



## LiveWell Kids Nutrition

Grades: 3-5

### Lesson 1: Mindful Eating

**Lesson 1: Mindful Eating** is the first lesson in a series of virtual LiveWell Kids Nutrition programming for the 2020-2021 academic year. The program consists of five lessons based on a thorough review of existing, evidence-based strategies. For this lesson, students will learn about the importance of mindful vs. mindless eating through the discussion of “what we eat,” “when we eat” and “how we eat.” The lesson will conclude with a food tasting.

**Length of Lesson:** 10 minutes

#### Objectives

- Increase knowledge of mindful eating behaviors.
- Recognize mindless eating and its consequences.
- Increase participation in mindful tasting activities.

#### Lesson Materials and Preparation

- Have child sitting at a desk or table before starting the lesson.
- Prepare food tasting sample ahead of time and set aside until it is time for the Mindful Tasting.

#### Food Tasting

- Strawberry or other favorite fruit/vegetable (washed and ready to eat)
- Small plate
- Napkin (just in case!)

#### Some Fun and Healthy Facts About Strawberries

- The average strawberry has 200 small, black seeds.
- Strawberries are considered an excellent source of vitamin C.
- Some giant strawberries can grow to be as large as apples.

## LiveWell Kids Nutrition at Home

- As a family, you can practice mindful tasting together. Eat meals with electronics on silent or off. Talk about the food you are eating, and how/why it is important to eat mindfully. Take time to savor your food and appreciate its flavors and textures. Follow these steps to conduct a mindful tasting at home:
  - Choose a type of simple food that will appeal to everyone like a cracker, carrot or grape.
  - Mindfully pay attention to details about the food. Some example questions you may ask are: What color is it? Does it look like it has a rough or soft texture? What is the food's name and how is it grown?
  - Next, mindfully smell the food. Some questions you can ask are: Does it have a sweet or bitter smell? Does the smell remind you of something else you have smelled before?
  - Then, put the food in your mouth without taking a bite. What kind of taste does it have? Is it hot or cold?
  - Finally, chew the food. Be mindful and pay attention and see if you can feel it going down your throat after you swallow it.
- Also, consider setting aside one day a week where your child can plan a menu and prepare a meal. Have them describe flavors and textures that they feel will make the dish yummy. Go through the mindful tasting steps with them.

## Accompanying Activity

- Watch the video, "The Monkey Business Illusion," to help better understand mindfulness. You can access the video at [https://youtu.be/IGQmdoK\\_ZfY](https://youtu.be/IGQmdoK_ZfY)
- Make sure to have the Monkey Business worksheet and a pencil with you while watching. Worksheet is available at <https://www.bchd.org/schools-and-parents/nutrition-education>.

## Try these delicious recipes!

### Fruit Popsicle

You will need:

- Plain Greek Yogurt
- Any variation of fruit (strawberries, blueberries, peaches, bananas, watermelon)
- 3 oz. paper cups
- Popsicle sticks



Instructions:

- Slice the fruit into small pieces.
- Add small pieces of fruit into paper cups.
- Fill each cup with yogurt until it is covered.
- Place popsicle stick in center of each filled cup.
- Freeze cups for a few hours and then serve when ready.

### **Spinach Salad**

You will need:

- 4 cups of fresh spinach
- 2 cups of sliced strawberries
- 1 orange or tangerine
- ¼ cup of pecans (optional)
- Salt and pepper, to taste



Instructions:

- Rinse and dry spinach and strawberries.
- Roughly chop or tear spinach into small pieces.
- Cut strawberries into slices.
- Cut orange or tangerine in half and squeeze over salad.
- Season with salt and pepper and top with pecans if desired.

### **Education Standards**

LiveWell Kids applies California Health Education and Common Core standards in each lesson. For more information, please visit our website at [www.bchd.org/lwk-resources](http://www.bchd.org/lwk-resources)