PSHE



LO: To understand how what influences people's choices about healthy eating.

Why do people choose to eat the food that they eat? What influences their decision?



Why do I choose to eat toast for breakfast? Why don't I pick up a chocolate bar or a packet of sweets?





If I go to the shop, why might I choose one food packet over the other?



£1.50



90p





Which brand would you choose to buy and why?