# Skill-Building Challenge Worksheet: Making a Healthy Food Decision

Name: Blank Class: Blank Date: Blank

You make nutrition decisions every day. Use the decision-making tips outlined in this lesson to help you choose a healthier snack, eat a healthier breakfast, or substitute an unhealthy option with a healthier one when eating out. Write down each step of your decision in the following list.

**STEP 1:** Understand the problem. *What is the nutrition issue you want to work on (like eating more fiber or less sugar)?*

**STEP 2:** Gather information and know your options. *What information exists to help you make your decision (like labels or restaurant guides)?*

*What options are available?*

**STEP 3:** Know the consequences. *Identify a consequence for each option that you have.*

**STEP 4:** Make a decision. *What decision did you make?*

**STEP 5:** Analyze your choice. *What did you learn from this decision process?*