



# Food and adolescent health

## Anticipation Guide

Name

Date

Before you begin any topic, it is a good idea to gather all the things you may know about it. This sheet is designed to help you reflect on what you know or believe about food choices. At the end of the activities, you will be asked to re-do the sheet and you can see whether or not your knowledge and understanding have altered.

Agree       Disagree      ? Not sure

What do you think?	Before course	After course	Comments
1. Foods recommended for Australians have not changed in the last twenty years.			
2. I know someone who has diabetes.			
3. Obesity is the result of a number of issues.			
4. Only fat people have high cholesterol.			
5. I consume too much sugar.			
6. I eat five vegetables and two fruits every day.			
7. Your employer may have programs to help you to manage your health.			
8. It does not matter if I do not eat breakfast.			
9. Young people can develop heart disease.			
10. Fast food companies care about the health of their customers.			
11. I have heard of the <i>Swap It! Don't stop it!</i> health promotion.			
12. Diet drinks are better for you than sugar drinks.			
13. Water is the healthiest drink.			
14. Some fats are good for you.			
15. How much you need to eat is linked to the amount of physical activity you do.			
16. Snack bars are better for you than biscuits.			
17. When I shop, I check the ingredients on the label and make my choice based on the information.			
18. I eat too much fat.			
19. Health professionals have different views on many health issues.			
20. Any physical activity is of benefit to your health.			
21. A caffeine drink is suitable for breakfast.			
22. Young people can get Type 2 diabetes.			
23. I cannot resist sweet foods.			
24. Australia has one of the highest rates of obesity in the world.			
25. I know I eat too much.			
26. I do not eat many dairy products.			
27. I have a food intolerance.			
28. I am considering a career in the food area (health promotion, nutritionist, food scientist).			
29. I eat whatever I feel like.			
30. I am a vegetarian or vegan and am concerned about eating foods that will ensure good health.			