

Hot Topic Nutrition Review: Managing Food Cues

- 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) 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) If one's plan for dealing with a food cue does not go as detailed, one should, (circle all that apply)
 - 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