Name:
School:
Facilitator:

# 1.03 Food Selection Factors Activity

List 5 food selections. Then,

* identify why you were eating (homeostatic or hedonic),
* when you were eating, and
* where the eating took place.

| **Food Item** | **Homeostatic or Hedonic?** | **Time of Day** | **Where?** |
| --- | --- | --- | --- |
| 1.  |  |  |  |
| 2.  |  |  |  |
| 3.  |  |  |  |
| 4.  |  |  |  |
| 5.  |  |  |  |

### Reflection

Write one or two sentences of how an understanding of homeostatic and hedonic eating may improve your eating habits.