



BRAIN / BODY THURSDAY - MINDFUL EATING

Supplies

Apple or orange slices or another small snack for students to taste (perhaps a different choice than the one used on Monday); & Timer

Mindful eating

Invite students to Mindful Me. They can practice Tree Pose seated or standing under the whole class is ready.

Play the video below or read the instructions below:

"Today we are going to talk more about mindful eating because it's such an important practice for overall health. We'll use all 5 of our senses as we eat and discover new information about the snack we're having.

"Let's start by thinking about where this food comes from. Does it come from a farm or factory or both? Where do you think it was grown? What resources did it need to grow? [water, sunlight, soil] How did this food get here into your hands? Wow, those are quite a few resources and steps that went into this one piece of fruit. I'm grateful for all of the resources and people who helped to get it here.

"Now, I'll start to use my senses to pay attention to the food. I will start with looking at it using my sense of sight. Look closely. What colors do you see? Is it all one color or are there many colors or shades of colors? What do you see that you haven't seen before?"

"Peel your fruit now.

"Before I start eating I am going to really smell it. Now I am going to listen to it. I'll hold it up to my ear and shake it and see if it sounds like anything. What do you notice after using your senses of smell and hearing?"

[set a timer for 30 seconds to 2 minutes]

"I am going to set a timer and see if it can take you that whole amount of time to eat this fruit. See if you can pause and notice all the flavors, smells, and textures of your food as you eat it. Slowing down will help you notice more."

"Try closing your eyes. When you remove one sense, like eyesight, it can make our other senses stronger. Stay present as you chew. Do you notice different sensations as you chew and swallow? Now try to eat even slower. Try to notice all the flavors and feelings of this food."

[Remain quiet for the remainder of time on the timer.]

“This is the second time we’ve practiced mindful eating. This time, we used even more of our senses. What was this experience like for you? What new things did you notice as you incorporated additional senses? How did thinking about where the food came from change your eating experience?”

“We are often so busy when we sit down to eat that we forget to taste and be grateful for all the resources required to create the food we eat -- resources like water, soil, sunlight, land, the humans that picked it, the transportation that brought it from the orchard to the store, the time to sort and price and weigh it, and the energy it took to pick it out and bring it home for you to eat.

When I think about these things before I eat, I appreciate my food more, and I am more aware of what I’m putting into my mouth. Eating mindfully encourages me to make healthier choices and to eat the right amount for my body so that I’ll have the energy I need. Eating mindfully is an OHMazing® choice: it connects us to ourselves, others, and the Earth.”

“Now that you have practiced mindful eating a few times, I encourage you to share this practice tonight with your family. Talk about the different things you notice as you eat mindfully.”