Food is Health is being Nutritional Exercise is important to able to carry out information linked with daily activities community, on packaged without can be a social nutrition food is false impairment experience People Health and should be nutrition are wary of closely aligned with weight hormones in management meat Says Thinks Does Feels Does NOT Exercises eat fried everyday -Excited Stubbornly at least 30 food or drink soda minutes Fitness Strongly instructor about Confused for routine education