



## *Wellness Wednesday:*

### *How hungry are you?*

#### **Key messages:**

How do we know when we're hungry? Our bodies tell us through a variety of cues: our stomach growls, we may develop a slight headache or begin to feel tired and weak, or if we wait too long, we become "hangry" (very irritable due to hunger). Perform the activity for the students to identify their hunger level on a scale of 1-10. Our bodies usually feel the best if we keep them in the 3-6 range on the scale (3 meaning "you are ready to eat now but not uncomfortably hungry" and 6 meaning "you are satisfied but not over full"). You can do this quick mindfulness activity before each meal or snack to evaluate your hunger levels.

#### **Activity:**

Sit in a still and relaxing position (feet on the floor, hands in lap, etc.), breathe deeply for a few moments, close your eyes, and focus on how your body is feeling. Quietly think about the following questions:

Focus on your stomach: How does it feel? Did you just eat a meal and your stomach feels full or satisfied? Or has it been a while since you ate and your stomach feels empty?

Now focus on your head: How does your head and mind feel? Are you mentally alert? Or do you feel lightheaded and difficulty focusing?

Now your whole body: How is your energy level? Do you feel like you have enough energy to play? Or does your body feel heavy and low in energy?

Based on these questions, rate your hunger on a scale of 1-10: 1 being starving and 10 being in a food coma. The hunger scale is on the next page.

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### *How hungry are you?*



**1: Starving**



**2: Uncomfortably Hungry**



**3: Very Hungry**



**4: A Little Hungry**



**5: Not Full but Not that Hungry**



**6: Satisfied and Light**



**7: Satisfied but Slightly Overly Full**



**8: Very Full**



**9: Way Too Full**



**10: Food Coma**

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