

Quiz: Exploring Your Senses

QUESTIONS:

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

2. Which is **NOT** one of the 5 senses?

- a) Insight
- b) Touch
- c) Taste
- d) Hear

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 smell something really good and instantly want to eat it, this is called hunger.

ANSWERS:

1. True
2. a) Insight
3. True
4. c) Mindfulness
5. **False**, this is called appetite.