

## *FOODS*

Step 1. Make a list of foods that you like to eat and then order them from your most favorite to your least favorite. Indicate if the foods on your list are healthful or unhealthful.

	healthful	not healthful
1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____

Step 2. Interview a classmate. Ask your partner to tell you at least five foods that he/she likes. Use the scale below to classify your partners food choices.

**Model:** Student 1: What are your five favorite foods?  
Student 2: I like hamburgers, broccoli, cheese etc.  
Student 1: Are hamburgers very unhealthful, more or less healthful, or not healthful at all?

not healthful at all		more or less healthful		very healthful
1	2	3	4	5

- 1.
- 2.
- 3.
- 4.
- 5.

Paso 3. We will compare our evaluations with the class. Which are the most healthful foods that the majority of the class prefer.. What is the least healthful? As a whole, does the class eat more healthful or unhealthful foods. Why?