***Week 12 Prep – Hunger Response***

**Hunger**

Watch the following videos: *Hunger Hormone* (1 min 12 sec), *Faulty Hunger Switch* (3 min 39 sec), and *Minnesota Semi-Starvation Experiment* (22 min) and respond to the following 8 questions using complete sentences.

1. From the *Hunger Hormone* video: What types of food do people usually crave when there are high levels of ghrelin? Have you experienced these types of craving when you are hungry?

When there are high levels of ghrelin people crave high calorie foods. I have experienced this type of craving when I am hungry. I find if I wait a long time in between meals I’ll eat a normal meal then after I finish it I still crave sweet things after.

1. From the *Faulty Hunger Switch* video: Why was Sven always hungry after his brain surgery?

Sven is always hungry because when he was in surgery to remove his brain tumor the hypothalamus was damaged. The hypothalamus is the nerve center of the brain.

1. From the *Minnesota Semi-Starvation Experiment* video: What were the psychological effects of semi-starvation on the men participating in the study? (Describe at least 4 of the psychological effects.) Have you seen these types of responses when people go on very-low-calorie diets?

One effect from the semi-starvation period was they started to lose the will to do anything that required energy. Another one is that they thought all food would taste good no matter if it was scraps. Third one is they lost interest in women. A fourth one is they felt irritated. I have seen this when people go on low calorie diets. Personally I did and always felt tired and never wanted to do anything. I got winded easily and everything annoyed me.

1. From the *Minnesota Semi-Starvation Experiment* video: What happened to the eating behaviors of the participant who "cheated and had ice cream? Have you seen this type of response when a person has been dieting and “cheated” on their diet?

The participant who had ice cream went on an eating binge and ate everything in sight. This is common for people with restrictive diets. They have it once and then want it again and again and say “one more won’t hurt.”

1. From the *Minnesota Semi-Starvation Experiment* video: What happened during the night after the participants got a "relief" meal which was high in calories and protein? Describe how this relates to the protein function of maintaining fluid balance in the body.

At night after the patients had the relief meal they constantly had to pee. The protein in the dinner triggered fluid loss in the body which was also largely with the edema they were suffering from.

1. From the *Minnesota Semi-Starvation Experiment* video: What was the impact of adding in extra vitamins and protein during the refeeding phase of the experiment? What did the researchers find was needed for the men to regain weight?

Adding in extra vitamins and protein during refeeding helps build tissue and replace the edema with healthy skin. The researchers found that high calories and vitamins were necessary.

1. From the *Minnesota Semi-Starvation Experiment* video: What was the impact of the semi-starvation on the level of hunger the men experiences after the experiment?

After the semi starvation period the meals for the men were increased and split in groups. Even with the increase in calories it did not satisfy hunger. Even after the whole experiment was over the participants were still hungry even after they ate whatever they wanted.

1. What was the most significant/surprising thing you learned from these videos?

From these videos I found most surprising is that when going through semi starvation periods you go binge on crazy amounts of foods. The hormones in your body are all out of whack and your body thinks this is the only chance for you to get food. I also thought it was surprising how many calories the men had to eat in general. The lowest they ate was 1500 and that is around what my basal metabolism is.