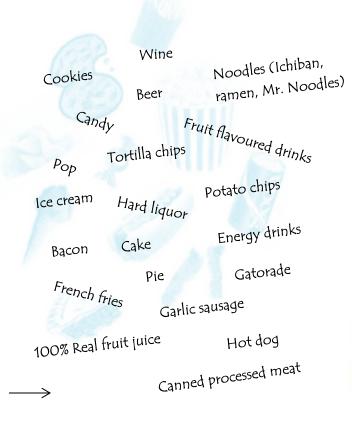
I eat in a space meant for eating  I take my time when I eat  I eat when I am hungry  I eat when I am hungry  I and	I cook often  I enjoy learning new cooking skills  I cook more often than eating out	I enjoy grocery shopping  I garden  I enjoy the foods I eat
I eat when I am IIu. 197 I pay attention to what, why, and I pay attention to what, why, and how I eat my food I turn the TV off and put my phone away when I eat	My family cooks together  I cook and save some for lunches or left overs  I keep my kitchen stocked with healthy ingredients	Food is an important part of my life  Some foods are special to me
I like sharing food traditions I co I eat lunch with other people	mpare food using nutrition facts labels  I know how to read a nutrition facts table	I don't rely on food marketing to make decisions about my food  I know when foods are being marketed to me marketed to me
Someone has introduced me to a new food  I participate in community celebrations and feasts	I look for best before dates on food packaging  I know how to interpret nutrition claims	I know when foods and marketed to me marketed to me lidon't rely on food marketing to make decisions about my food decisions about my food understand food marketing



## This Week I Have Eaten...

