

## Objective

By the end of this lesson, you will be able to justify food choices by analyzing the factors that influence eating habits.

## Materials and Prep

Materials needed: Pen and paper, access to the internet for research.

Prep: None

## Activities

- **Research:** Look up and list different factors that influence eating habits such as culture, media, peer pressure, and personal preferences.
- **Food Diary:** Keep a food diary for a day and analyze how different factors influenced your food choices.
- **Role Play:** Act out a scenario where you justify your food choices to a friend or family member using the factors you researched.

## Talking Points

- **Quotation:** "Our food choices are influenced by many factors such as our cultural background and personal preferences."
- **Quotation:** "The media plays a big role in shaping our perceptions of what is 'healthy' or 'trendy' to eat."
- **Quotation:** "Peer pressure can also impact our food choices, as we may want to fit in with what our friends are eating."
- **Quotation:** "It's important to understand these influences so we can make informed decisions about what we eat."