

Quiz: Mindful Eating

QUESTIONS:

1. **True or False:** Our senses can help to tell us when we are hungry.

2. Which is NOT a sign of hunger?

- a) Dizziness
- b) Tired
- c) Thirst
- d) Stomach Pain

3. **True or False:** Appetite is our want for food when we are not necessarily hungry and do not need to eat.

4. **Fill in the Blank:** _____ is when you focus in on yourself and pay attention to your senses and what is around you.

- a) Surroundings
- b) Belief
- c) Mindfulness
- d) Understanding

5. **True or False:** When we see something really good and instantly want to eat it, this is called hunger.

6. Which is NOT a **benefit** of mindful eating?

- a) Get more enjoyment from your meals
- b) Finish meals faster
- c) Less distractions while eating
- d) None of the above

7. Which is NOT an **appetite** trigger?

- a) A grumbling stomach pain when you have not eaten for a while
- b) Wanting freshly baked cookies after smelling them
- c) Instantly feeling hungry when you see a display of cakes
- d) Developing a craving for a specific food after hearing someone talk about it

ANSWERS:

1. True
2. c) Thirst
3. True
4. c) Mindfulness
5. **False**, this is called appetite.
6. b) Finish meals faster. Mindful eating actually allows you to finish meals slower, as eating slower allows you to realize when you are full more effectively.
7. a) A grumbling stomach pain when you have not eaten for a while.