Hunger, Intro. Psychology Allen Name

(Before you read)

1. In your own words, what is hunger?
2. How do you know you are hungry?

Causes of Hunger:

1. Physical Causes of Hunger:

A:

B:

C:

D:

1. Emotional triggers for Hunger.
2. Environmental triggers for Hunger.

Time ques:

Situational ques:

Sensory ques (sights, smells, etc)

1. Eating disorders:

A:

B:

C:

1. Set Point: