

Name _____

Portion Control: The Key to a Healthy Weight

Open-Ended Response Questions

1. Discuss a scenario where someone struggles with portion control and the potential consequences for their health. Offer suggestions on how they can overcome this challenge.
2. Explain the concept of mindful eating and how it can be incorporated into portion control. Provide an example of how you could practice mindful eating during a meal.
3. Imagine a world where portion control is widely practiced. Describe the potential positive impact on public health and well-being.
4. Share a personal experience of successfully incorporating portion control into your daily life, including the benefits you've noticed.

