

## Apply What You Learned: Manage Food Cues

### Part A:

- 1. Which of the following types of hunger is described as “head hunger”?**
  - a. Physical hunger
  - b. Psychological hunger
- 2. All of the following are signs of psychological hunger EXCEPT:**
  - a. Empty feeling in the stomach
  - b. Food smells good
  - c. Food cravings
  - d. A specific food
- 3. All of the following are signs of emotional eating EXCEPT:**
  - a. Eating when feeling anxious or stressed
  - b. Eating when feeling lonely
  - c. Eating for comfort
  - d. Eating due to feeling hungry
- 4. TRUE or FALSE: Physical hunger is normal and a way of your body telling you it is time to refuel?**
  - a. True
  - b. False
- 5. The two strategies to deal with food cues/food triggers are:**
  - a. Adapt
  - b. Don't think about it
  - c. Eliminate
  - d. a and c only
  - e. b and c only
- 6. Circle all that apply: If your plan for dealing with a food cue does not go as detailed, what should you do?**
  - a. Identify what did go well when dealing with a food cue/eating event
  - b. Identify what problems were encountered in carrying out the plan
  - c. Give up
  - d. Identify what you might do differently next time

Part B:

Pick **TWO** of the following situations that apply to you and describe the process that you will use to manage it.

1. You typically eat meals and/or snacks while watching TV and eat too much.
2. You eat too much when going out with a particular group of friends or family.
3. You eat at a Chinese Buffet at least once a week with the family and eat too much because of all the choices. You leave the restaurant feeling overly full.
4. You are facing another holiday meal. Aunt Betsy makes at least 3 desserts for the holiday dinner, and they are your favorites.
5. You find yourself bored in the evening, which has led to grazing.
6. Describe your own event: \_\_\_\_\_

	Event # _____	Event # _____
<b>Do I want to <u>adapt</u> to this situation or <u>avoid</u> it?</b>		
<b>What should I do to adapt to this situation?</b> <i>*Note: leave blank if you choose to avoid it</i>		
<b>What is the best solution to work through this eating situation?</b>		
<b>What steps should I take to cope with this eating event?</b>		
<b>How do I gauge my success with this new approach?</b>		
<b>How do I revise my plan if it didn't go well the first time?</b>		