

# HUNGER CHART CHARADE CLUES

COPY AND CUT OUT TO USE WITH VOLUNTEERS IN YOUR LESSON

## #1: FAMISHED:

Act like you are about to pass out by:

- Rolling your eyes up in your head
- Grabbing your stomach like you are starving
- Put your hand to your forehead
- Dramatically say “I feel like I might faint”

## #2: HUNGRY:

Act like it is dinner time and you are getting very hungry:

- Rub hands together, lick lips like you are looking at your favorite meal
- Your face is very happy
- You have lots of energy, jump up and down
- Say “Hmm, I’m getting hungry. What kind of high-quality food do I feel like eating?”

## #3: SATISFIED:

Act like you just finished your favorite dinner:

- Peaceful look on your face
- Gently pat your stomach and smile
- Say “I feel great – I think I’ll go out and play”

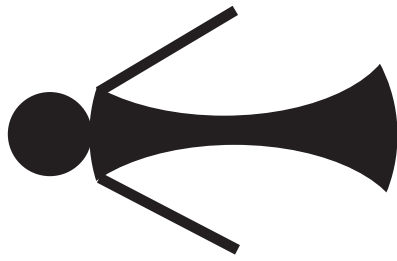
## #4: ILL/EXPLODING

Act like you just ate a huge Thanksgiving dinner, and had way too much:

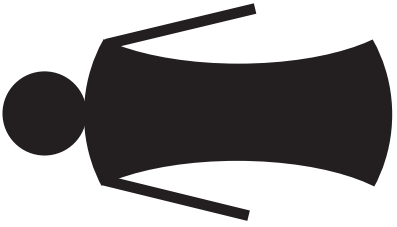
- Puff out your cheeks
- Stick out your stomach, act like it hurts
- Say “Oh, I’m so full I feel like I might pop”

# HUNGER SCALE

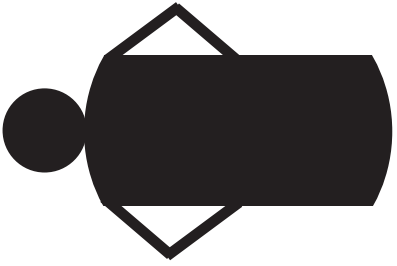
Describe 3 different ways you feel when you are famished, hungry, satisfied and ill/exploding.  
Use the word bank below if you need help.



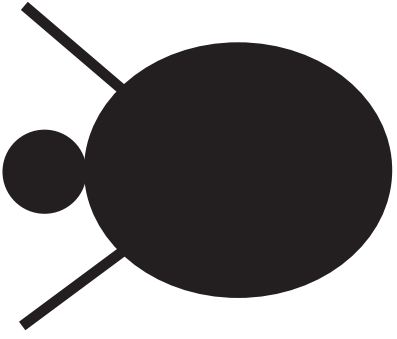
**FAMISHED**



**HUNGRY**



**SATISFIED**



**ILL/EXPLODING**

1	2	3	4
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

## WORD BANK

- |             |               |                 |               |
|-------------|---------------|-----------------|---------------|
| Shaky       | Empty         | Mouth watering  | Energized     |
| Can't focus | Tired         | Ready to go     | Nauseated     |
| Irritable   | Fidgety       | Happy           | Stretched out |
| Jittery     | Uncomfortable | Tummy grumbling | Puffy         |