



How hungry are you?



Knowing how hungry you are can help you to know

- when to eat
- and how much to eat.



It is important to

- eat when you feel hungry
- and stop eating when you feel full.



It is important to eat the right amount of healthy food.

Do not eat too much or too little.

Eating the right amount of food keeps you healthy.



Listening to your body helps you to eat the right amount of food.



When you are eating focus on how hungry or full you feel. Chew your food slowly and put your fork down between each bite. Try not to watch TV or be on your ipad while you eat.



Eating too much can

- make you put on weight
- cause pain
- make you tired and uncomfortable.



Eating too little can make you

- lose weight
- make you tired and ill more often.

Hunger Scale

1



Starving

When you wait too long to eat. You might feel dizzy, have a sore head and have no energy.

2



Uncomfortably hungry

When your stomach feels empty. You might feel moody or cranky. You might have no energy and feel sick.

3



Very hungry

Your stomach feels empty and you really want to eat.

4



Hungry

You start to think about food. Your body is telling you that it needs food.

5



Not full but not very hungry

Your body has had enough food. It is time to slow down and stop eating.

6



Full

You have had enough food but you may feel like you have room for a bit more.

7



Very Full

You might feel like you should stop eating. You keep eating as you are enjoying the food.

8



Too full

You start to feel uncomfortable. You might get a sore stomach.

9



Stuffed

You ate too much. Now you feel tired and uncomfortable.

10



Sick

You ate so much you feel like you cannot move. You do not want to see or touch food again for a while.