

# How Hungry Am I?

Use this Hunger Fullness Scale below to help your child eat mindfully and think about how full they feel throughout a meal or snack.\*



0

Very, very hungry. My belly is growling or hurting.



1

Hungry. Feel like I could eat a big meal.



2

Beginning to feel hungry.



3

Just fine. I don't need anything to eat.



4

I am full enough. I'm listening to my belly.



5

Very Full! I ate too much and my belly hurts.

\*It is a good idea to eat something when you first start to feel hungry, at a '2.' If you wait until you're at a '0' (starving), then you might eat too fast and too much.

