

Name: \_\_\_\_\_

# Mind Over Munching

**Directions:** After reading “Snack Signals” on page 8, answer these questions.

1. People make approximately this many food decisions every day:  
A. 100      B. 200      C. 300
2. Teens drink more out of a glass that is  
A. small.      B. large.      C. wide.
3. In what ways does the size of a plate or a package affect the amount a person eats?  
\_\_\_\_\_
4. What types of feelings might cause someone to crave sweet or starchy food?  
\_\_\_\_\_
5. What does Brian Wansink’s research demonstrate about people’s eating habits?  
\_\_\_\_\_
6. Carbohydrates can make a person feel  
A. grouchy.      B. sad.      C. relaxed.
7. High-protein foods can make a person feel  
A. tired.      B. energized.      C. angry.
8. Why might people eat more when they are stressed or emotional?  
\_\_\_\_\_
9. What are other things that a person could do besides eating when bored or upset?  
\_\_\_\_\_
10. What kinds of habits affect the way we eat?  
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