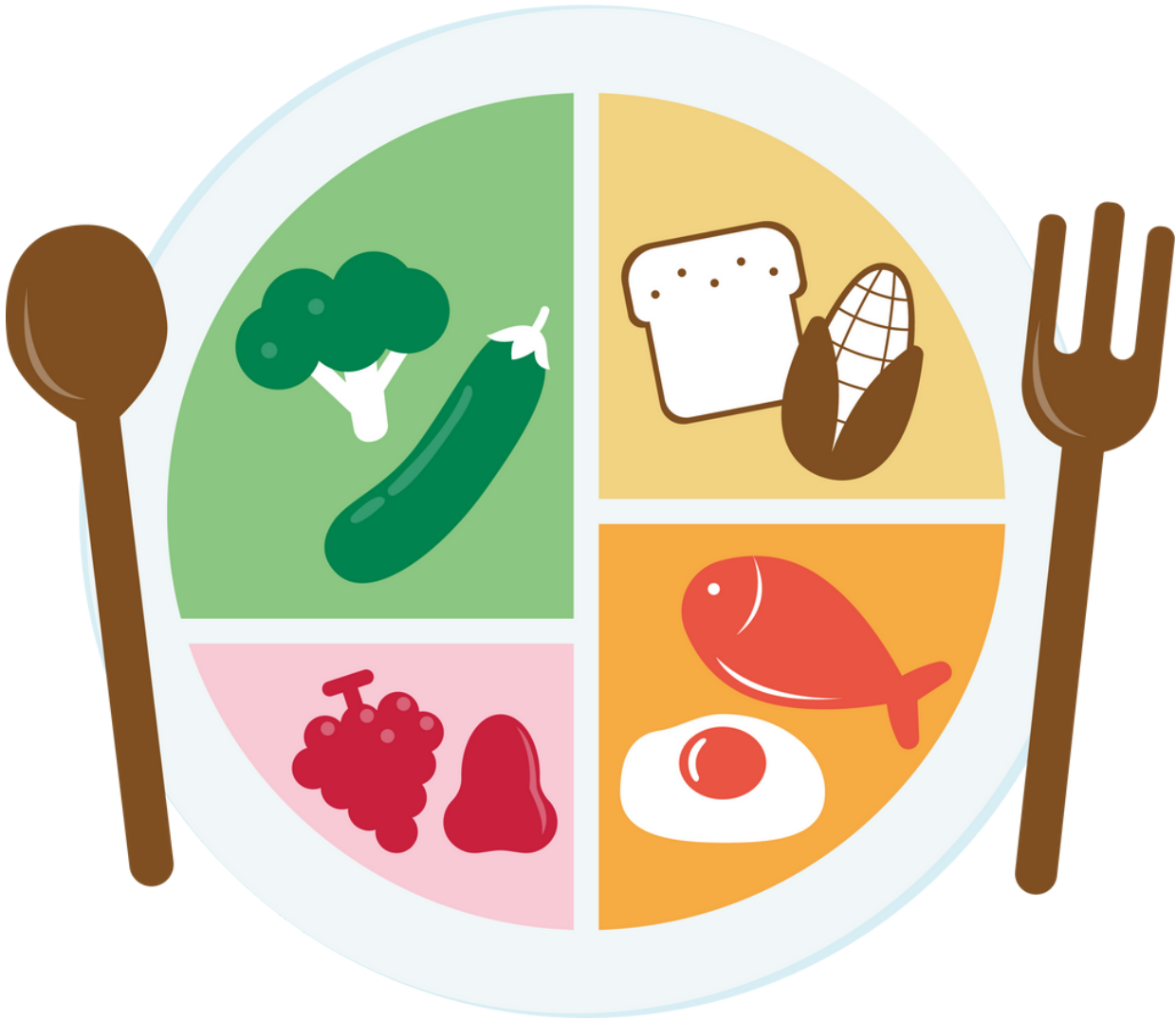


# Building Healthy Eating Habits

By: Conscious Living



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## Learning Objective

The objective of this learning exercise is to inspire youth to think critically about the food industry and how best to create habits that are healthy. A healthy body is a healthy mind. Conscious eating decisions can create an immense positive difference in the daily lives of our youth. This exercise will also have cost effective recipes for a healthy lifestyle.

