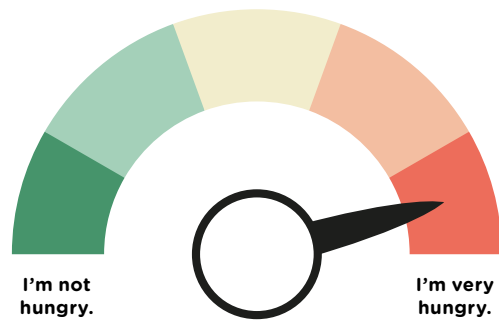


Signs of HUNGER and FULLNESS

How much a child eats in a day is their own responsibility. However, as a parent, you can help them recognise and discover their bodily signals (hunger and fullness). This tool is designed to help you do just that.



Signs of HUNGER

1. I have a slight emptiness in my tummy.
2. My stomach is rumbling.
3. I feel hollow or cramp in my stomach.
4. I'm thinking about food.
5. I have less energy to play or listen in class.
6. I have trouble concentrating.
7. I feel irritable.
8. I don't feel well (headache, weakness).

BEFORE A MEAL, are you able to identify the signs of hunger you feel?

(Enter the number(s) corresponding to your «signs of hunger» in the table below)

Breakfast					
Lunch					
Dinner					

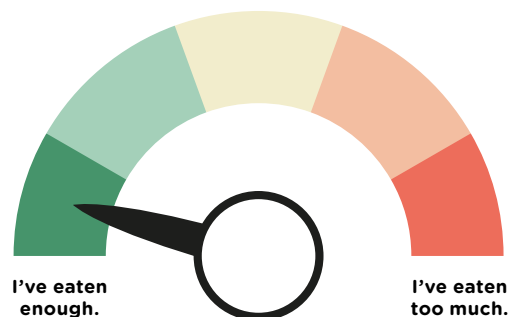
Would you be able to identify **YOUR HUNGER LEVEL** from 1 to 10 (in terms of intensity)?

1 2 3 4 5 6 7 8 9 10

Not hungry at all Really hungry

Signs of FULLNESS

1. The signs of hunger have disappeared.
2. I don't feel like eating any more.
3. I have more energy.
4. My stomach feels comfortably full.
5. I feel good.
6. My stomach hurts.
7. I feel like I'm going to be sick.
8. I don't feel well.



AFTER A MEAL, can you identify the signs of fullness?

(Enter the number(s) corresponding to your «signs of hunger» in the table below)

Breakfast					
Lunch					
Dinner					

If you had to **DRAW YOUR STOMACH AFTER**
a meal, how full would it be?

(draw a picture here)



DID YOU KNOW...

... that intense hunger can lead us to eat quickly and in large quantities? So, we should try to avoid going there and eating when our hunger is mild or moderate.

... that distractions (TV, video games, computer, tablet...) during meals make it difficult to recognize signals of fullness? Therefore, it's best not to do anything else while eating.

... that it's perfectly normal to still have a bit of space after a meal? We don't always want to eat to fill our stomachs 100% (that would be rather uncomfortable). After a meal, you should be comfortable enough to go and do some exercise.



Images: Freepik

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