

- ① so hungry you could faint
- ② hangry-need to eat soon
- ③ belly growling-hungry
- ④ notice stomach is empty
- ⑤ not hungry or full
- ⑥ slightly full, but could eat more
- ⑦ satisfied
- ⑧ slightly uncomfortable
- ⑨ stuffed
- ⑩ sick-VERY uncomfortable

Hunger Scale