

Factors Influencing Food and Drink Choices

Ages 11-14

Activity Card 2
45 Minutes
Topics: Critical Thinking,
Emotional, Social, Medical and
Practical Influences, Food and
Drink Choice



Activity Overview

Children will examine internal and external influences on their personal food and drink choices.

Assessment

The educator will observe children's ability to apply knowledge related to influences on healthy eating and drinking choices.

Equipment

Chart paper, Markers

Minds On

Working with a partner, children brainstorm the various factors that influence eating and drinking habits and food and drink choices, such as:

- allergies and sensitivities
- likes and dislikes
- dental health
- food availability
- media influences
- cultural influences
- influences of family and friends
- environment
- cost

Children share their responses with the group.

Consolidation

Have each group share a few key responses that were provided by their groupmates.

Children complete an Exit Card by answering the following prompts:

1. Identify emotional and social factors that could lead to unbalanced eating or drinking habits or choices.

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2. How might you handle these emotional and social factors?