

Name _____

Decoding Food Advertising: Making Informed Choices

Open-Ended Response Answer Key

1. Personal experiences with food advertising influencing food choices will vary among individuals. Please share your own personal experience in a situation where food advertising affected your food choices. Describe how you handled it and what you learned from the experience.
2. In a scenario where a friend offers a snack that you saw advertised on TV, making an informed decision is important. You could politely decline if you're not genuinely hungry or suggest an alternative snack. It's essential to resist peer pressure while considering your own preferences and health goals.
3. Regularly making impulsive food choices based on food advertisements can lead to unhealthy eating habits, weight gain, and potential health issues. Being mindful of these choices can improve overall well-being by promoting better nutrition and healthier eating habits.
4. Educating children and teenagers about the impact of food advertising is crucial. Effective strategies may include discussing advertising techniques, analyzing advertisements together, and teaching critical thinking skills to evaluate food choices based on advertising. Additionally, promoting media literacy and encouraging open conversations about food choices can empower young individuals to make informed decisions.

