

Name: _____

Why I Eat

People eat for many reasons. You may eat because you are hungry, because the food looks or smells good, because you are bored, or because you see other people eating. Read each statement below and check the box that shows the reasons you eat.

I eat when I'm:	Often	Sometimes	Almost Never
hungry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
bored	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
with my friends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
happy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
worried	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
lonely	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
angry	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
treated unfairly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
told it's time to eat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
watching TV	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

