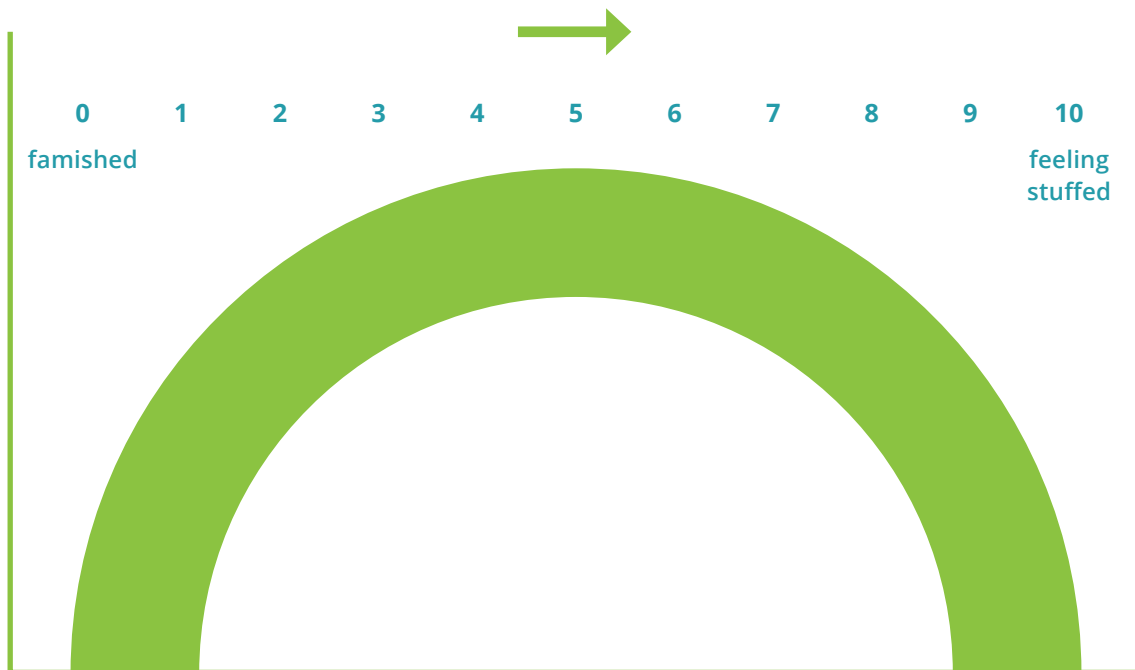


Worksheet L

Hunger-o-meter



Where is your hunger on the scale? What is happening in your body?

0

10



What happens if you start eating at 0? What happens if you start eating at 4?
Then how do you feel?



How hungry are you now?
How hungry do you want to be when you finish eating?