



# Mindful Eating Lesson

## *Supplies:*

- Apple, raisin, or other snack food

**Background:** One way to think about mindful eating is to imagine that you are a scientist examining your food for the first time. Give your full attention to the whole experience, from observing the appearance and presentation of food to eating it carefully to fully experience its various flavors. If you do this, you may find that a common meal becomes a richer experience.

## **What to Do:**

1. Have everyone including the leader wash their hands.
2. Hand out one apple (or small handful of other chosen snack) per person.
3. Ask participants not to eat the food item until you tell them to.
4. Once everyone is ready, have them close their eyes if they feel comfortable and read the following statements. You can have participants answer aloud or to themselves. Read the statements slowly, giving participants time to really think about each sense.
  - a. Start by looking at what you are planning to eat. What do you notice visually? What is its shape? What is its color?
  - b. Now, smell the food carefully. What do you notice?
  - c. If applicable, do you notice any sounds? If you're eating something like a raisin, try holding it close to your ear as you squeeze it gently. Or if you're unwrapping a chocolate, listen to the crinkles of the wrapper as you unfold it.
  - d. What do you feel with your fingers? Is the food warm or cold? Is it smooth, rough, or sticky?
  - e. Now, take a bite or put a small piece of food on your tongue, but don't chew on it yet. Just leave it on your tongue and notice how it feels in your mouth. Do you taste anything yet? What activity do you notice in your mouth?
  - f. Start chewing it, very slowly, just one bite at a time. Notice how the flavor and texture changes as you chew.
  - g. Try to notice when you swallow, and see how far you can feel the food into your body.
  - h. Now you can open your eyes.

**Reflection:**

1. What did you notice about the apple (or other snack)? Did it taste different from any other apple you've had before?
2. How can you make other foods taste special?
3. How can your friends and family help you be healthy? How can you help your friends and family be healthy?

Source: Mindful Schools, Mindful Me, BC Dairy Association