

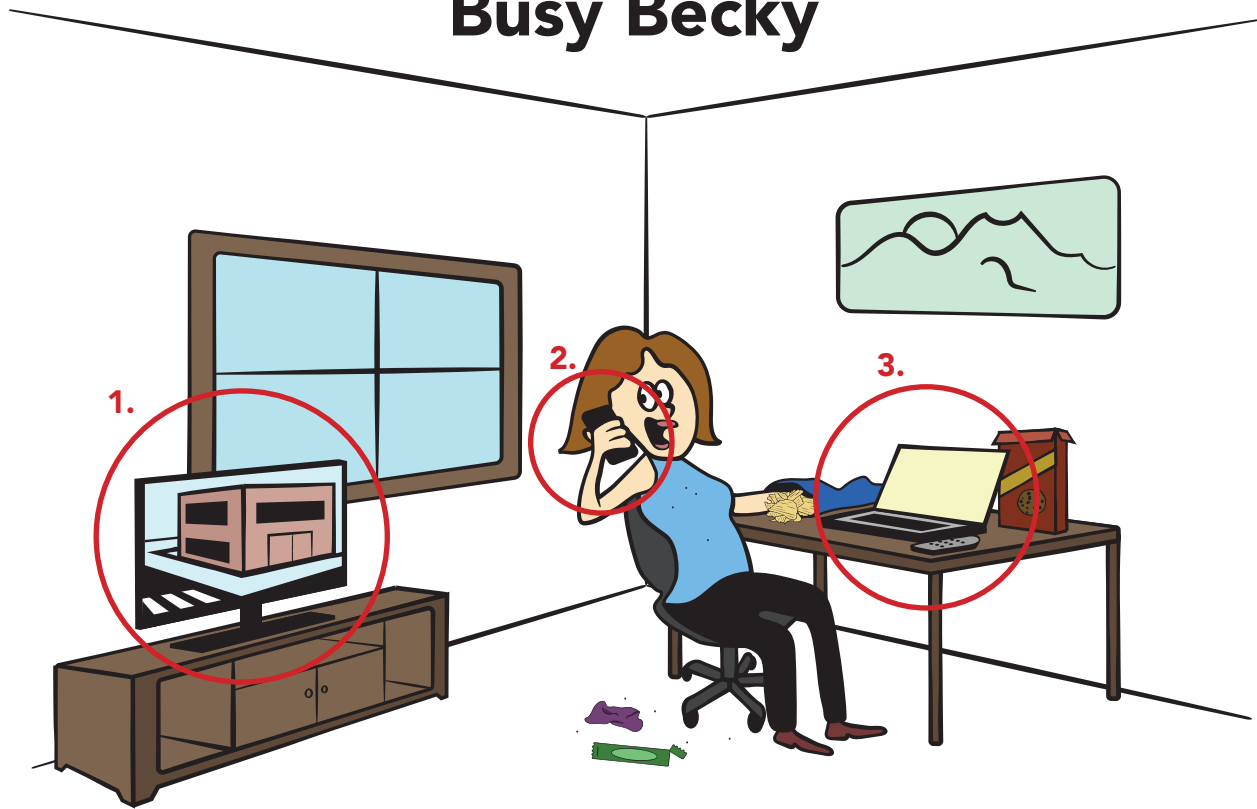
Name: _____ Date: _____

Module 1: Mindful Eating Behaviors

Lesson Theme: Being conscious of where food comes from, what we are eating and why.

ACTIVITY: Take a look at the picture below and answer the questions that follow.

Busy Becky



1. Circle three ways in which Becky is being distracted while eating.
2. Think of a time when you ate mindlessly. What were you doing? Watching television, talking with friends.
- 2a. What were you eating? Chips, candy, etc.
3. What can you do to prevent mindless eating in the future? Turn off the television and pay attention to what I'm eating.