**Learning diet**

1. Complete the eating habits checklist below, putting an ‘x’ in the ‘Check’ column for each habit you do. Add at least one habit of your own, at the bottom.

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| **Habit** | **Check** |
| I’m a picky eater. |  |
| I’m an adventurous eater. |  |
| I refuse to eat certain foods because they seem weird or make me feel uncomfortable. |  |
| I am vegan, vegetarian, or pescatarian. |  |
| I prefer one or more of the following types of food: non-GMO, organically grown, pesticide-free, unprocessed, without added sugar, without MSG or other additives. |  |
| I like spicy food. |  |
| I usually eat three meals a day. |  |
| I often skip breakfast or another meal. |  |
| I often snack. |  |
| I eat lots of ‘junk’ food – chips, chocolate, energy drinks and so on. |  |
| I eat at restaurants more than once a week. |  |
| I eat take-away food more than once a week. |  |
| I regularly eat meals with my family. |  |
| I often eat alone in my room. |  |
|  |  |

Move onto the next page when you’ve completed the table above.

1. Complete the diet influence checklist below, putting an ‘x’ in the ‘Check’ column for each thing that might influence your eating habits. Add at least one influence of your own, at the bottom.

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| **Influence** | **Check** |
| Taste preferences. |  |
| Ideas about body image, weight, or appearance. |  |
| Ideas about health. |  |
| Social considerations. |  |
| Financial considerations. |  |
| Ease or convenience. |  |
| Ethical considerations (e.g. animal welfare). |  |
| Specific health concerns like allergies, coeliac disease or Crohn’s disease. |  |
| Social media. |  |
| Advertising. |  |
| Food labels or packaging. |  |
| Scientific research. |  |
| Other media (e.g. television, magazines, books, documentaries). |  |
| Friends and peers. |  |
| Family. |  |
| My cultural background. |  |
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