

**Situation 01:**

My niece has gained a lot of weight lately and I want to help her

Option 1

Go to a dietician

Option 2

Join the local sport team

- a. what are the two options?
- b. what are the advantages of each option?
- c. what are the disadvantages of each option?

**Situation 02:**

I am very concerned about a friend of mine who seems to have eating disorders but she doesn't admit it.

Option 1

Speak to her parents

Option 2

Speak to her in private

- a. what are the two options?
- b. what are the advantages of each option?
- c. what are the disadvantages of each option?

Situation **03**:

My class is organizing a party and I am in charge of the food and the drinks.

Option 1

Not very popular healthy snacks

Option 2

Tasty unhealthy snacks

- a. what are the two options?
- b. what are the advantages of each option?
- c. what are the disadvantages of each option?