



# Bad Eating Habits

A helpful guide to more nutritional behaviours

Here is a response to the message. Complete the response by filling in the blanks. Select the best choice for each blank from the drop-down menu(□).

Habit # 1

## Mindless Eating

Continuing to eat even though you know you're full?

Can't put down the bag of chips while watching TV?

### The Fix

Eat from smaller dishes.

Swap out a dinner plate for a salad plate.

Never eat straight from the cointerner.

Trish,

I was at the community centre and picked up this flyer. You know, your dad and I have been concerned about you since left for college. When you visited home for Christmas, I almost couldn't believe what I saw. You 1.\_\_\_\_\_.

You may not be happy to hear this, but I had to do some digging myself. I reached out to your roommate without asking you. She told me that you have been very busy with school and extracurricular activities that you haven't been 2.\_\_\_\_\_. I know you love your chips, but next time you're munching on your chips, maybe try to 3.\_\_\_\_\_.

Habit #2

## Nighttime Munching

Often find yourself breading for the fridge well after the sun goes down?

Eating before bed can greatly impair weight loss.

### The Fix

After dinner teach yourself to think of the kitchen as being closed for the night and brush your teeth.



You will want to eat less with a newly cleaned mouth.

The other thing that also worries me is your habit of skipping your morning meal. With your early morning it's easy to skip breakfast but you can always bring 4.\_\_\_\_\_.

I want you to do well in school, but I don't want to sacrifice your health. When you cram for the exam, try not to stay up so late, and when you have to, eat earlier and then 5.\_\_\_\_\_. It will help you fight the temptation to snack.

I love you!

Habit #3

## Skipping Breakfast

You're in a rush trying to get out the door so you head through the drive-thru at the coffee shop for your liquid breakfast or skip it at all.

### The Fix

Have ready healthy breakfast foods you can consume on the run such as whole fruit, yogurt, homemade cereal bars, and smoothies.



**Using the drop-down menu (□), choose the best option**

6. What is the relationship between Trish and the writer?

(□)

7. What is the writer most concerned about?

(□)

8. Why did the writer contact Trish's roommate?

(□)