



NEED TO EAT CLUES MONTH

(CHECK ITEMS YOU PLAN TO DO AT YOUR MEETING)



HEALTH H CHALLENGE

Discover your body's fullness signals.

ROLL CALL

Name a time when you do not think of eating during the day.

INSTANT ACTIVITIES

(SEE "STEP BY STEP")

Hungry Hip-hop

**GIVE OUT
FAMILY HANDOUTS**

"Need to Eat Clues"

NUTRITIOUS SNACK

Low-fat vanilla or fruit yogurt
(this snack really satisfies hunger)



REMEMBER TO REPORT!

Fill out the End-of-year Record Form.



GETTING READY

- Read through the “Step By Step.”
- Have a copy of the 4-H Family Handout for each family.

INSTANT ACTIVITY STEP BY STEP

HUNGRY HIP-HOP

- *Introduce the topic.*
 - Your stomach is empty. You may feel tired or dizzy. Sometimes your stomach sends out loud, growling reminders. Your body says “eat.” Listen to your body’s clues.
 - Thirsty or hungry? Sometimes all we really need is a drink of water.
 - Do you need someone to talk to, a hug, or something active to do? Sometimes we need to take care of these needs instead of eating.
- *Have Fun – Play “Hungry Hip-hop”*
 - Get in a big circle. Join hands. Take turns and name a favorite food or drink that satisfies their need to eat. Jump up and down as they name the food/drink. Keep jumping until everyone has a turn. Or, keep going around the circle until you run out of ideas.
- *Talk About It*
 - What happens when you are starved? Do you go for healthy foods? Do you grab what is easiest, even if it’s not the healthiest?
 - Eat small, healthy snacks when you are hungry. If you wait until you are really hungry, you may overeat.
 - Can you name healthy snacks? (Examples: water, low-fat yogurt, fruit, dried fruit, low-fat milk, carrots, celery sticks, apple slices, granola, low-fat cheese stick, trail mix, nuts, grapes, sweet peppers, air-popped popcorn, whole grain bagel)
 - What healthy snacks would satisfy your hunger? (Examples: fruit instead of sweet cookies, candy, or cake; yogurt instead of ice cream; pretzels instead of chips; water instead of soda pop) These satisfy hunger and improve your energy, skin, muscles, or weight.
 - Stop eating when you are not hungry, not when the food is gone.
 - To eat less, take a small portion from the package. Don’t eat from the package.

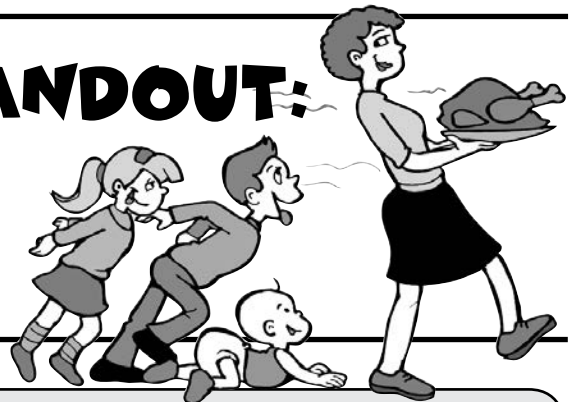
SUMMARIZE THE MAIN POINTS

1. Eat slowly. The brain and the belly take time to tell each other when you’re full – about 20 minutes.
2. Enjoy food flavors. Enjoy mealtime and talking with others.
3. Pay attention. When your body says, “I need to eat,” make smart choices. Listen when your belly says, “That’s enough.”





FAMILY HEALTH HANDOUT: EATING HEALTHY NEED TO EAT CLUES



HEALTH H CHALLENGE

Discover your body's fullness signals.

FAMILY MEAL TIP

Can your family members guess how much time they take to eat a dinner meal? Time your next meal. Do you take at least 20 minutes to eat? The brain and the belly need time to tell each other when the stomach is full. If your family members are speed eaters, what are ways you can slow down to 20 minutes or more?

4-H FAMILIES ONLINE

What do your family members know about hunger signals and eating? Go to www.foodinsight.org and search for the video called "Tune in' with intuitive eating." Watch the video.



**DON'T FORGET!
POST THE
EAT-O-MOMETER
NEAR YOUR FAMILY
EATING AREA.**

EAT-O-MOMETER

The next time your family is together for a meal, ask each member to: 1) listen to their body's need to eat signals before the meal; 2) mark the spot with one of their initials on this Eat-O-Mometer; and 3) rate their feelings of fullness again after the meal with both initials.



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