|  |  |  |  |
| --- | --- | --- | --- |
| **How often do you eat the following foods?** | *Every day*  *Frequently*  *occasionally rarely* | **How often do you use the following items ?** | *Every day*  *Frequently*  *occasionally rarely* |
|  |  | 1.Lip sticks |  |
| 1. Crisps |  | 2.Shampoos |  |
| 2. Chocolate bars like TWIX |  | 3.Detergents |  |
| 3. Nutella |  | 4.Soap |  |
| 4. pizza dough |  | 5. Pet Food |  |
| 5. instant noodles |  |  |  |
| C. cookies |  |  |  |
| 7. packaged bread |  |  |  |
| 8. Ice cream |  |  |  |
| 9. Margarine |  |  |  |

**Your Food Habits**

**Take the survey – Discuss your findings with your group**



Resource 4.1