

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 1: Mindful Eating Behaviors

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

**ACTIVITY:** Pay careful attention to the video that you watched in class. Answer the following questions.



1. Have you seen this video before? Circle one: Yes  No

2. How many people in white passed the ball? **3 people**

3. Did you notice anything else? Circle one:  Yes  No

4. What are 3 things you should pay attention to when eating mindfully?

**1. What we eat. (Colorful fruits and vegetables, lean proteins, whole grains)**

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**2. When we eat. (Eat only when we are hungry)**

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**3. How we eat. (Eat mindfully, use all of our senses)**

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