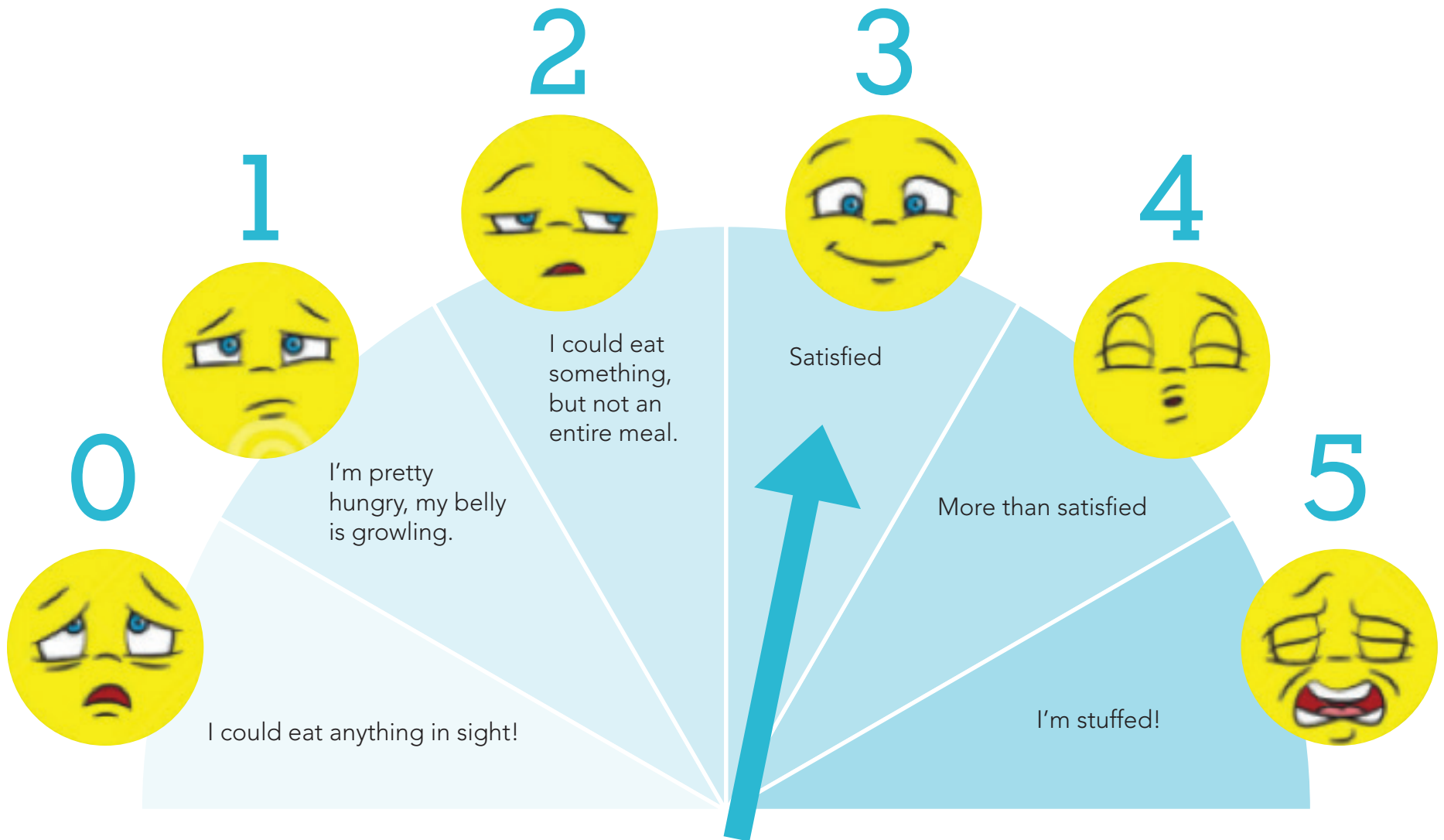


The Hunger Gauge



Adapted from: <http://www.movenourishbelieve.com/believe/8-simple-ways-to-eat-more-mindfully/>

Beach Cities Health District LiveWell Kids

2nd Grade, Module 1 – Mindful (Eating) Behaviors
Visual Aid: The Hunger Gauge