

# Exploring Nutrition Handout for Teens

During the lesson, write down any words that you are unsure about, so we can look them up and talk about them. \_\_\_\_\_

Answer the first question before the lesson starts. Wait until the end to answer the other questions.



1. What are you like when you are really hungry?



2. What is nutrition? How does it affect your body and mind?



3. Describe a way you plan to eat healthier.

## Which goals did you meet?

- To increase motivation to improve nutrition and healthy eating
  - To list a way nutrition can affect your mental health and mood
  - To list a reason nutrition awareness is important
  - To discuss a tip for a healthy eating
  - To describe emotional eating
  - To describe a way you plan to eat healthier