

Name _____

Decoding Food Advertising: Making Informed Choices

Short Answer Key

1. Food advertising triggers cravings by using enticing images and descriptions that make food look irresistible. It influences food choices by making people want specific foods, even if they weren't hungry before.
2. When reading nutrition labels and ingredients lists, you should consider factors like serving size, calories, fat content, sugar content, and the presence of any allergens or additives. This helps you understand what you're about to eat and make informed choices.
3. Critical thinking helps resist the influence of food advertisements by encouraging individuals to pause and question their cravings. It allows them to differentiate between genuine hunger and advertising-induced cravings.
4. One strategy for limiting exposure to food advertisements is to reduce screen time, especially during TV shows or websites with frequent food ads. Additionally, you can use ad-blockers or subscribe to ad-free content.
5. Planning meals and snacks in advance is helpful because it reduces the likelihood of impulsive food choices. When you have a meal plan, you're less likely to be swayed by last-minute cravings.

