

| Question | Assessment | Low response (0) | High response (100) |
|--|------------------------------|-------------------------|---------------------|
| Q1. How hungry are you? | Hunger | Not hungry at all | Extremely hungry |
| Q2. How satiated are you? | Satiety | Not at all satiated | Extremely satiated |
| Q3. How much food do you feel able to eat? | Prospective food consumption | An insignificant amount | A huge amount |
| Q4. How much do you want to eat savoury foods? | Appetite for savoury foods | Not at all | A lot |
| Q5. How much do you want to eat sweet food? | Appetite for sweet foods | Not at all | A lot |
| Q6. How relaxed are you? | State of ease | Not at all relaxed | Extremely relaxed |