What We Eat, Drink and How Much We Move

On the left, list factors that might affect you, and your families’ food and beverage choices. On the right, list factors that might affect you, and your families’ ability to engage in physical activity.

Calories In

Factors affecting food & beverage choices:

Calories Out

Factors affecting physical activity choices:

Which factors that you’ve listed above can you control? What changes can you employ to improve the food, beverage and physical activity choices at your school?