

PSHE healthy and unhealthy choices

Food is...

Fuel. If I don't eat then I can't enjoy all the different activities that I do at school and outside school, like cricket, baseball and street dance.

Food is...

Scary. I haven't eaten much food for about a year and I have lost loads of weight. The thought of eating now makes me feel worried and sick. I don't want to put on weight as I'm worried that I am fat. I feel under so much pressure to do well at school as my parents expect me to be the best.

Food is...

Too good to resist! I love eating and will eat anything. My favourite food is pizza, but I also love cake, roast dinners, bacon sandwiches... My mum is worried that I eat too much but I don't care. When I'm upset, I eat chocolate and biscuits as they make me feel better.

Food is...

My passion. I love to experiment with lots of different types of foods. I don't often eat as I don't have time when I'm studying. Instead, I survive on energy drinks.

Food is...

A necessity. I am studying for some exams and need to make sure my brain has enough energy to get me through my exams. If I don't eat, I can't concentrate very well.

Food is...

Hell. I love to eat but I don't want to. My family and friends call me 'Fatty' and lots of other names about the way I look. I know I'm a bit overweight but it's because I like eating. Sometimes, I make myself sick after I've eaten as I feel so bad about myself.