

Health In Progress

Lesson 14

Tracking Eating Patterns



QUESTION 14:

The best time to eat is:

- a. When you are bored
- b. When you are hungry
- c. When you are watching TV
- d. On a set schedule

ANSWER: b. When you are hungry

1. Nourishment is essential for life; eating is something we need to do every day. It is an important biological function. Food provides us with substances that:

- a. Help us to grow
- b. Give us energy and
- c. Keep our body parts healthy

2. Food and the sharing of it in groups, is a prominent aspect of human social existence. Think of some examples for when eating is as much about human interaction as it is about the food itself. (Some answers include: sitting down to dinner with the whole family, special meals on religious holidays, summer holiday picnics, etc.)

It is important to **enjoy eating**. Food should taste good and it is comforting to our emotional health to be able to share eating it with other people.

3. Eating when you do not feel hungry, while you watch TV, and when you are bored are bad habits that may result in you consuming unnecessary calories and gaining too much weight. Watch out for snack food that tempts you to eat when you are not hungry!

ACTIVITY: Keep a 24-HOUR FOOD LOG of why you eat, what you eat and when you eat. (See Lesson 14 - Supplement)