

Name(s):

Physical or Emotional Hunger?



After visiting the following websites, answer the questions.



Emotional Eating

Learn how to stop emotional eating by identifying your triggers, learning to fight cravings, and finding more satisfying ways to feed your feelings.



1. Describe the differences between physical and emotional hunger.

2. What can be the consequences of over-consumption of emotional food?

3. Mention effective ways to control emotional hunger.

