Name _____

Decoding Food Advertising: Making Informed Choices

Open-Ended Response Questions

1. Share a personal experience where food advertising influenced your food choices. How did you handle the situation, and what did you learn from it?

2. Imagine a scenario where you're at a friend's house, and they offer you a snack that you saw advertised on TV. How would you make an informed decision in this situation, considering the influence of both advertising and peer pressure?

3. Discuss the potential consequences of regularly making impulsive food choices based on food advertisements. How can being mindful of these choices improve your overall well-being?

4. Reflect on the importance of educating children and teenagers about the impact of food advertising and how to make informed food choices. What strategies or lessons could be effective in teaching this topic?

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