

## Nutrition Essays

Directions: Choose five of the incomplete statements below and write a one paragraph response to each

- I think fast food restaurants are...
- I wish fast food restaurants would...
- I can tell that a food is healthy if...
- I believe the worst thing that teenagers eat is...
- What I would like to see our school cafeteria do is...
- My opinion on Michelle Obama's school lunch program is...
- I think that people develop eating disorders because...
- My feelings about those with eating disorders are...
- I believe more girls have eating disorders because...
- If our school required daily physical education for grades 9-12 I would...
- The one food or restaurant I would never eat because it is so unhealthy is...
- If by law fast food restaurants were ordered to shut down, the people in this country would...
- The one food I wish I did not like so much is...
- The biggest issue my generation may face as adults related to our physical health is...
- When I hear that eating out and eating junk food puts me at risk for death or diseases, I think...
- I believe that eating meals around the table with my family is...
- Some people think that poor eating habits is similar to a drug addiction. My thoughts on that statement are...
- What I would like to see on food labels is...
- The biggest change I should make with my eating habits is...
- I know I have a healthy diet if...