**Family and Food**

A lot of our food choices, both healthy and unhealthy, are influenced by our families and where we live. Unfortunately, choosing unhealthy foods can lead to poor health. Luckily, we are not stuck making these choices for the rest of our lives.

1. What foods does your family most often eat?
2. Do you think these foods are healthy? Why or why not.
3. Have any of your family members had health problems because of their poor nutrition? If yes, who? What happened?
4. Could this happen to you in the future? If no, why not?

1. If you eat healthy, will you be able to avoid these negative effects? Why or why not?
2. What stops you from making healthier food choices?
3. How can you overcome these obstacles?