

Will-Power: Do you use it?

Situation 1:

You are at your friends house. Her mother offers you an afternoon snack of chocolate chip cookies and milk or fruit snacks and juice.

Which do you choose?

Does this show Will-Power?

Situation 2:

You are with you parents at a picnic. You and your mom and dad had carefully selected the right foods for you to eat. You are all finished, but really want some more potato salad. Your mom and dad are busy talking and wouldn't notice if you helped yourself to more.

What do you do?

Does this show Will-Power?

Situation 3:

You are at a Piñata Birthday Party and the Piñata just broke open. Everyone is allowed to collect as much candy as they can. Afterwards, you realize that much of the candy you have is "no" candy. You decide to see if anyone will trade candy with you so all your candy is "yes" candy.

Is this using Will-Power?

Situation 4:

You are really thirsty. You look in the refrigerator and all there is to drink is diet soda. Your other choice is tap water or formula.

How could one use Will-Power in this situation?

Situation 5:

At school someone is celebrating their birthday. His mother has brought in cupcakes, chocolate kisses and grape juice. When the cupcakes and kisses are passed out, you say "no thank-you."

Did you use Will-Power to do this?

Situation 6:

When you visit your Aunt and Uncle they have bowls of chips, dips, peanuts, candy and raw vegetables sitting on the coffee table for you to snack on.

Which foods do you choose?

Did Will-Power help you choose the right foods?



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