

Name _____

Decoding Food Advertising: Making Informed Choices

Short Answer

1. How does food advertising trigger cravings and influence food choices?
2. What should you consider when reading nutrition labels and ingredients lists to make informed food choices?
3. Explain the role of critical thinking in resisting the influence of food advertisements.
4. Describe one strategy for limiting exposure to food advertisements in your daily life.
5. Why is planning your meals and snacks in advance a helpful strategy for making informed food choices?

