

Student name: _____ Bus route number: _____ or Pick up

Linden Kildare High School
Health Science Department
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Mental Health Students:
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Week of 4/20-4/24

Document Your Hunger Motivation

We frequently hear about studies of eating habits, dieting, and other food-related issues. But these studies often deal in broad generalizations: “Americans are eating too much fat!” or “Women over 30 years of age need more calcium.” This lab will focus on your specific eating habits, and it may help you see them from a new perspective.

PROCEDURE example:

Create a table using the column headings from the example below. Include enough rows to record an entire day's worth of entries.

Became hungry	Food desired	Ate	Food eaten	Hunger satisfied?
6:30 am	Pancakes	7:00 am	Cereal, banana, orange juice	Mostly
9:30 am	Some sort of snack	9:45 am	Energy bar	Yes
Not really hungry, but it was lunchtime		11:20 am	sandwich, potato chips, apple juice	Yes
4:30 pm	Pizza	4:30 pm	Apple	No
5:30 pm	Pizza	6:00 pm	Salad, meatloaf, mashed potatoes, milk	Yes
9:50 pm Ice cream	Nothing, because it was too close to bed time		No	

Use your chart to document your hunger motivation from the time you wake up in the morning to the time you go to bed at night. When you begin feeling hungry, start a new entry in the table. Record the time and the food that you crave. Then document what time you eat, what you eat, and whether your hunger has been satisfied. Include those times when you eat even though you are not hungry, as well as the times you do not eat even though you are hungry. After you have full results for one day, use a computer to create a clean copy of the table. You should spell out any abbreviations you used and otherwise clarify your notes, but try not to alter the facts.

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name:				
time you became hungry	food desired	time you ate	food eaten	where you satisfied? y/n

1. How many times did you get hungry?
2. How long did you have to wait between getting hungry and eating?
3. How many times did you eat even though you were not hungry?
4. How many times did you get hungry but not eat?

Share either the written document or video in google classroom, via email or text