



Taking control

We often feel that we don't have a lot of say in our life and this includes what food we eat.

Let's see how accurate this belief is. In this activity, a True/False quiz will test your belief that you have no control. If you answer honestly, your score will indicate how much control you have over the balance in your diet and your life.

Score ten (10) marks for every TRUE answer & zero (0) for FALSE. Add up your score in each column, then add both scores and check your results below.

		True	False
1.	I do not choose how many snacks I have in a day.		
2.	I made to eat everything on my plate.		
3.	At school or work I leave or throw away the foods I don't like in my lunchbox.		
4.	I have less than an hour a day when I choose what I want to do.		
5.	I do not do, or help with, the grocery shopping.		
6.	I usually have money to spend as I choose at the school canteen, corner store or local shops.		
7.	No-one ever asks me what I'd like for dinner.		
8.	It's hard to find healthy food at home.		
Sub-totals			
Total			

If you scored

- 50 or more, you have very little control over what you eat, or even how you spend your day.
- Between 20 and 50 you have some control over what you eat and your general activities.
- Less than 20, then you have a great deal of control over what you eat and your general activities.



Now, you can take greater control. Use the blank planning form to build a healthy day's eating from the choices in the box at the bottom of the page.

You can have up to 2 items at snack times and as many as you like for the three main meals. You can use items more than once, but aim for variety, colour and balance.

My healthy eating day

Breakfast	
Morning tea (up to 2 items)	
Lunch	
Afternoon tea (up to 2 items)	
Dinner	
Supper (up to 2 items)	

Food and drink items

Weetbix	1/2 cup muesli	2 slices bread	Bread roll
Macaroni pasta	Potato	Rice	Corn on the cob
2 crispbread	Boiled eggs	Pita bread	Sweet potato
Glass of milk	Tub of yoghurt	Chunk of cheese	Cream cheese
Orange juice	Apple juice	Apple	Pear
Carrot	Fruit salad	Sultanas	Banana
Tomato	Melon	Orange	Grapes
Green beans	Mixed stir fry vegetables	Zucchini (courgette)	Mixed lettuce salad
Broccoli	Cabbage	Coleslaw	Beetroot
Vegetable soup	Mushrooms	Peas	Pumpkin
Grilled Fish	Sliced Ham	Roast chicken	Satay chicken
Grilled Steak	Roast Beef	Grilled lamb chops	Sauté pork fillet

