy foods? Do you read nutrition labels?