

Activity

Hungry-Full Meter

Sometimes it can be helpful for children (and adults!) to have a visual reminder that says “stop and listen to your body. How are you feeling?” Remember: You can let children decide how much to eat. Eat slowly together and enjoy the food.

* Try This!

Use the meter during lunch time as well.

When children go home for the day, encourage them to take their meters home.

They can show their families how they remind themselves to check if they are hungry or full when they are eating.

(Children can explain to families how they use the Hungry-Full Meter in your program.)

Children will:

- < Think about when they feel hungry and full
- < Pause during snack time to decide what is an appropriate amount of food for them

Materials:

- < Hungry-Full Meter (copy page 65, one per child; cut and assemble with brass brads or use plastic spoons as arrows)

As you start snack time, ask children:

How hungry are you? Think about how you are feeling right now. You may be feeling hungry because it’s been a long time since you ate breakfast. Or, you may still be full from a big breakfast.

Activity:

1. As you are eating snack, pause and get the whole group’s attention. Show them how you are using your Hungry-Full Meter.
2. Say, for instance, “I’ve had two crackers and three apple slices. How do I feel now? I think I’m still a little bit hungry.” Move the arrow, and then have a bite. “Now I feel just right.” Move the arrow again. Point out that it’s not a good idea to be on the marks below the words “hungry” and “full.” Tell children that the thick middle tick mark means “just right.”
3. Now give each child a meter. As they eat and drink, encourage them to pause and think. Are they still eating because they are still hungry? Or are they already full? They can then use the meter to express themselves.



Handout: Hungry-Full Meter (see page 64)



Cut out arrow and attach to Hungry-Full Meter with a brass brad. Or use a plastic spoon as an arrow.



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