



5 Ws and How - Part 1

Identifying your current Food Story

WHO is producing and preparing your food?

WHAT food and beverages do you typically eat/drink in a day or week?

WHEN do you normally eat these items?



5 Ws and How - Part 1

Identifying your current Food Story

WHERE do you typically eat your meals, snacks and beverages?

WHY do you make (what motivates) your food purchases and eating choices?

HOW do you feel about food in general and your current nutrition/health?



5 Ws and How - Part 2

What SHOULD your story be?

WHO should be producing and preparing your food?

Best Answer:

WHAT food and beverages should you typically eat/drink in a day or week?

Best Answer:

WHEN should you normally eat these items?

Best Answer:



5 Ws and How - Part 2

What SHOULD your story be?

WHERE should you typically eat your meals, snacks and beverages?

Best Answer:

WHY should you make your food purchases and eating choices?

Best Answer:

HOW should you feel about food in general and your current nutrition/health?

Best Answer:



5 Ws and How - Part 3

Creating Actionable Goals

- 1) Compare the Best **SHOULD** Answers to your current Food Story responses.
- 2) Use 'I do / I will' or 'I don't' statements to re-write your Food Story in terms of Actionable Goals. Write goals for all areas needing healthier habits.

A large, empty, rounded rectangular box with a thick orange border, intended for writing the actionable goals.



5 Ws and How - Notes

A large, empty rectangular area with rounded corners, outlined in orange, intended for writing notes.