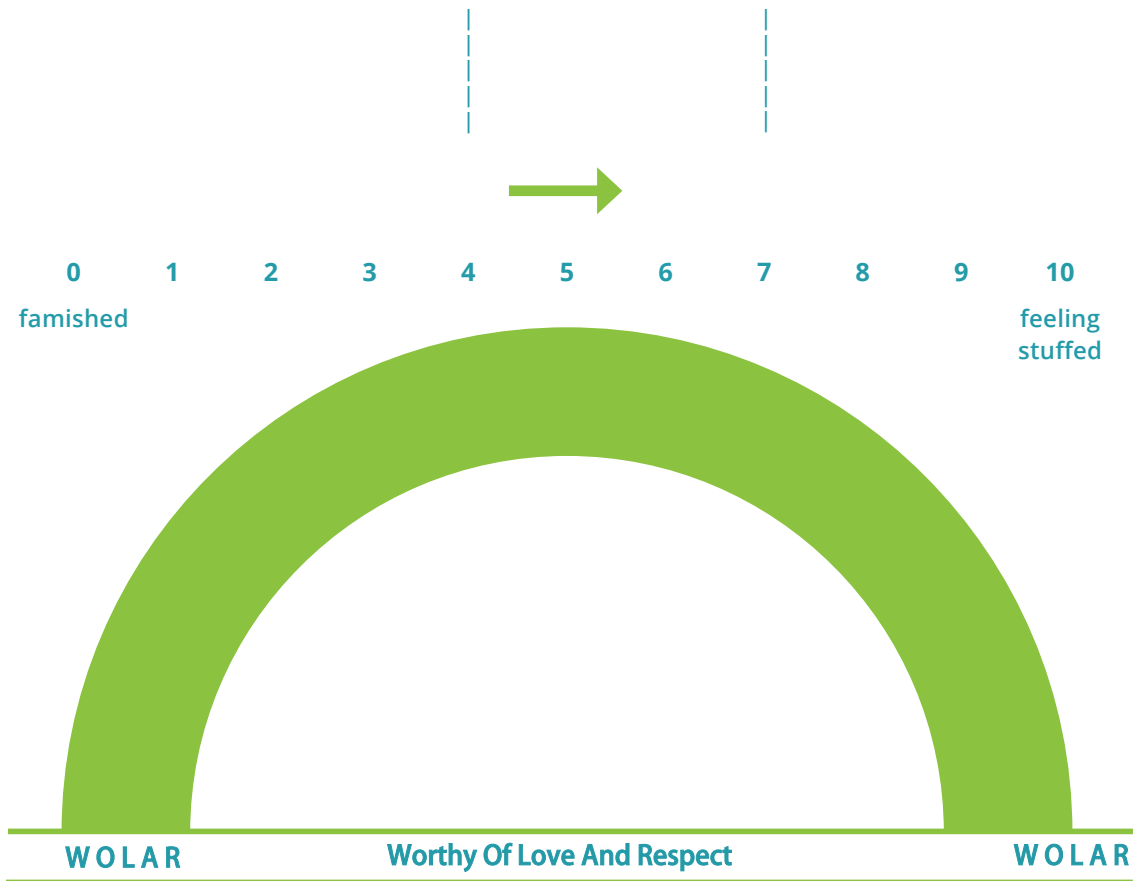


Hunger-o-meter



 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?
What are you hungry for? Is it ...???