



# Habits for life: Mindful Eating Activity

Mindful eating is an approach to food that focuses on being fully present while we eat, this exercise can guide you through how to draw attention to your thoughts and senses as you eat

Foods that work well for this exercise are:

- one square of chocolate
- a raisin
- a berry or piece of fruit.

Ask your child to choose one of these foods and then you can read through this guide to help you and your child to eat the food mindfully.



- Hold the food in your hand, what does it look like?
- Notice the shape. Take a closer look – notice the colour and size from every angle (think of yourself as an alien who has just landed on earth and never seen this before).
- What does it feel like to touch?
- Bring it to your nose and smell - does it have a smell?
- Touch it to your lips. Next you are going to put it in your mouth – do not chew or swallow the food right away Place it on your tongue. Notice the texture now – is it different to when you held it in your hand?
- Notice the flavours on your tongue
- Now hold it between your teeth – is there a strong urge to bite? What does the anticipation feel like? Take a bite. Start to chew very slowly Then...
- Notice the flavours – does this change? How does it develop? How intense is the flavour? How does the texture change in your mouth?
- Take a moment longer to finish chewing very slowly before swallowing. Notice the sensations in your throat, are the flavours changing?

## Reflect on the experience

Did the food taste any different eating it slowly?

Did you enjoy it more or less? Do you feel satisfied?