

Environmental Factors

Objectives

1. Understand how social influences affect food choices and eating habits.
2. Recognize the impact of family, peers, and media on nutrition.
3. Learn strategies to make healthier food choices despite social pressures.

Introduction

"Who usually decides what you eat at home?" Write down a few examples (e.g., parents, siblings, themselves).

Understanding Cultural and Social Influences on Nutrition

Visual Presentation

Family Meals: Pictures of family dinners and different types of foods families might eat.

Peer Influence: Images of friends eating together, at school or in restaurants.

Media and Advertising: Examples of food advertisements and commercials.

Explain the Social Influences

Family Influence: Discuss how family traditions, cultural practices, and parents' food choices can impact what we eat.

Peer Influence: Talk about how friends can affect food choices, especially at work, school, or social gatherings.

Media and Advertising: Explain how commercials and social media can make certain foods look appealing, even if they are not healthy.



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Healthy Choices

Strategies for Healthy Choices

Family: Suggest planning meals together and trying new healthy recipes as a family.

Peers: Encourage bringing healthy snacks to share with friends, peers, and family.

Media: How to question advertisements and recognize marketing tactics.

How Physical Environments Affect Nutrition

Objectives

1. Understand how different physical environments impact food choices and eating habits.
2. Recognize the role of workplaces, retail food stores, restaurants, and other environments in nutrition.
3. Learn strategies to make healthier food choices in various environments.

Explain the Impact of Each Environment

Workplaces: Discuss how workplace cafeterias, vending machines, and office culture can influence food choices. Highlight the importance of access to healthy meals and snacks at work.

Retail Food Stores: Discuss how the layout of stores, product placement, and marketing strategies can impact food purchases. Talk about the importance of making a shopping list and sticking to it.

Restaurants: Explain how restaurant menus, portion sizes, and the availability of healthy options can influence eating habits. Discuss strategies for making healthier choices when dining out.

Home Kitchens: Emphasize the importance of meal planning, having a well-stocked pantry with healthy options, and preparing meals at home.

Community Centers: Discuss how community programs and resources, like farmers' markets or cooking classes, can support healthy eating.



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How Macro-Environments Affect Nutrition

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1. Understand how macro-environments impact food choices and eating habits.
2. Recognize the roles of socioeconomic status, cultural norms and values, food marketing, and food and agricultural policy in nutrition.
3. Learn strategies to make healthier food choices despite macro-environmental influences.

Socioeconomic Status (SES): Discuss how income, education, and occupation affect access to nutritious food. Highlight issues such as food deserts and the affordability of healthy foods.

Food Marketing: Explain how advertising and marketing strategies influence food choices. Discuss the prevalence of marketing for unhealthy foods and how it affects consumer behavior. Encourage using reliable sources for nutrition information.

Food and Agricultural Policy: Discuss how government policies impact food production, pricing, and availability. Highlight policies that promote or hinder access to healthy foods.



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