What vegetables and fruit did you eat yesterday?

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

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

What is your favorite beverage?

Take another turn!

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

What do you usually have for lunch?

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

Is pizza a healthy food?

What is your favorite unhealthy food?

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

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

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