

Name: _____

The Psychology of Eating

After reading “Mind Over Munching” (page 8), answer these questions.

1. How many food-related decisions do most people make every day?

2. How does the shape of a glass influence how much teens drink?

3. In what ways does the size of a plate or a package affect the amount a person eats?

4. Why might people eat more of foods such as low-fat ice cream or fat-free cookies?

5. What does Brian Wansink’s research demonstrate about people’s eating habits?

6. How do carbohydrates affect mood?

7. How do high-protein foods affect mood?

8. Why might people eat more when they are stressed?

9. Other than eating, what could a person do if he or she is bored or upset?

10. What kinds of habits affect the way we eat?
