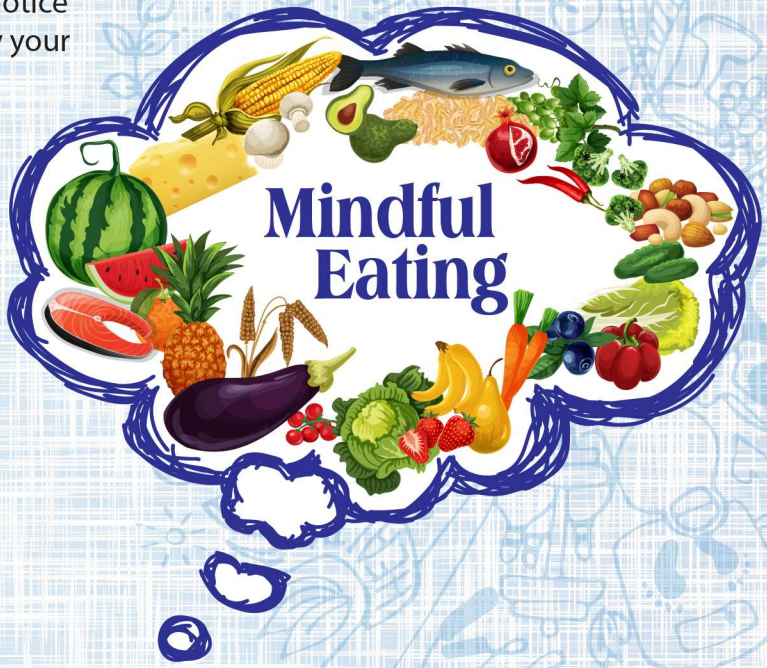
What is mindful eating?

Mindful eating happens when you notice your thoughts, feelings, and the way your body feels while you are eating.



Why is mindful eating important?

- Your child will learn about how it feels to be hungry or full
- Your child will learn to slow down when eating
- Your child's digestion will be better

How can you teach your child mindful eating?

Help your child practice mindful eating by having them pay attention to their 5 senses while taking small bites of food.

healthy HABITS

Ask your child the following questions while eating. You can answer these, too, and see if your answers are different from your child's.

- What colour is the food you are eating?
- What shape is the food you are eating?
- What does it sound like when you take a bite?
- What does it feel like when you touch the food with your finger?
- What does the food feel like on your tongue?
- How would you describe the smell of your food?
- What does the food you are eating taste like?

"Mindful eating means simply eating and drinking while being aware of each bite and sip."

Thich Náht Hanh

Community Action Program for Children (CAPC) Saskatchewan

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