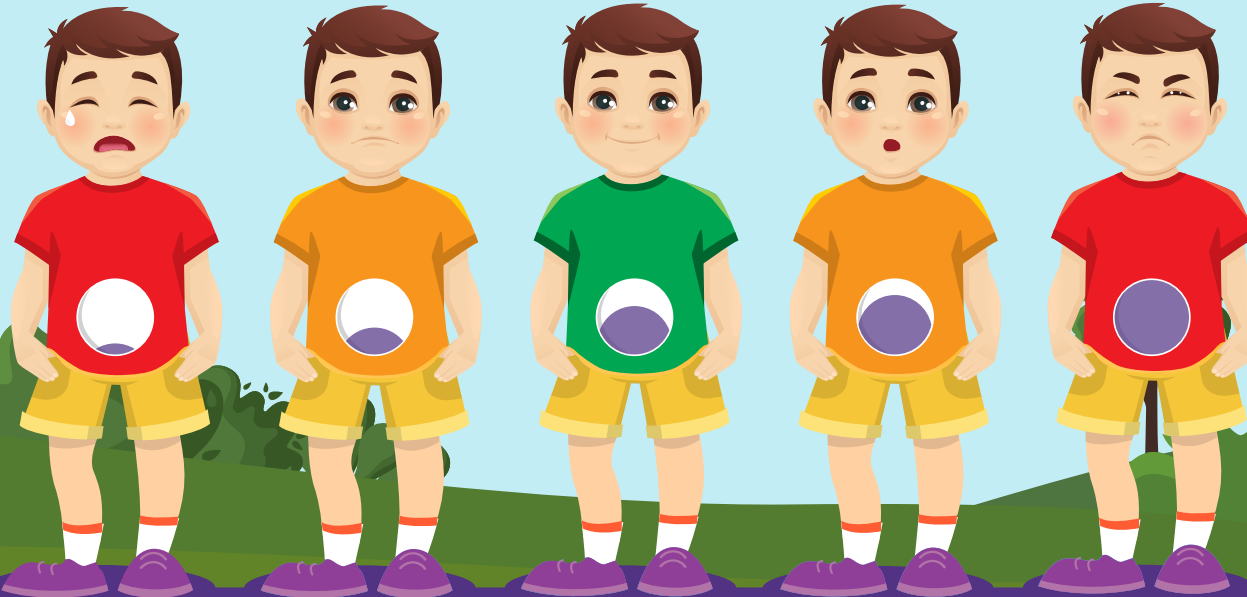


HUNGER & FULLNESS CHART

Use this chart with caregivers to help them understand their child's body signals.

What feelings and behaviours might you see when your child is hungry, just right, or full?



1

Very Hungry

- Requests food constantly
- Highly emotional
- Displays meltdowns
- Appears very tired and disengaged
- Falls asleep
- Reports feeling sick

2

Quite hungry

- Starts to request food
- Demanding
- On the edge of a meltdown
- Hyperactive or lethargic
- Reports feeling sick

3

Just Right

- Not requesting food
- Appears content and satisfied
- Happy to engage in tasks
- Appears comfortable and alert

4

Quite Full

- Appears tired
- Has trouble concentrating
- Appears slower in their body

5

Very Full

- Appears lethargic
- Appears zoned out
- Food might come back up
- Reports feeling sick
- Emotional

HUNGER & FULLNESS CHART

Use this chart with children to help them understand their body signals.

How you might feel if you are hungry, just right or full?



1

Very Hungry

- Hear your tummy gurgling
- Big tummy pains
- Big feelings in your whole body
- Unable to think
- Light-headed
- Sleepy
- Shaky
- Sick



2

Quite hungry

- Tummy pains
- Unable to focus
- Thinking about food a lot
- Sick in your tummy or other parts of your body



3

Just Right

- Content
- Able to think



4

Quite Full

- Feel food in your tummy
- Clothes feel tighter around your tummy
- Tired
- Low energy
- Difficult to think



5

Very Full

- Sick feeling in your tummy
- Food might come back up
- Uncomfortable
- Need to sleep
- Upset