

# WHAT DO YOU REALLY WANT TO EAT?

A D A P T E D F R O M T R I B O L E & R E S C H , 2 0 1 7

*Let's do this exercise together. It is more helpful to do this exercise when you feel a little hungry, perhaps at a 3 or 4 on the hunger scale. If you have recently eaten, perhaps return to this exercise in a couple of hours.*

Make sure you are in a calm relaxing atmosphere and slowly ask yourself a series of questions:

1

## **What taste sounds appealing?**

Savoury, sweet, salty, buttery, rich, bitter, tart, smoky, spicy, bland, mild

2

## **What texture sounds interesting?**

Smooth, creamy, crunchy, chewy. Crispy, crumbly, hard, soft, flaky, gooey, mushy, sticky, greasy, dry, thick, thin, heavy, light, lumpy

3

## **Which aromas are appealing?**

Garlic/onions, bacon or steak, coffee, cinnamon, vanilla, popcorn, freshly baked bread, cheese, fish, citrus

4

## **What temperature of food is enticing?**

Hot, warm, tepid, cool, ice cold

5

## **What about the appearance of food?**

Beige and plain, diverse and colourful, consider different shapes, sizes, textures, arrangements

6

## **How do you want the amount of food to feel in your stomach?**

Heavy and hearty or airy, light and small?