

What are your Eating Habits?

Circle each habit with a True or False

(In some examples, replace the food listed with the actual food you might crave.)

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|---|------|-------|
| 1. I always go for seconds | True | False |
| 2. I eat just because food is there | True | False |
| 3. At a beach town I crave an ice cream cone | True | False |
| 4. At my parent's house I want lasagna | True | False |
| 5. I eat until my plate is clean | True | False |
| 6. If I go into Starbucks, I have to have a soy latte | True | False |
| 7. I need to eat a lobster roll in Maine | True | False |
| 8. At 2:00 I need a snack, no matter what I had for lunch | True | False |
| 9. On my birthday, I must have birthday cake | True | False |
| 10. On Valentines Day, I want chocolates | True | False |
| 11. On Easter, I need jellybeans | True | False |
| 12. On Memorial Day, I have to have a burger | True | False |
| 13. On Halloween, I go for the gummy worms | True | False |
| 14. On Thanksgiving, I must have pie | True | False |
| 15. On Chanukah, I crave potato pancakes | True | False |
| 16. On Christmas, I live for holiday cookies | True | False |

Maybe you notice some of the things you do out of habit that I left off of this list? Take a moment and write them here:
