

## Session 9

### Identifying Emotional Cues

Today's lesson we are going to look at a variety of reasons we eat food. There may be many reasons why we eat that we will get into during our activity. Sometimes our bodies give us cues when we are hungry such as: a growling stomach, feelings of being annoyed or feeling tired. When our bodies receive these cues, it can mean we are ready to eat. Another thing to think about when eating is understanding when we are full so we do not overeat. If our bellies feel full, the growling is gone in our stomach or we get a feeling of energy it may mean we are full and can stop eating. For today's question we want you to think about what are the reasons you eat:

What are the reasons why you eat? \_\_\_\_\_

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## Session 9 Activity

### Identifying Hunger Cues

Today's activity will look at certain cues that your body may give you and show you that sometimes you may actually be hungry and other times your body may just be giving you cues to be hungry when you really are not. We want to look at six things that may indicate either of these options:

1. Sight- something you see
2. Smell -smelling food
3. Taste – when you think about how something may taste or sample something
4. Stomach cues - like when it may be growling
5. Feelings - like you could be bored and want to eat
6. Other People - you may see friends or others eating and think it is time to eat

The next page has examples for you to look at and think about.

The answers for each question will be reviewed on our video for session 9.

## Session 9 Conclusion

Today we learned that our body can give us cues about when we are hungry or when we are full from eating. It is important to identify when we are truly hungry or when our body is just tricking us into believing we are through certain cues we saw in our examples today. Also keep in mind if we eat our food too fast it can delay the body cue our body gives us of a full feeling so it is best to take your time and enjoy your food when you have meals. In order to avoid making bad decisions on when we choose to eat or what we choose to eat we need to understand our body and how it is trying to communicate with us. Remember each of us have different levels of health, different body types and our bodies may give us different cues and that is okay. We are all different in our own ways and our uniqueness is what makes us special. Please take the time now to fill out session 9's section on your "What I Like About me" page