

Counselling Children About Frequent Junk-Food Consumption

Experiment 22 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To discuss food choices with a child and caregiver in a supportive role play.

Principle

Food counselling works best through affordable, practical substitutions and regular habits rather than blame or restrictive promises.

Key Points

- Ask about usual snacks, drinks, school meals and food access.
- Discuss varied meals, water and less frequent sugary drinks or packaged snacks.
- Avoid body shaming and extreme dieting advice.

Activity Procedure

1. Ask

Use age-appropriate language and involve the caregiver.

2. Choose action

Agree one achievable swap, such as water for a sugary drink or a suitable fresh snack.

3. Plan

Discuss school routine, budget and available foods.

4. Teach back

Have the child or caregiver explain the plan and arrange a review.

Record and Observations

Field	Activity record
Usual intake / context	_____
Agreed substitution	_____
Access / caregiver support	_____
Teach-back / review	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Viva Questions and Answers

1. Why avoid blame?

Supportive discussion makes honest participation more likely.

2. Why consider access?

A recommendation must be feasible in the family's setting.

3. Why choose a small action?

It is easier to practise and review than many simultaneous restrictions.

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