Smart Weight Control

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| **Materials Needed:** | **Preparation Required:** |
| White Board | Gather the materials needed.  Write the above ten eating habit questions on the board |

**Eating Habit Survey?**

Directions: Write the following survey questions on the whiteboard.

Eating Habit Questions:

1. What time of day do you feel hungry or usually want to eat?
2. Whom do you eat with most often?
3. Where do you usually sit when you snack
4. Do you stop eating when you are full or when the plate is clean?
5. The snack I eat most often is?
6. Are the foods you choose most often salty, sweet or sour?
7. Usually when you eat, are you doing another activity?
8. How often do you eat in front of the television?
9. Do you choose to eat or not eat when you encounter strong emotions?

As a class, ask the class to share what they learned about their eating habits by doing the survey. Also, ask what they could see as potential things they may need to change about their eating habits.

Explain that in important key to working on weight issues is to develop good eating habits early.

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