

## Benefit/Risk Worksheet

List 5 Benefits of eating local foods and shopping at your farmers markets, food co-op, or health food store.

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Write a paragraph as to why you see benefits in purchasing and eating local foods and what you believe the benefits are for shopping locally.

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List 5 Risks of eating processed and imported foods.

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Write a paragraph about the risks of purchasing and eating processed and imported foods and what you believe the risks are for shopping at big chain stores.

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