What is your favorite beverage?

Take another turn!

Name two healthy things you could order in a fast food restaurant.

What vegetables and fruit did you eat yesterday?

What do you usually have for lunch?

How have your eating habits changed since you were a child?

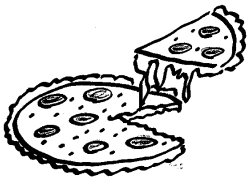
Start in any box.
Use a coin for taking turns
heads=1 space
tails=2 spaces

Do you plan your meals in advance? Why or why not?

When you go food shopping, do you only buy the things on your shopping list?

What is your favorite healthy food?

Is pizza a healthy food?



What is your favorite dinner? Is it healthy or unhealthy?

What is your favorite unhealthy food?