

A Guided Discovery of *Canada's Food Guide*

Be Mindful of Your Eating Habits



A Guided Discovery of *Canada's Food Guide*

GRADES
4-6

Be Mindful of Your Eating Habits

OVERVIEW

Canada's Food Guide (CFG) is a web-based resource that includes guidance about eating habits in the form of videos, recipes, and tips. The image of the *Canada's Food Guide* Plate might be familiar to you, but it is just one piece of the guide. Today we will explore mindfulness and how this relates to the concept of mindful eating.

Note: Throughout this workbook, language used in *Canada's Food Guide* is identified by *this style*.

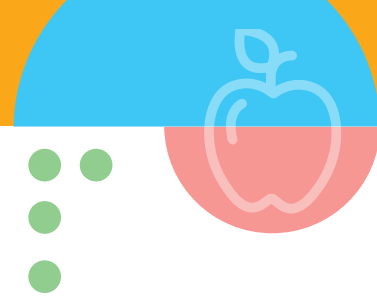
MINDFULNESS

Mindfulness is being in the present moment - noticing our thoughts, feelings, and actions without any judgement.¹

As a class, you will explore how mindfulness can be applied to eating and develop a class definition of mindful eating. Later, you will come up with your own definition that works for you.

1 Mindful eating is...

¹The Center for Mindful Eating. [n.d.] Introduction to mindful eating. <https://thecenterformindfuleating.org/>. Accessed Feb. 26, 2021.



WEB EXPLORATION: BE MINDFUL OF YOUR EATING HABITS

Access Canada's Food Guide (Canada.ca/FoodGuide or download from food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf).



Click the "*Eating Habits*" tab on the left and then click "*Be mindful of your eating habits.*" This is the topic you will explore today.

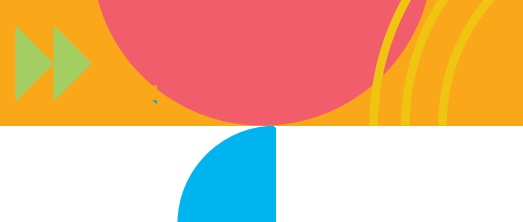


Answer the following questions as you navigate the webpage:

2

How does Health Canada define being mindful of your eating habits?



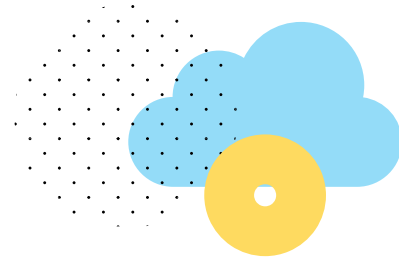


3 Reflect on a meal or snack you've eaten recently and fill in the table:

What did you eat?	
What was its temperature? (cold, room temperature, warm, hot)	
What was the texture? (crunchy, smooth, etc.)	
What did it taste like? (sweet, salty, bitter, sour, savoury, etc.)	
What made you decide to eat it? (hunger, time of day, etc.)	
Where did you eat? (school, home, the mall, etc.)	
Who did you eat with? (by yourself, with friends, with your family, etc.)	
Did you like or dislike the meal or snack you ate?	
What could you have added or changed to make it more enjoyable?	

A TASTE OF MINDFUL EATING

Your teacher will lead the class through a guided mindful eating activity. Once you have completed the activity, answer the following questions.



4 How did you feel eating this way?

5 During this activity, was there anything you noticed about the food that you might not have normally noticed?

6 Would you like to try this approach to eating again?
Yes No (check)
Why or why not?

USING YOUR SENSES

- 7 Using your senses is one important part of mindfulness. To start thinking about how you use your senses to experience the world, select an object from the room. Fill in the table using your senses to describe the object.

Object: _____

SENSE	DESCRIPTION
Sight	
Touch	
Smell	
Hearing	
Taste (if applicable)	
Did any of these senses remind you of an experience or memory?	

Optional: Share the completed table with a classmate and see if they can guess what object you are describing.

Let's think about how we use our senses when it comes to mindful eating. How can you use all of your senses to experience food?

- 8 Fill in the table as you reflect on how you use your senses to eat. Does each sense contribute to how you experience a meal or snack? The sense of “touch” has been completed as an example.

SENSE	DESCRIPTION
Touch	<i>The feeling in your hands when you pick up a food, the temperature of the food if you pick it up with your hands, the feeling in your mouth when you take the first bite, how the feeling changes as you chew, etc.</i>
Sight	
Smell	
Hearing	
Taste	
Think about a food you enjoy eating. Describe a memory or experience of eating this food.	

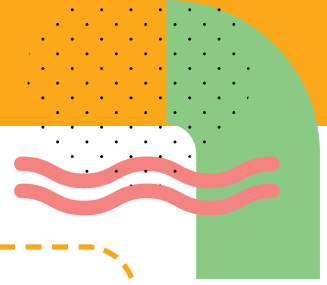
PUTTING IT ALL TOGETHER

Now that you have explored the concept of mindfulness and how it applies to eating, answer the following questions:

9 From what you have learned, how do you define being mindful when you eat?

9a How is this similar to or different from your class definition of mindful eating in question 1?

9b How is this similar to or different from Health Canada's definition of being *mindful of your eating habits* in question 2?



10

What are two ways you could be mindful when you eat a meal or a snack?

1

2

11

In question 3 you reflected on a recent meal or snack you ate. If you were able to have eaten that meal more mindfully, would any of your answers change? Why or why not?

