

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

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

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**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!