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 ...

<table>
<thead>
<tr>
<th>taste?</th>
<th>look?</th>
<th>smell?</th>
<th>feel?</th>
<th>sound?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

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