

Critical Thinking Questions

Choices- Oct. 2017

1. Out of all the countries featured, which of the diets do you think would be the best choice for you? Why?

2. French students take a two-hour lunch break. Do you think that could work here in the U.S.? Why or Why Not?

3. Which of the healthy eating habits discussed in the article could you adopt for yourself? How would you implement it into your life?