# Written Activity One

## The Bodies Response to Appetite and Satiety

**Add** notes to the diagram below that explain the body’s physiological response to appetite and satiety.



# Written Activity Two

## What are the Most Filling Foods?

**Read** the article at this link: <https://www.medicalnewstoday.com/articles/324078#takeaway>

In the table below, **list** four different ingredients you would include in a meal.

**Explain** why each of the foods in this meal contributes to satiety.

|  |  |
| --- | --- |
| **Food**  | **Why does this food contribute to satiety?** |
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# Written Activity Three

## Describing the Senses

We use our five senses when we decide to eat a portion of food. These senses are hearing, sight, smell, taste, and touch. Our senseshelp us evaluatefood, develop personal food preferences, and make choices. It is important to avoid using terms like delicious, nice, and scrumptious when describing foods. These adjectives say how much you like food, not why you like it. When describing food, it is important to use words about sensory properties, including taste, texture, appearance, aroma, and sound.

Think of your most and least favourite dish.

Describe the taste, texture, appearance, aroma, and sound of these dishes in the table below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Dishes** | **Taste** | **Texture** | **Appearance** | **Aroma** | **Sound** |
| **Most favourite dish** |  |  |  |  |  |
| **Least favourite dish** |  |  |  |  |  |

Visit this website to find out some adjectives to describe foods:

<http://archive.foodafactoflife.org.uk/attachments/ee816658-1eed-4b1756de6e61.pdf>