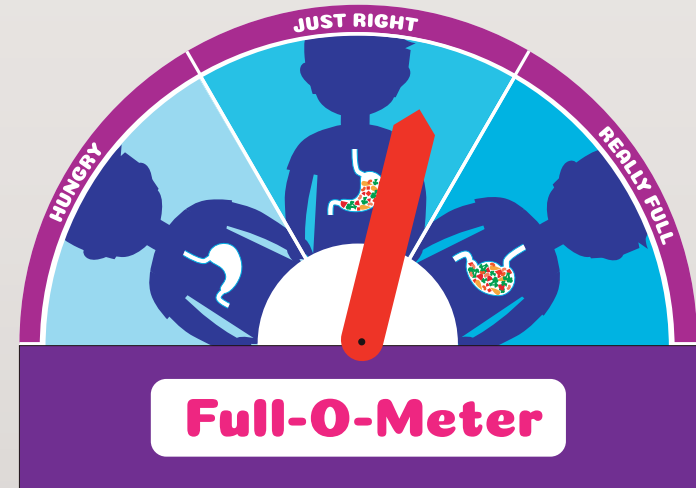


## Facilitator Guide

### Full-O-Meter Activity for Family Meals



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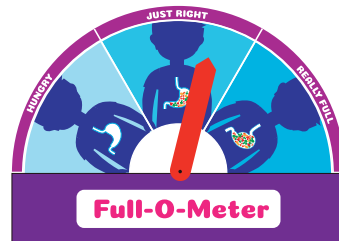
If you are offering meals as part of the SEEDS program here is an activity you can incorporate into the meal to reinforce the goals of the program. Do not initiate this activity until after the session in which parents and children use and take home the Full-O-Meter.

### Materials Needed:

- Food and serving utensils, paper plates, napkins and plasticware — enough for parents, preschool children, and children in child care
- Full-O-Meters — enough for each family to have 1, or for large families, 2 Full-O-Meters

### Internal Cues Check-in Before the Meal

Before the start of each meal have children and parents check in about how their stomachs are feeling and have them select the corresponding state on the Full-O-Meter.



Checking in with parents and children:

#### Say:

“The children have been practicing and learning how to tell if they are hungry, have eaten just the right amount of food, or are really full. All of us are going to practice together before we eat dinner. Can everyone put their hands on their stomach? How does it feel? Does it feel **hungry** and not have any food in it?”

(Hold up the Full-O-Meter with the arrow pointed to *hungry*.)

#### Say:

“Or does it feel **really full** and has had too much to eat?”

(Hold up the Full-O-Meter with the arrow pointed to *really full*.)

#### Say:

“Or does it feel **just right**, and has had enough to eat but not too much food?”

(Hold up the Full-O-Meter with the arrow pointed to *just right*.)

#### Say:

“Children, share with your parents how your stomach feels. Parents, how does your stomach feel using the Full-O-Meter at your table?”

#### Say:

“Thank you all for sharing with each other! While you eat dinner think about how your stomach is feeling.”



## Internal Cues Check-in After the Meal

### Say:

“Now that everyone has eaten, we’re going to practice paying attention to our cues one more time tonight. Can everyone put their hands on their stomach? How does it feel? Does it feel **hungry**, and not have any food in it?”

(Hold up the Full-O-Meter with the arrow pointed to *hungry*.)

### Say:

“Or does it feel **really full** and has had too much to eat?”

(Hold up the Full-O-Meter with the arrow pointed to *really full*.)

### Say:

“Or does it feel **just right** and has had enough to eat, but not too much food to eat?”

(Hold up the Full-O-Meter with the arrow pointed to *just right*.)

### Say:

“Children, share with your parents how your stomach feels. Parents, how does your stomach feel using the Full-O-Meter at your table?”

### Say:

“Thank you all for sharing with each other! This is also something that you can practice at home with your family before the next session. After you eat, check in with how your stomach feels and see if you’re paying attention to how much your body is telling you to eat.”

### Note: Meal Leftovers

Facilitators often ask what to do with leftover food from the meals, especially if some parents have requested plates to take home. Please prepare each session to send all leftovers home with parents. Bring gallon Ziploc® bags for the leftovers. If you have a large group and you don’t think you’ll have enough leftovers, you can have parents wait who have requested food to take home until most of the families have left before you distribute the food to them.

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