

Name _____

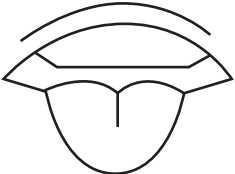


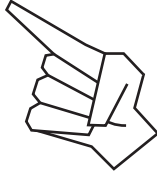

Date _____

MINDFUL EATING

When you practice mindful eating, think about how your food tastes, sounds, feels, and smells.

Practice mindful eating as you enjoy a piece of fruit. Write or draw your reflections below:

How did what you eat ...

 taste?	 look?	 smell?	 feel?	 sound?

What did you notice that you haven't noticed before?

Draw a picture of the fruit and all the things (including people) that it needed to grow.