



1. OBSERVE AND NOTICE THE SHAPE, SIZE, COLOR AND ANY OTHER CHARACTERISTICS OF YOUR FOOD.


2. CLOSE YOUR EYES AND SMELL YOUR FOOD. TRY TO DESCRIBE THE SCENT.

3. PUT THE FOOD IN YOUR MOUTH BUT DO NOT BITE! NOTICE TEXTURE AND HOW IT FEELS? ANY FLAVORS YET?



4. SLOWLY BITE DOWN AND NOTICE HOW IT BREAKS APART. DESCRIBE/NOTICE THE FLAVORS. ENJOY!

# MINDFUL EATING



Use this activity with any morsel of food, and at any time/meal! Mindful eating helps us notice when we are full, an awareness of the taste of healthy vs unhealthy foods and supports better digestion.

Successful Families Successful Kids





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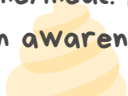
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