

Icebreakers for Exploring Nutrition

Why is your nutrition important?

What is your favorite snack? How important are snacks to you?

What is your favorite meal to cook?

How do you feel if you don't eat all day?

How do you feel if you overeat?

How do you feel if you drink a pot of coffee?

Why should we eat in the morning or within 2-3 hours after waking up?

How do you know if your blood sugar is low?

Does what you eat affect your mood? If so, how?

How does drinking alcohol affect nutrition and mood?