

# Making Choices

Bring in several food sections from the newspaper. Display some of the food ads as you discuss with students the importance of making wise food choices. Invite students to tell what they think makes a food a healthful choice. Help them conclude that it is important to eat a variety of different kinds of foods and that some foods should be eaten more than others.

Ask small groups of students to study the ads and write a shopping list of foods they would buy to make a healthful meal. You might also have students calculate the cost of the ingredients of the meal. Or, give them a budget and challenge them to create a healthy meal for a family .

