**Directions:**

1. Answer the pre-TED talk questions.
2. Listen to the TED talk about nutrition, “Teach Every Child About Food” by Jamie Oliver.
3. Respond to the post-TED talk questions.

**PRE-TED TALK QUESTIONS:**

1. Do you think it is important to talk about food and nutrition?

1. How frequently do you think about your food, nutrition, and your health habits?
2. When you do think about food choices, what specifically do you think about?

**WATCH THE TED TALK**

**POST-TED TALK QUESTIONS:**

1. Do you think it is important to talk about food and nutrition? Why?
2. Do you think you make good “food choices”?
3. What would you like to do to improve your relationship and thinking about food?
4. How might you accomplish these goals?