Carousel Brainstorming Example

What foods do you think are unhealthy?

- McDonald’s
- Pizza
- Cheese fries
- Coke
- Candy
- Bosco sticks
- Double cheeseburger
- Hot dogs

If it’s unhealthy, why do people smoke, eat fattening foods, and not exercise?

- Stress
- No time to exercise
- Exercise is work
- McDonald’s tastes good
- Fast food is convenient
- Friends
- Play video games

What do you do for exercise?

- Football
- Weightlifting
- Aerobics
- Dance
- Skateboard
- Bike
- Nothing
- Wii

What would get people to eat healthier, stop smoking, lose weight, and exercise?

- Better fast food
- Exercise buddy
- Time to exercise in school
- Time to exercise on job
- Better food in school cafeteria
- Low-calorie, good-tasting fast food
- Weight Watchers
- Stop-smoking programs