**Perceptions from Soweto adolescent girls about what they eat and the activities they do in an urban community where obesity is increasing.**

Adolescent female pairs from 3 Soweto high schools, narrated stories of what they eat and activities they do. Most girls eat local fast foods instead of home cooked meals. They choose the kota, fat cakes, and snacks which are popular and affordable. They don’t exercise much due to unsafe streets and limited gyms within Soweto. Understanding what influences what township girls eat and do, is crucial in enabling them to choose a healthier lifestyle.

## Social media message (129 characters)

Soweto adolescents displace home cooked meals for fast food as they are affordable and widely accessible, and AN UNSAFE ENVIRONMENT IS A barrier to exercise.