Lesson 1.02 – (Relevant to National Health Education Standards 2, 5 & 7)

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Food For Your Mood
Your mood affects your eating habits *

Objective: To learn how your mood can cause you to crave certain foods, and to use this information to avoid over-eating when you are feeling bad.

Warm-Up Questions:
1. When you feel sad, what kinds of foods do you like to eat? What kinds of foods do you like to eat when you feel happy?
2. Why do you think there is a difference?
3. Do you think people eat more unhealthy food when they are sad or happy? Why?

Blackboard Plan:

<table>
<thead>
<tr>
<th>Food</th>
<th>Sad Mood</th>
<th>Happy Mood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Candy Bar</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ice Cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato Chips</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chocolate</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Apple</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raisins</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Activity:
1. Ask students what situations make them feel sad.
2. After listening to descriptions of a few sad situations, ask students which of the foods on the board they would most like to eat.
3. Tally the number of people that want to eat each of the foods listed on the board.
4. Ask students what situations make them feel happy.
5. After listening to descriptions of a few happy situations, ask students which of the foods on the board they would most like to eat.
6. Tally the number of people that want to eat each of the foods on the board.
7. Discuss results.

Alternative Activity:
1. Ask students to look through magazines and cut out pictures of foods they typically eat.
2. Have students write down why and when they eat each of these foods.
3. Discuss answers.

Discussion Questions:
1. How can you avoid over-eating when you are feeling bad?
2. What things can you do to improve your mood when you are feeling bad?

Take-Away Facts:
1. While people tend to overeat unhealthy foods when they are sad, people who are happy often over-eat healthy foods.
2. If you are feeling sad, don't use food to try to improve your mood. Instead, try going for a walk, watching a movie, or talking to a friend.
3. When feeling bad, many people overeat without realizing it. Put snacks into smaller bags to avoid eating too much.


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