# Skill-Building Challenge Worksheet: What Influences Your Eating

Name: Blank Class: Blank Date: Blank

Think about who and what influences your food choices. Identify four influences and write them in the following chart, then check the box that describes the influence. Use the space provided to explain how the influence changes your food choices. An example has been provided for you.

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| --- | --- |
| **Influence** | **Explain How This Influence Affects You** |
| **Influence:** *My mom and grandma*  This influence   * Helps me eat healthier   Does not help me eat healthier | *My mom and grandma are both vegetarians. They fix a lot of meals that have vegetables. I wouldn’t get as many if I made my own food.* |
| **Influence #1:** Blank  This influence  Helps me eat healthier  Does not help me eat healthier |  |
| **Influence #2:** Blank  This influence  Helps me eat healthier  Does not help me eat healthier |  |
| **Influence #3:** Blank  This influence  Helps me eat healthier  Does not help me eat healthier |  |
| **Influence #4:** Blank  This influence  Helps me eat healthier  Does not help me eat healthier |  |