

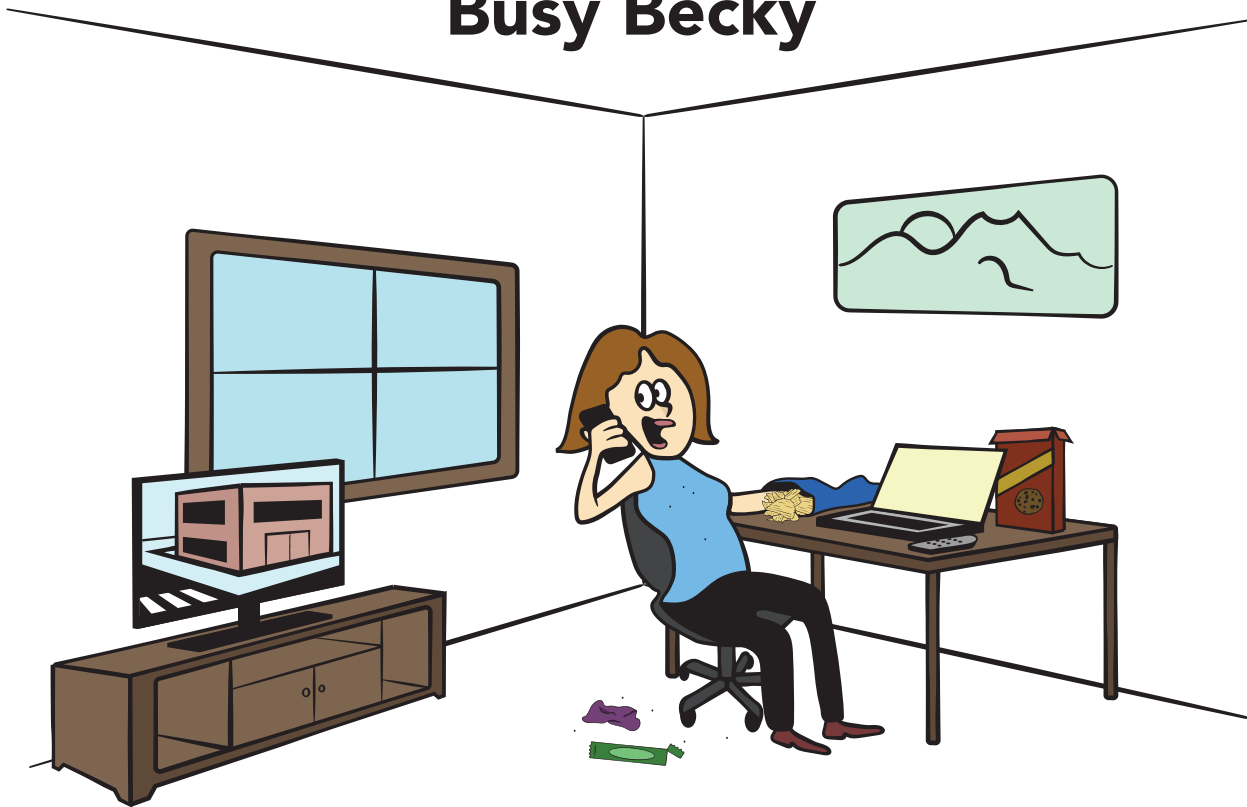
Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Module 1: Mindful Eating Behaviors

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

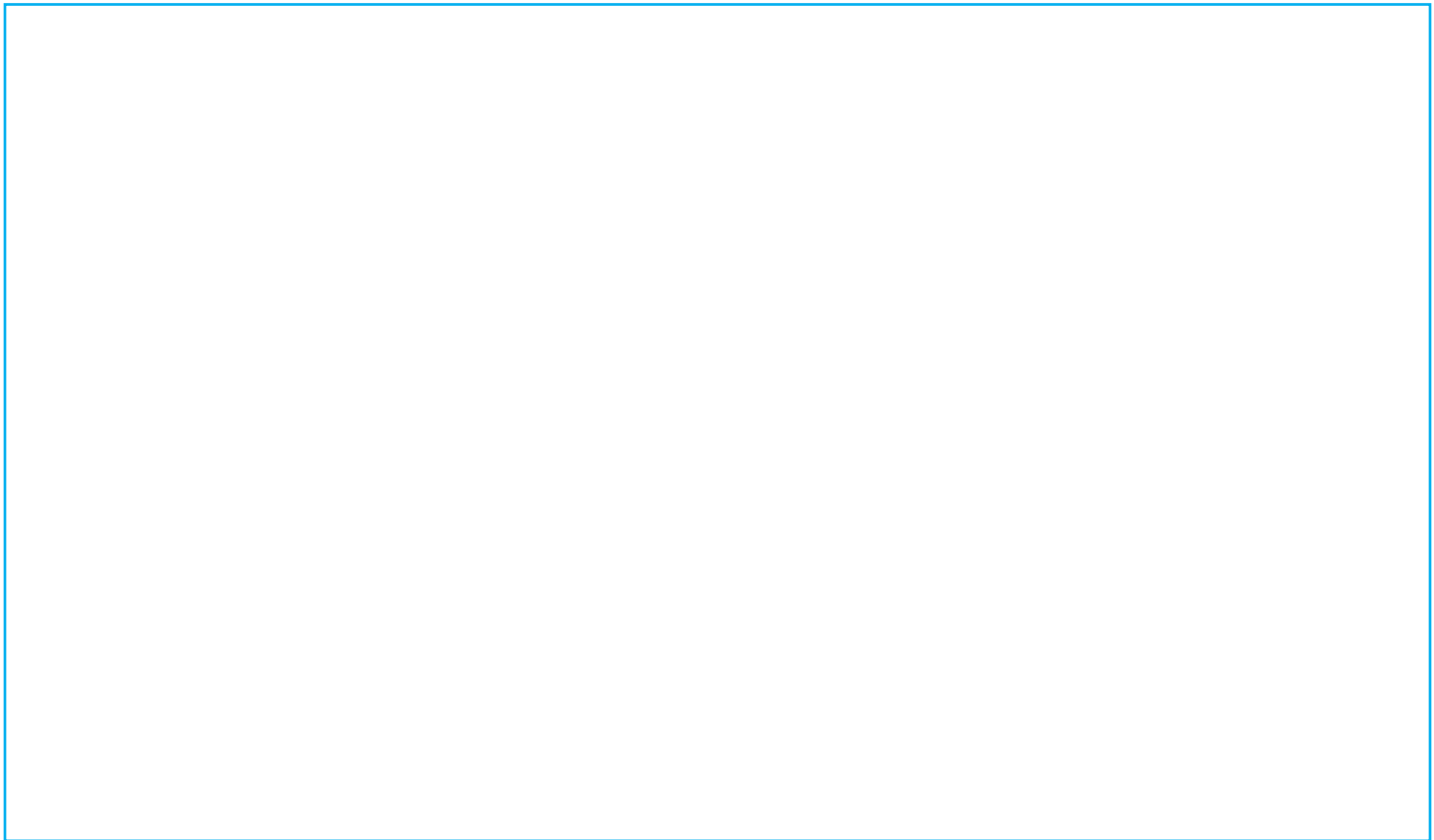
**ACTIVITY:** Take a look at the picture below and answer the questions that follow.

## 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? \_\_\_\_\_  
\_\_\_\_\_
- 2a. What were you eating? \_\_\_\_\_
3. What can you do to prevent mindless eating in the future? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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!*