



VIDEO DISCUSSION WORKSHEET

Self Image & Nutrition

1. Are you willing to make changes in your current habits? ___ Yes ___ No If yes check items that apply:
___ Eat more fruit/vegetables ___ Eat less salt /sodium ___ Eat healthier snacks ___ Decrease sweet drinks
___ Cook more/eat out less ___ Decrease fatty foods ___ Drink more water ___ Be more active
___ Eat more whole grains ___ Eat regular meals ___ Read food labels ___ Other
2. What meals do you usually eat each day?
___ Breakfast ___ Snack ___ Lunch ___ Snack ___ Dinner ___ Snack
3. During stressful situations, do you find that you are eating more or less than usual?
4. What are your favorite foods to eat? What foods do you dislike?
5. Do you feel you handle stress in a healthy manner? _____ Yes _____ Most days _____ Seldom
6. What are some ways that you manage your stress?
7. Do you do regular exercise? _____ No _____ Yes _____
8. What type of physical activities do you engage in weekly?
9. What do you think is the main cause of low self-esteem in teens?
10. Do you feel social media affects mental health and body image? Why or why not?