# Summary Activity

**Complete** the summary activity below.

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| **Appetite** |
| **What is appetite?** | **What is the body’s physiological response to appetite?** |
|  |  |
| **Explain the relationship between appetite and conditioning.** |
|  |
| **Give an example of when you had an appetite for food and describe what was happening to your body.** |
|  |
| **Satiety** |
| **What is satiety?** | **What is our body’s physiological response to satiety?** |
|  |  |
| **Give an example of when you experienced satiety and describe how this felt.** |
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