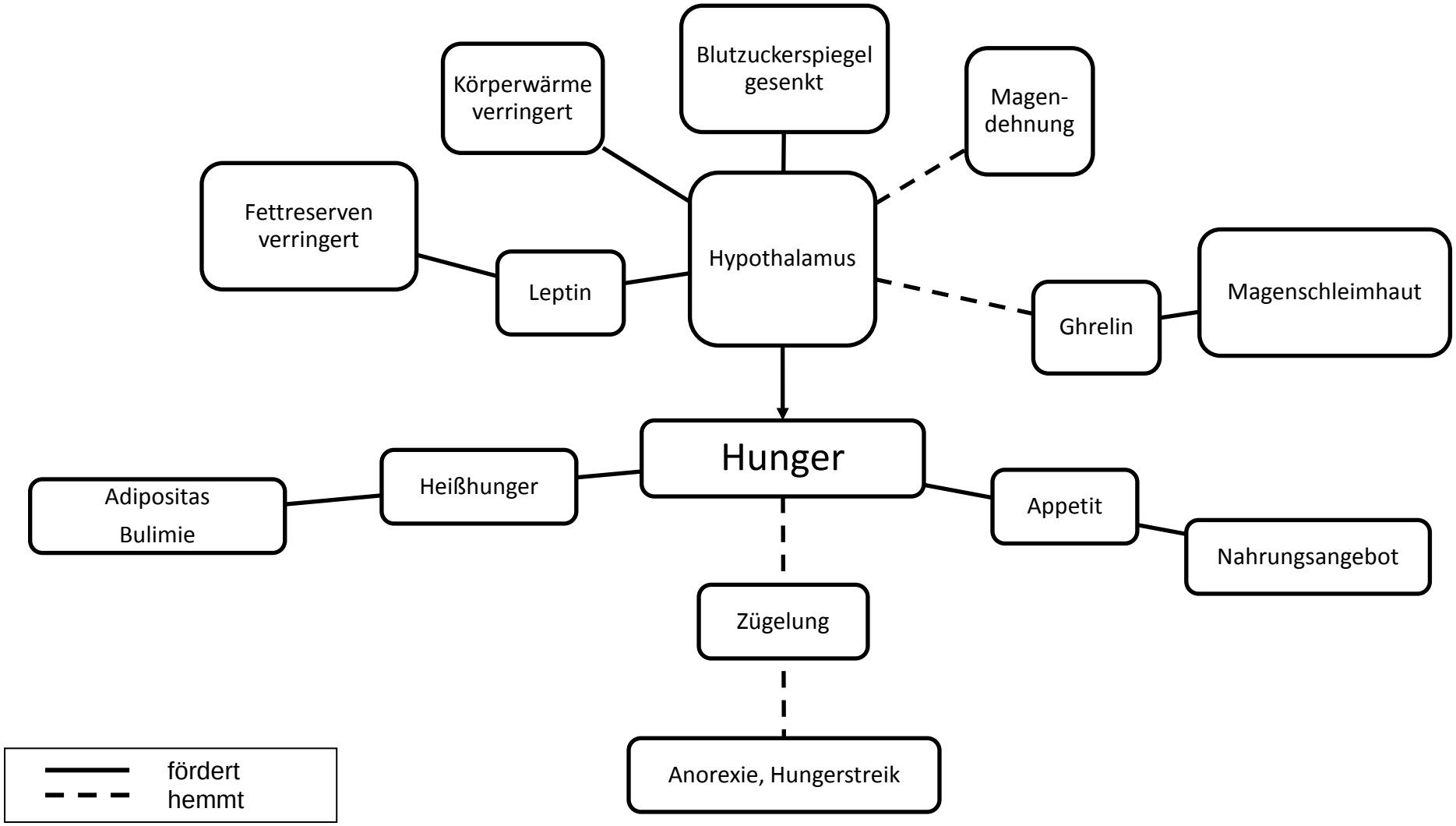Hunger und Sättigung – Mind-Map, Vorschlag