

## Week 3: Eating Out & About Worksheet

1. Describe the last three meals you had while dining out.

| <b>Location and Date</b> | <b>What You Ordered</b> |
|--------------------------|-------------------------|
|                          |                         |
|                          |                         |
|                          |                         |

2. Describe three healthier options you could have ordered at the same place.

| <b>Location and Date</b> | <b>A Healthier Option Would Have Been...</b> |
|--------------------------|--|
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