

RELATED FOUNDATIONS:

- Student Engagement

RESOURCES:

- Sample food (apples or carrot sticks)
- [Optional Read-Aloud Video: “No Ordinary Apple”](#)
- [Optional laminated placemat](#)
- [10 Ways to Create a Supportive Food Environment](#)

Using Your Senses Through Mindful Eating

ACTIVITY GOAL: To introduce students to the idea of mindful eating using their five senses.

ACTIVITY INSTRUCTIONS:

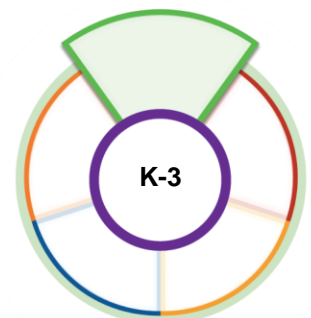
1. Optional introductory activity: Read the book “No Ordinary Apple” by Sara Marlowe, Check the school library system for availability or read aloud [No Ordinary Apple Read-Aloud Video](#)
2. Discuss with your class what the five senses are and how they are used when eating food or drinking.

Educator Prompts:

- What do you think the term “mindful eating” means?
 - Eating mindfully is the art of enjoying our food fully by taking time to appreciate it and the people we enjoy eating it with. Using our five senses to experience food is a great starting point for mindful eating.
- What are the five senses and how can we use them when enjoying our food?
 - **Touch:** temperature, texture, is it juicy?
 - **Sight:** colour/texture, shape, can you determine temperature by what you see? (frost/steam)
 - **Hear:** does it make a sound when you eat it?
 - **Taste:** sweet, salty, bitter, sour?
 - **Smell:** does it smell with its’ skin on or after it’s peeled?
- Think about how cooking might change these characteristics of food.

Curriculum Connections

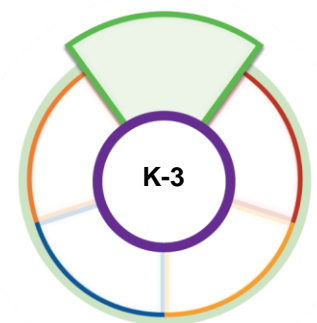
- Grade 1: D1.1 Food for healthy bodies and minds; D2.2 Hunger and thirst cues
- Grade 2: D2.1 Healthy eating patterns D2.2 Food choices (snacks and meals)
- Grade 3: D3.1 Local and cultural foods, eating choices
- Other Connections: Social Studies, Science



- Does eating mindfully take more or less time than how we usually eat?
 - Part of eating mindfully is taking time to enjoy the experience and the people we are with; how can we eat more mindfully at home?
 - What types of things might distract us from eating mindfully?
3. Practice eating mindfully by having the students use their senses to explore a vegetable or fruit e.g., apple, carrot sticks, okra. Ensure students wash their hands prior to activity and practice safe food handling techniques. Encourage discussion about what they see, feel, smell, hear and taste!
4. Activity Extension:
- Provide students with the included Mindful Eating Placemat below that encourages mindful eating during lunchtime or have students colour or create one of their own! Placemats can be laminated for functionality.

Curriculum Connections

- Grade 1: D1.1 Food for healthy bodies and minds; D2.2 Hunger and thirst cues
- Grade 2: D2.1 Healthy eating patterns D2.2 Food choices (snacks and meals)
- Grade 3: D3.1 Local and cultural foods, eating choices
- Other Connections: Social Studies, Science



Mindful Eating With My Senses

I can use my senses to enjoy my food!

I can hear

SLURP
CRUNCH!



I can see

COLOUR
SHAPE
Size



I can taste



Is it
sweet,
salty
or sour?

I can smell



The smell
makes me
think of....

I can touch

What is the
texture?

Does it have a
peel?

