

At first I could still function.

People might not even know I am hungry all the time.

My stomach would growl.

I would feel impatient and grouchy.

All I would think about is FOOD.

I would start to lose weight.

Friends would be bigger and more active than me.

I would feel embarrassed because I can't keep up.

I would run out of energy easily.

I would be tired all the time.

My grades would suffer.

I would have difficulty concentrating and staying awake in class.

It would be hard doing simple things such as walking up a flight of stairs, carrying books, opening heavy doors.

I would feel very frightened.

My body would be using protein for energy instead of to repair damaged tissues, muscles and organs.

My eyesight would deteriorate.

I would feel ashamed at my appearance and at having to beg for food.

I would have to stop going to school.

I would feel powerless.

There is no future for me.

If I caught a cold or the flu

I might not be able to fight it.

People would say I died of an illness but I would

really have died

of malnutrition.