

Name: \_\_\_\_\_ Date: \_\_\_\_\_

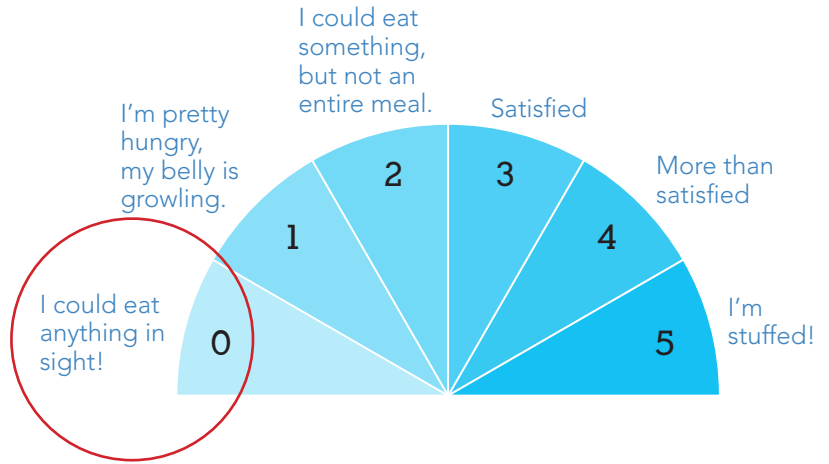
# Module 1: Mindful Eating Behaviors

**Lesson Theme:** Being conscious of where food comes from, what we are eating and why.

**ACTIVITY:** Read the following scenarios and circle the number on each hunger gauge you think each character may be feeling.

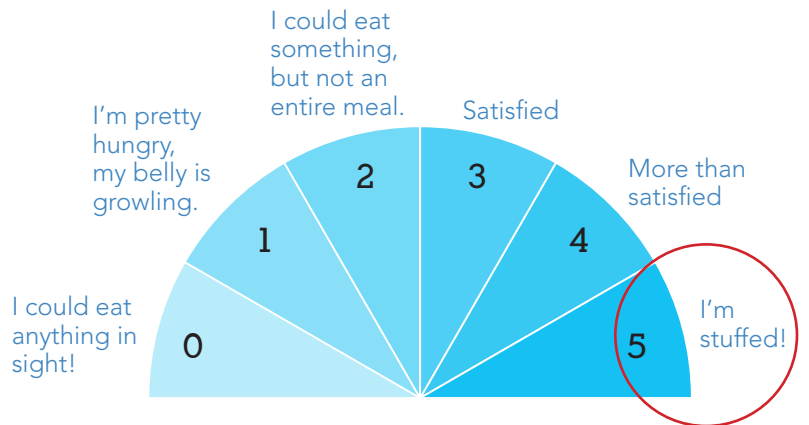
### Scenario 1:

Denise wakes up in the morning to get ready for school. She has not eaten breakfast yet. Her last meal was dinner at 7 p.m., the night before.



### Scenario 2:

Lindsay is at her best friend's birthday party and her friend is about to serve cake. Lindsay has already eaten three slices of pizza, fruit and chips. She then has a piece of cake with ice cream.



### Scenario 3:

After school, Chris just ate a piece of fruit. The fruit didn't really fill him up, so his mother offers him a small snack that he eats, too. Now he feels just right.

