

Quiz: Mindful Eating

QUESTIONS:

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

2. Which is **NOT** a sign of hunger?

- a) Dizziness
- b) Tiredness
- c) Thirst
- d) Stomach Pain

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.

6. Which is **NOT** a benefit of mindful eating?

- a) Get more enjoyment from your meals
- b) Finish meals faster
- c) Less distractions while eating
- d) None of the above

ANSWERS:

1. True
2. c) Thirst
3. True
4. c) Mindfulness
5. **False**, this is called appetite.
6. **b)** Finish meals faster. Mindful eating actually allows you to finish meals slower, as eating slower allows you to realize when you are full more effectively.