

Name: _____ Date: _____

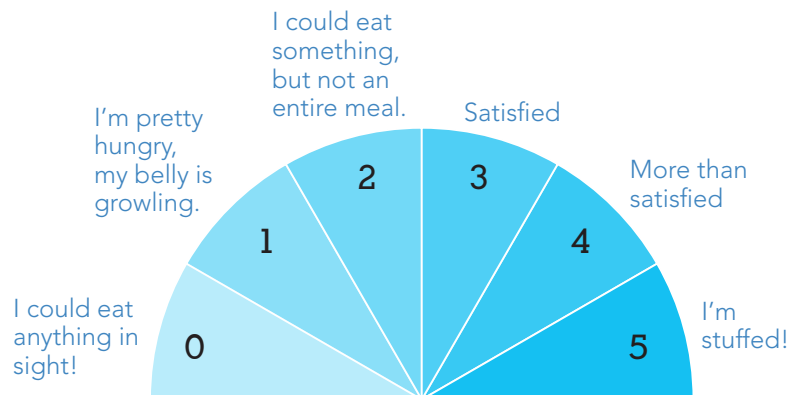
Module 1: Mindful Eating Behaviors

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

ACTIVITY: Read the following scenarios and circle the number on each hunger gauge you think each character may be feeling.

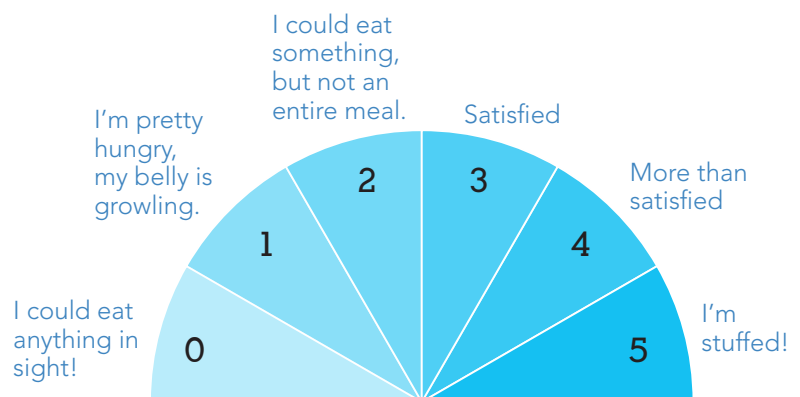
Scenario 1:

Denise wakes up in the morning to get ready for school. She has not eaten breakfast yet. Her last meal was dinner at 7 p.m., the night before.



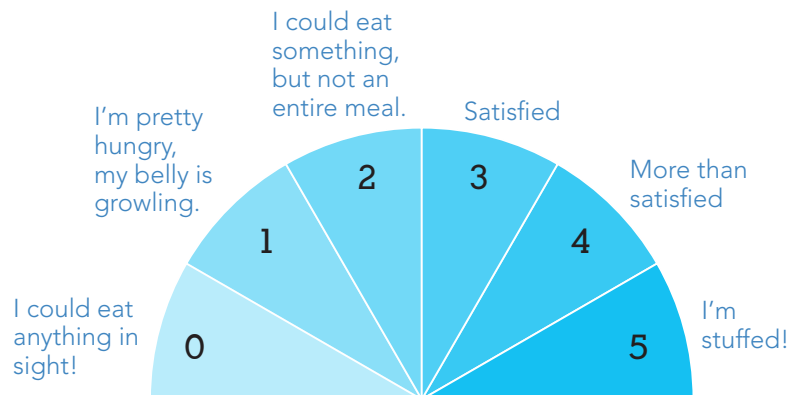
Scenario 2:

Lindsay is at her best friend's birthday party and her friend is about to serve cake. Lindsay has already eaten three slices of pizza, fruit and chips. She then has a piece of cake with ice cream.

