## healthpoweredkids

**Student Activity Sheet** 

## HOW HUNGRY AM I? HUNGER TRACKER

<b>KEY</b> :/ - Pretty hungry, my stomach feels empty, :) - Just right! Not too hungry or full, :( - Too full, I ate too much	
er :/	:)
	h feels empty, <b>:)</b> - Just right! Not t How I felt before I ate :/

Allina Health 🐝

healthpoweredkids.org