

Name \_\_\_\_\_

## Decoding Food Advertising: Making Informed Choices

### Multiple Choice Questions

1. What is the main purpose of food advertisements?
  - a) To educate people about healthy eating
  - b) To make food look irresistible and trigger cravings
  - c) To encourage people to skip meals
  - d) To promote cooking at home
  
2. How can food advertising influence food choices?
  - a) By providing accurate nutrition information
  - b) By making people less hungry
  - c) By triggering cravings and impulsive eating decisions
  - d) By encouraging people to eat more fruits and vegetables
  
3. What role does peer pressure play in food choices influenced by advertising?
  - a) It has no impact on food choices
  - b) It can make it challenging to resist food promotions
  - c) It encourages people to eat healthier
  - d) It only affects adults, not children
  
4. Which of the following is a tip for making informed food choices in a world filled with food advertisements?
  - a) Avoid reading nutrition labels
  - b) Always choose the option that looks the most delicious
  - c) Compare different food options and consider healthier alternatives
  - d) Never plan your meals in advance
  
5. Why is it important to strike a balance between enjoying treats and making healthy choices?
  - a) Because you should always avoid treats
  - b) Because advertising only promotes unhealthy foods
  - c) Because balance helps you maintain a healthy diet and enjoy your favorite foods
  - d) Because there is no need to balance food choices

