**Assignment: Decision Making Skills**

**Scenario: Healthy eating -** In between doing your homework and going to football practice, you decide to have a snack. The last slice of apple pie is on the kitchen counter and your favorite ice cream is in the freezer. You aren’t really hungry but you want to munch on something to help boost your energy. You head to the kitchen to fix a snack, but you notice next to the pie is a bowl of fresh fruit. What decision do you need to make?

1. Identify the problem. What decision do you have to make?

The problem is to decide between the healthy food and the unhealthy food.

Decisions that I’ll make is eating a bowl of fresh fruit.

2. List the options. What possible actions could you take?

1.If I really need energy for the football practice then I’ll choose a bowl of fresh fruits.

2. If I want to eat something delicious the I’ll choose ice cream.

3. Weigh the consequences. List the pros and cons of each option.

Pros and cons for option1:

Pros: Fruits will give me lots of energy so that I’ll be able to do my football practice with full of energy.

Cons: No cons of having fruits.

Pros and cons for option2:

Pros: By eating ice cream, I’ll get fresh and happy too.

Cons: I’ll not get energy from that.

4. Consider your values. What is important to you?

Having energy and being healthy is more important to me.