

Food cravings

Classifying Exercise: Food Cravings

Instructions: Classify the following items into the correct category based on the degree of craving they typically inspire: *Mild Cravings*, *Moderate Cravings*, *Strong Cravings*, and *Intense Cravings*. Feel free to add your own cravings!

Word Bank:

fresh fruit, dark chocolate, french fries, soda, ice cream, sushi, popcorn, cheese, coffee, pizza, salad, fried chicken, cake, water, herbal tea, spicy noodles, cookies, sandwich, smoothie, potato chips

Mild Cravings	Moderate Cravings	Strong Cravings	Intense Cravings

Ranking Exercise: Degrees of Food Cravings

Instructions: Rank your top 5 cravings, with 1 being the most intensely craved and 5 being the least intensely craved. Provide a brief explanation for why the first-ranked item is considered the most craved.

1. _____
2. _____
3. _____
4. _____
5. _____

Explanation for first ranked item: _____
