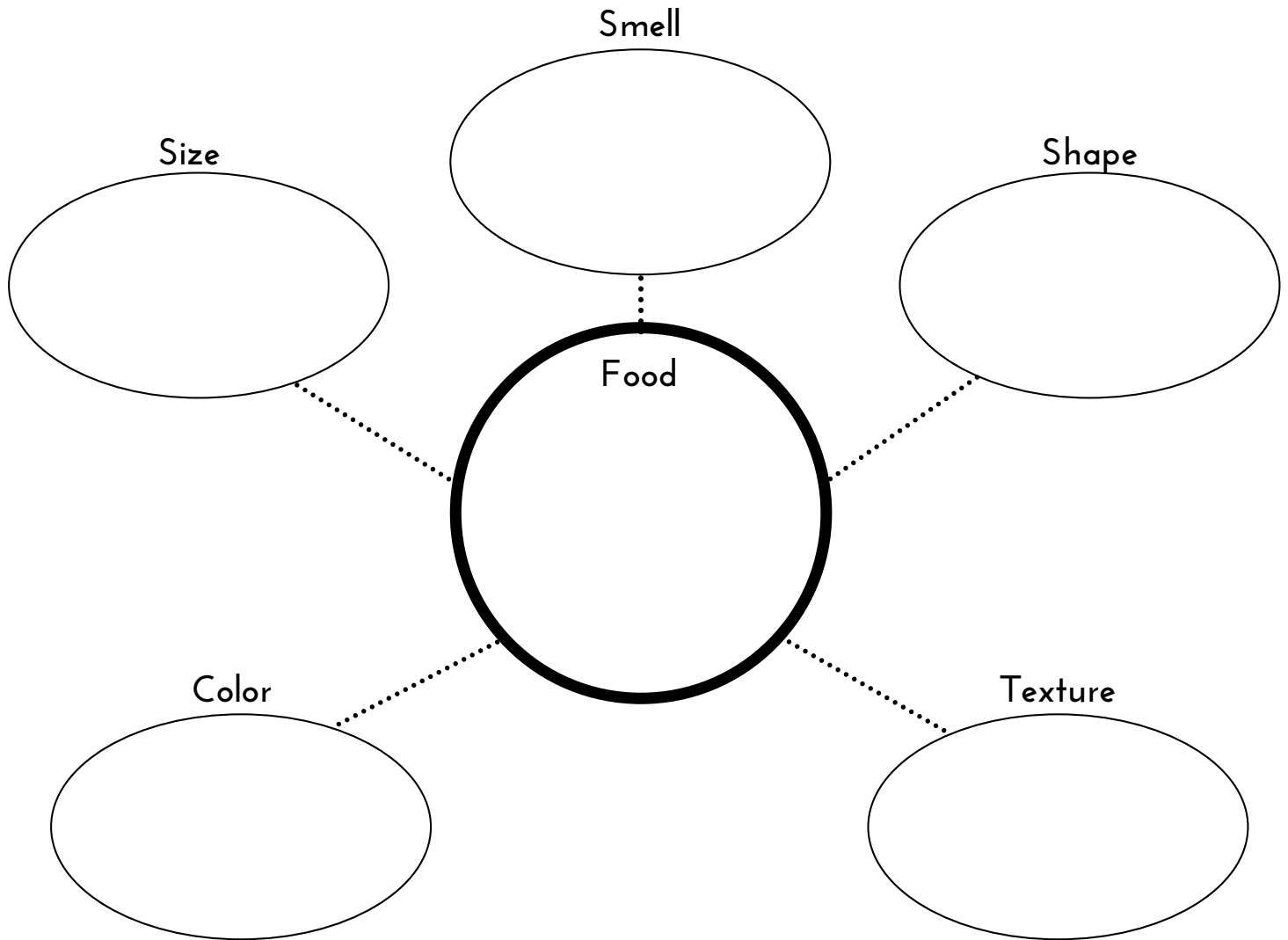


Name: _____



Mindful Tasting

Directions: Look closely at your piece of food. Describe the size, shape, color, and texture of it below. The LAST step is tasting it!



TASTE!

Describe the flavors and feeling of the food in your mouth.