

Decision making 1.2

Disclaimer: Not all these examples have been worked through but give you an idea of possible contexts

Food and nutrition education

Deciding ...

- how to request that the person in the house who buys the food to include a greater diversity of food options (e.g. foods that support nutritional health and wellbeing, more fresh food/les processed food)
- how to encourage the preparation of a greater diversity of meals in a family home
- which sources of information about healthy eating for teens are most reliable
- which marketing claims to the nutritional value of food are genuine (based on evidence) and which are manipulation of evidence used as marketing ploys
- how to challenge diet fads, or food trends promoted through social media
- how to challenge or resist fast food, unhealthy snack food, or sugary drink product marketing and advertising
- how to challenge the attitudes and behaviours of friends or family whose food choices are manipulated by marketing and advertising
- how to resist the pressure from friends or peers to conform with their food behaviours e.g. related to dieting or fad foods, etc
- how to make food purchasing choices on a limited budget
- how to cater to the preferred food choices and/or nutritional needs of people with diverse food and nutritional needs e.g. based on one of health status, culture, age etc
- how to challenge peers or family (or community) about dominantly physical and biomedical-only approaches to understanding food choices
- how to manage tensions or challenges about making food choices when the food traditions of family differ from those food behaviours of peers, or social norms in the community