

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

## Module 1: Mindful Eating Behaviors

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

**ACTIVITY:** Draw a line to match the picture with the sense on the right.



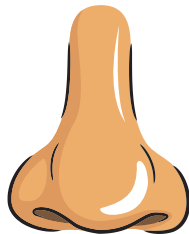
See



Taste



Touch



Hear



Smell

**REFLECTION:** In the space below, draw one thing that you learned during today's lesson.

**Today I tasted:**

**Stone Fruit Salad:**



**Ingredients**

- 4 ½ to 5 pounds chopped fresh stone fruit
- ¼ cup fresh orange juice
- ¼ cup fresh chopped mint leaves
- 1 Tbsp. honey

**Instructions**

Add chopped fresh stone fruit (any of the following: peaches, cherries, plums, nectarines, apricots or mangoes), orange juice, mint leaves and honey. Stir and serve.

Source: <https://cooking.nytimes.com/recipes/12558-minty-fruit-salad>



**Fun Fact:**

Taking mindful breaths can help you feel more relaxed when you are feeling stressed, angry or worried.



**Joke:**

What kind of fruit can fix your sink?

A plumber!