

## Chapter 9 Test, Feelings

To complete this test, you will need to fill in the blank for some and circle the most correct answer for others. At the end is a short answer question.

1. Serotonin, a mood elevator, is made with the help of \_\_\_\_\_.
2. Keeping your feelings inside can make you sick: True False
3. \_\_\_\_\_ happens when you eat when you are not hungry.
4. Name two foods that can calm your mind. \_\_\_\_\_
5. What you say to yourself is known as \_\_\_\_\_.
6. Feelings are also called: Hormones Attitudes Acronyms Emotions
7. Too much caffeine, \_\_\_\_\_, or carbohydrates can cause bad moods.
8. Emotional eating is:  
Nothing serious Dangerous Causes Problems Doesn't Cause Problems
9. In two or three complete sentences, explain why sharing your feelings can be good.

Fill in the blank choices:

Overeating  
Self talk  
Stress  
Under-eating  
Milk  
Cheese  
Emotions  
Carbohydrates  
Yogurt  
Sugar