



Reflecting on Food: Mindful Eating

Summary: Can you enjoy eating more just by focusing your attention? How does the experience of eating change when you eat slowly? In this short lesson, you will try a mindful eating exercise guided by an audio prompt. Mindful eating is the practice of paying close attention to your food and how you are eating it.

Before you get started:

- Find a quiet place to complete this activity, where you won't be interrupted or distracted.
- Get a strawberry, other berry, or small slice of fruit.

Vocabulary:

- **Mindful eating:** eating while paying close attention to the experience of eating

LISTEN AND EAT: Listen to Reflecting on Food #3 - Mindful Eating - <https://youtu.be/7D5tpg5WXGw>

RESPOND: Write short answers, draw or sketch responses, or record audio or video answers to these reflection questions

1. Did you notice anything new about the food that you ate?
2. Did you notice anticipation or eagerness to eat the food while smelling it? Did it feel satisfying to eat the food?
3. Was this different from how you normally eat? How so?
4. Are there any other foods that you want to try this activity with?

Student Notes: There are many ways to extend this activity and practice mindful eating.

- Try this activity with other foods. You can try it with a slice of fresh fruit, a piece of chocolate, or any food. It can be a fun way to appreciate the foods you enjoy.
- Create a [I am Poem](#) using this experience as inspiration.
- Take a portion of a snack you usually eat mindlessly (without mindfulness, like while watching TV, scrolling on your phone, or playing video games). Try eating that whole snack mindfully.
- Family activity: Try leading your family in this mindful eating activity. It can be a fun group experience of savoring and enjoying food.
- Try extending the time frame for this activity. Use the same steps but spend longer on each step. Can you spend five minutes or even ten minutes eating and appreciating a single piece of fruit?

References:

Edible Schoolyard Project (May 15th, 2020). *Reflecting on Food #3 - Mindful Eating Activity* [Video]. Retrieved from <https://youtu.be/7D5tpg5WXGw>

Notes for Teachers/Parents

- This activity asks students to practice reflection and metacognition.
- This activity supports students in developing awareness of how they make food choices.