3.10: Reflective Questions

1. When reflecting on your own eating, what memories and tastes stand out for you that are memorable? For example, you might have memories of food and happiness or celebration, food and trauma, or some other emotion or experience.

2. What are your values concerning healthy eating and how could they unintentionally influence your interactions with clients about the food guide?

3. What factors should you consider when counselling clients on what foods are nutritious?