**Appendix A: Student Handout**

**Making Food Choices Name**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1a. List four factors that affect what you choose to eat for breakfast, lunch and/ dinner each day?

b. What factors may affect other people?

2. List some products that use celebrity endorsements to market their product?

3. What does eating locally mean to you?

4. In your opinion, what or who has a greater impact on what a teenager eats? *Friends, parents* or *wallet*

5. What food do you think schools should allow served in a cafeteria?

*Spaghetti with tomato sauce, french fries, chicken fingers, frozen meat pie, or pizza pops*

6. Which beverages are not allowed to be sold in a vending machine at school?

*Fruit punch, Sunny D orange drink, cranberry juice, chocolate milk, limeade and 2% milk*

7. List four things to remember when you prepare food in order to be food safe.