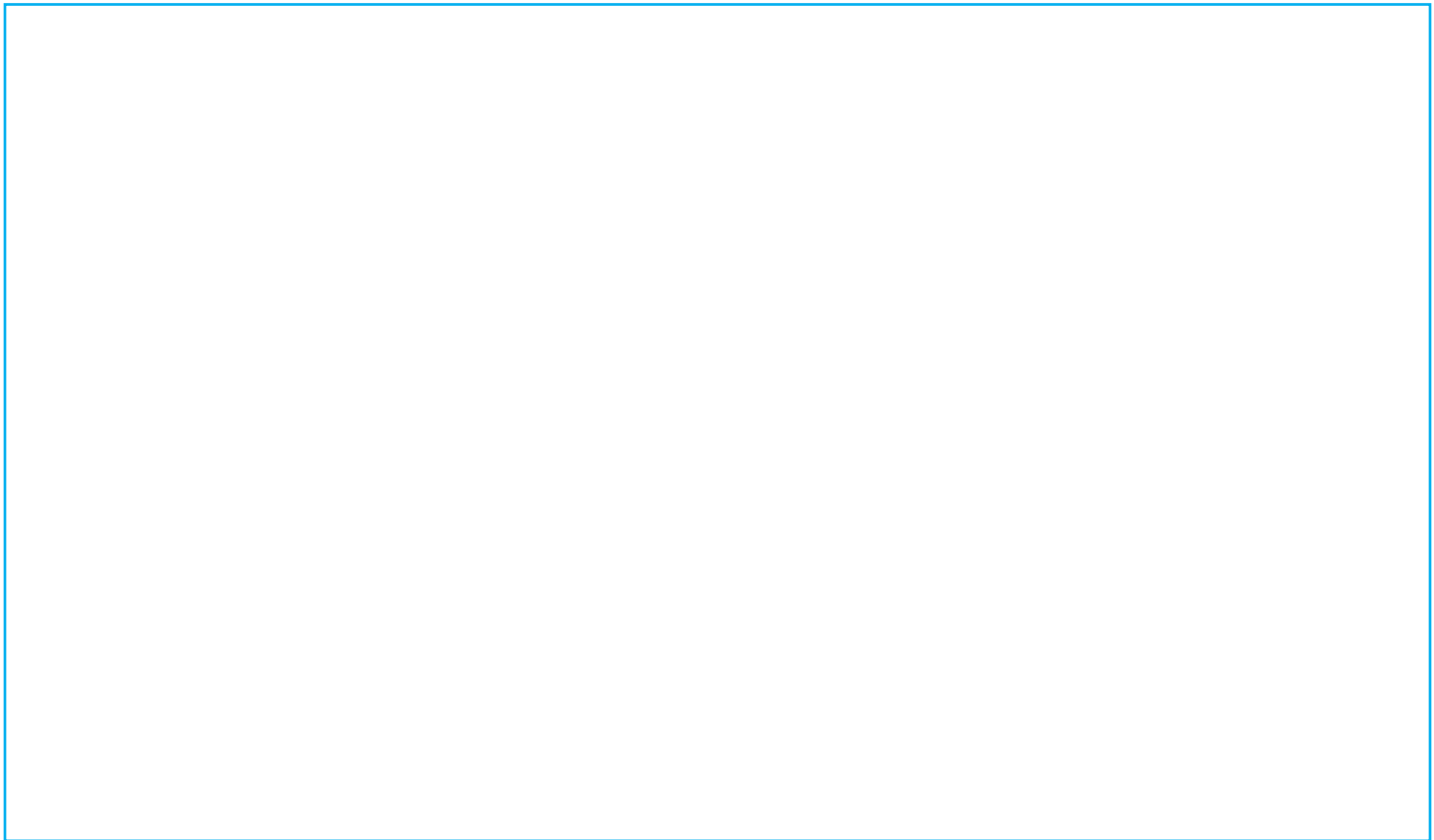


Scenario 3:

After school, Chris just ate a piece of fruit. The fruit didn't really fill him up, so his mother offers him a small snack that he eats, too. Now he feels just right.



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!