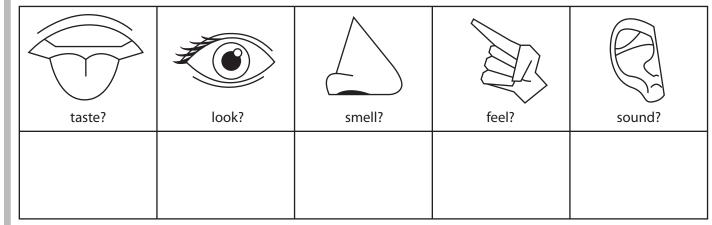
MINDFUL EATING

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 ...



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.