

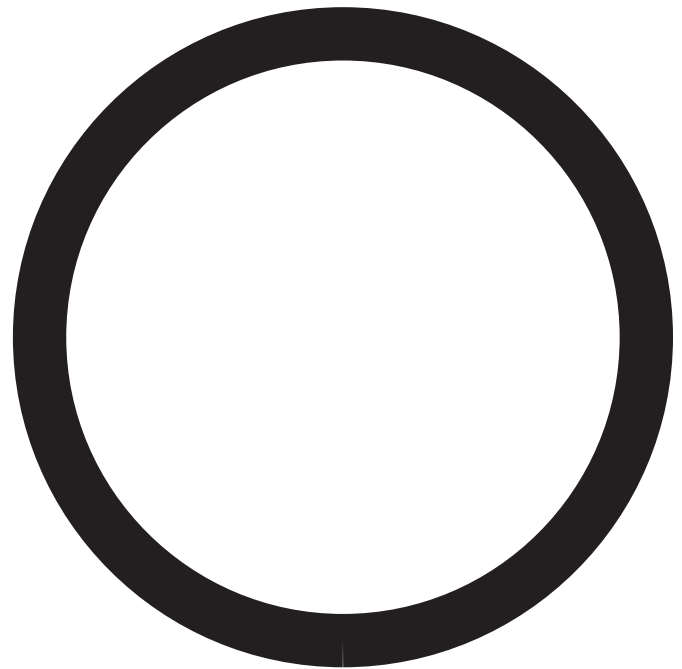
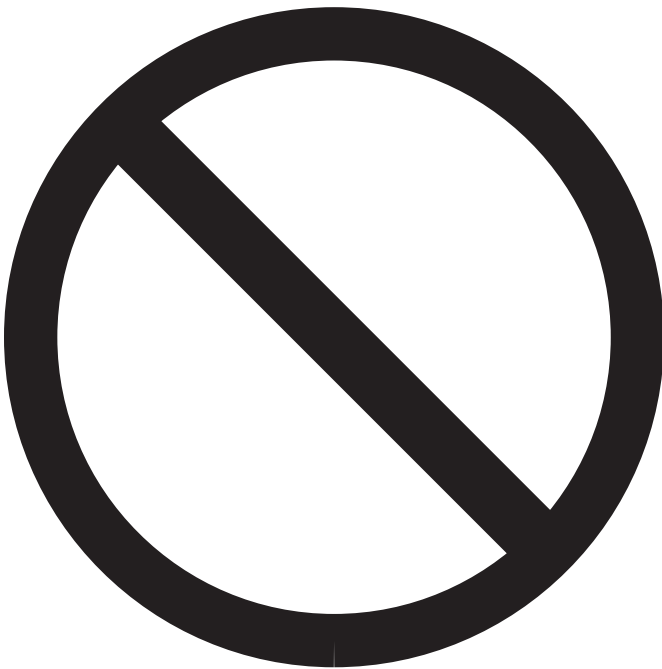
Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Healthier Food Choice**

Was your food a healthier choice?

Draw your meal under the correct sign.



If your fast-food choice wasn't the healthiest choice, how can you make it healthier?

## Success Criteria

Application	Knowledge and Understanding	Thinking
<b>1.5 Critical Thinking</b> 1. thinks critically to make connections between mental health and food choices and evaluate choices in the context of healthier food choices	<b>C1.1 Nutrients</b> 1. demonstrates an understanding of different types of nutrients 2. demonstrates an understanding of the various functions of different nutrients	<b>C2.1 Making Healthy Choices</b> 1. evaluates personal food choices on a variety of criteria 2. relates mental health and emotional well-being to stress-management techniques