Journal Prompt

Day 17: Exploring Food Labels

What are some of your 'good' and 'bad' food labels?

- Why have you learned to label certain foods 'good' and others 'bad?' Use specific examples & reasons (i.e., kale is 'good' because it's a superfood; cookies are 'bad' because they're high in calories and sugar).
- After learning about the studies in today's video and lesson, how do you think these mental labels might impact how our physical bodies process the foods we eat?

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