

MyPlate, MyBody

Mindful Eating



When we practice **mindful eating** we use all 5 senses to eat our food. For each sense, **circle the word** that best describes the food you tasted today. You can also choose to write your own words in the blank spaces.

- | | | | | | |
|--|--------|--------|---------|--------|-------|
| 1. What does the food FEEL like? | Soft | Hard | Juicy | Chewy | _____ |
| 2. What does the food LOOK like? | Round | Square | Small | Big | _____ |
| 3. What does the food SMELL like? | Fruity | Sweet | Mild | Strong | _____ |
| 4. What does the food TASTE like? | Salty | Sweet | Sour | Spicy | _____ |
| 5. What does the food SOUND like? | Loud | Quiet | Crunchy | Juicy | _____ |

Describe one way you can eat mindfully at home or school.

STANDARDS: W.2.6 Identify information related to personal experiences and answer simple questions about those experiences.
 2.NPA.2.1 Summarize motivations for eating food, including hunger vs. satiety.



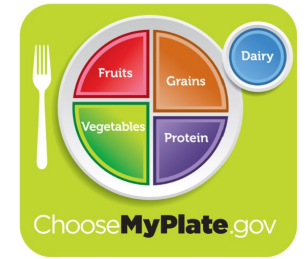
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My Healthy Habits



Today we learned about lots of ways to stay healthy. Now we're going to explore your favorite healthy habits.

Write or draw your favorite healthy FOOD.

Write or draw your favorite way to EXERCISE.

Write or draw one other HEALTHY HABIT that you do now.

Write or draw one NEW HEALTHY HABIT that you would like to start.

STANDARDS: SL.2.4 Communicate about a personal experience or event. 2.NPA.1.3 Classify activities in terms of their appropriateness for a healthy lifestyle.



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