

ENJOYING WHAT YOU EAT

INSTRUCTIONS

- Ask one of your parents to do the activity with you.
- Choose a meal you enjoy and wait until you're hungry to do the activity.
- Find a quiet, distraction-free place.
- Work through each step, answering the questions and ticking the boxes that match how you feel.
- Remember, there are no right or wrong answers!

THIS ACTIVITY WILL HELP YOU PAY ATTENTION TO HOW YOUR BODY FEELS AND TO ENJOY YOUR FOOD EVEN MORE.

1. BEFORE EATING, ASSESS WHETHER YOU'RE TRULY HUNGRY OR IF IT'S FALSE HUNGER.

Real hunger

- My stomach's rumbling
- I'm starved
- I have low energy
- _____

False hunger

- I'm bored
- I see someone who's eating
- I'm experiencing a strong emotion (e.g. anger, sadness)
- _____

- Eating when you're truly hungry is much more satisfying, and you'll feel better once you're no longer hungry.

2. TAKE A DEEP BREATH AND FOCUS ON WHAT YOU SEE AND FEEL

Sight

- Appetizing
- Colourful
- _____
- Smooth
- Texture

Smell

- Pleasant
- Discreet
- _____
- Comforting
- Familiar

3. IMAGINE YOUR FIRST BITE...

Can't wait to taste it?

- Yes
- No

Is your mouth watering?

- Yes
- No

Are you going to take a:

- Small bite?
- Medium bite?
- Big bite?

- Looking forward to eating is a good thing! If you don't feel like eating what's in front of you, repeat the activity later with food that appeals to you.

4.

WITH EACH BITE, FOCUS ON ONE OF YOUR SENSES TO IDENTIFY THE CHARACTERISTICS OF WHAT YOU'RE EATING.

Taste <input type="checkbox"/> Sweet <input type="checkbox"/> Salty <input type="checkbox"/> Acidic <input type="checkbox"/> Bitter <input type="checkbox"/> _____	Texture <input type="checkbox"/> Hard <input type="checkbox"/> Soft <input type="checkbox"/> Dry <input type="checkbox"/> Creamy <input type="checkbox"/> Crispy <input type="checkbox"/> Crumbly <input type="checkbox"/> _____	Other sensations <input type="checkbox"/> Spicy <input type="checkbox"/> Hot <input type="checkbox"/> Refreshing <input type="checkbox"/> _____
Sounds <input type="checkbox"/> Fizzy <input type="checkbox"/> Crunchy <input type="checkbox"/> Crispy <input type="checkbox"/> _____	Temperature <input type="checkbox"/> Hot <input type="checkbox"/> Cold <input type="checkbox"/> Lukewarm <input type="checkbox"/> _____	<ul style="list-style-type: none"> • Chew your food well and pay attention to the flavours and textures. • Make sure you don't reload your fork or spoon until you've swallowed your previous bite.

5.

HALFWAY THROUGH YOUR MEAL, TAKE A BREAK TO ASSESS YOUR HUNGER LEVEL

<input type="checkbox"/> I'm still hungry <input type="checkbox"/> I still feel like eating <input type="checkbox"/> I'm less hungry <input type="checkbox"/> I find the food less tasty	<input type="checkbox"/> I don't feel like eating anymore <input type="checkbox"/> I think I've eaten enough <input type="checkbox"/> _____
<ul style="list-style-type: none"> • When you feel that you're no longer hungry or if you aren't enjoying it any longer, stop eating. Otherwise, keep enjoying your meal, and stay focused on your senses. 	

6.

AT THE END OF THE MEAL, TAKE NOTE OF HOW YOUR BODY FEELS

<input type="checkbox"/> I'm still hungry <input type="checkbox"/> I'm satisfied	<input type="checkbox"/> I ate too much <input type="checkbox"/> _____
<ul style="list-style-type: none"> • Are you still hungry? Wait a little while and you'll be able to tell if you're still hungry or if you've eaten enough. If you're still hungry, have another bite. • Did you eat too much? No need to feel guilty. You're getting to know your body better and you can try to stop sooner next time. 	

7.

DID YOU NOTICE WHETHER YOUR MEAL FELT MORE SATISFYING WHEN YOU PAID ATTENTION TO THE SENSATIONS IN YOUR BODY?

<input type="checkbox"/> Yes <input type="checkbox"/> No	<ul style="list-style-type: none"> • Eating not only boosts your energy and helps your body to grow and stay healthy, it's also an opportunity to indulge yourself. By letting your senses guide you, you can enjoy your favourite foods and discover new ones.
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From: Équilibre (2016). *Explorer mes cinq sens pour manger avec plaisir !* workshop from the *Bien dans sa tête, bien dans sa peau* program and Équilibre (2016). Awareness tool: *Un repas plein de sens*: <https://equilibre.ca/>