

What Are Your Eating I-Cues?

Staying Healthy Skill: Recognizing your hungry/full feelings and choosing appropriate portion sizes

Life Skill: Reasoning: uses logic for new applications

Educational Standard: NS.K-12.F: Science in Personal and Social Perspectives; personal health and nutrition

Success Indicator: Shares information about portion sizes and I-Cues, the hungry/ full feelings you have.

Have you ever said, “I can’t believe I ate the whole thing?” When it comes to eating, it is important to pay attention to cues. Your body gives you hints or signals to help you know how much to eat. Did you know that it takes 20 minutes for your brain to get the signal that your stomach’s had enough?

Get Smart!

What are your eating I-Cues? There are other healthy-eating cues that you can learn to help you know how much to eat.

These are:

What do I see?

What do I feel?

What do I do?

What do I say?

What do you see?

Picture common household items to help you understand the serving sizes the government recommends.

Food	1 serving is about the size of:
1 slice of bread	a floppy disk
1 cup dry cereal	a baseball
1/2 cup sliced fruit	a computer mouse
1 medium fruit	a baseball
1/2 cup peas	a computer mouse
1 cup raw leafy vegetables	a baseball
1/2 oz. cheese	a nine-volt battery
3 oz. cooked meat	a deck of cards

The government recommends that children eat at least 6 servings of grains, 3 servings of vegetables, 2 servings of fruit, 3 servings of dairy and 2 servings from the meat group each day.

What do you feel?

Babies cry when they feel hungry and stop eating when they feel full. How would you feel in following situations? Place an X on the Hunger Scale.

You went to a buffet for dinner and sampled everything because it all looked so good.

Hungry? ← Full? → Stuffed?

It is mid morning and you didn’t eat breakfast.

Hungry? ← Full? → Stuffed?

You win a challenge at a party for eating the most pizza and then top it off with birthday cake and ice cream.

Hungry? ← Full? → Stuffed?

What do you do?

What kind of eater are you? Your style may affect how much you eat. Check the boxes that describe how you eat.

- | | |
|--|--|
| <input type="checkbox"/> Fast eater | <input type="checkbox"/> Eat when sad |
| <input type="checkbox"/> Slow eater | <input type="checkbox"/> Eat for rewards |
| <input type="checkbox"/> Eat one food group at a time | <input type="checkbox"/> Other eating habits |
| <input type="checkbox"/> Take bites all around – mix it up | |
| <input type="checkbox"/> Eat in silence | |
| <input type="checkbox"/> Talk with family and friends | |

Researchers believe that some eating habits may contribute to unhealthy diets. It’s especially important to eat slowly and when possible, enjoy food as a family. We shouldn’t use food to reward ourselves or to fill time when watching TV.

What would you say?

Be prepared when you are offered food that you really don’t need. Think up a few things to say so that you are ready. Remember to be polite!

Example: You are handed a 20 oz. bottle of Coke. You could say:

- I prefer milk.
- Water is healthier.
- I’ll share this with someone else.
- I can save the rest for tomorrow.

An extra large family-size bag of chips is offered as an after school snack.

You could say:

You feel starved waiting to be served. A basket of rolls is placed at your table.

You could say:

The picnic was great. Everyone brought his/her best dessert to share.

You could say:

BRAINstorming



Share What You Did

- Give examples of your eating I-Cues. Ask your helper to share how he/she uses I-Cues and healthy-eating cues.

Process What's Important

- Which eating cues do you practice? Which ones do you need to begin practicing?

Generalize To Your Life

- How can I-Cues help with your hygiene and exercise, other important areas for staying healthy?

Apply What You Learned

- Post a list of important I-Cues on the refrigerator and practice with your family each day.

Real World Survival Tip

Dinner is going to be late and you are starving. You know if you snack now you may be too full to eat dinner. What should you do?

Did You Know?

Large portion sizes can affect our size. Look at what's happened to portion sizes in the past 20 years.

- soft drinks have increased by 52%
- snack packages, like potato chips and pretzels are 60% bigger
- meals in restaurants are larger—an appetizer today may have been the meal 20 years ago.

More Challenges

1. Make a plan with your family to eat slowly. Prepare a list of discussion topics so everyone participates in dinner table conversation. Set your fork down between every bite, and no talking with your mouth full.
2. Experiment with serving styles. Dish up each plate in the kitchen instead of putting all the food on the table.
3. What tips can you use to watch your portion size when eating out?

Show your Smarts!

Make a commitment to pay attention to your I-Cues. Consider one of the "Show Your Smarts" ideas below to share what you know in your final project activity.

Word Smart

- Write humorous essays describing hungry, full and stuffed. (Example: "What My Stomach Says" or "How My Body Speaks.")
- Make a list of "one-liners" to use when someone offers you more than you need.

Math Smart

- Now that you know more about portion sizes, estimate how many people could be fed with a "supersized" meal.

Art Smart

- Take photos of several foods with a serving-sized object next to them. (Example: a medium apple and a baseball.)

Body Smart

- How does exercise make a difference on your hunger scale? Choose three situations and record how you feel without exercise and with exercise.

Music Smart

- Write a song about your eating I-Cues.

Nature Smart

- Eating I-Cues change during outdoor activity. Make a list of things you can do to be prepared while you are on a hike.
- How can you help overweight pets lose weight?



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