



Mindful Eating

Topic: Mindful Eating

Duration: 15-20 minutes

Prepare in Advance:

- Review the 5 senses with your students.
- Take a tour of your garden, showing students the different vegetables that are growing.
- Institute the "don't yuck someone's yum" rule - in other words remind students that everyone has different taste preferences and people might like different things.
- Watch [harvest videos](#) of the different vegetables growing in your garden.

Purpose:

- For children that are still a little hesitant to try a new food, practice *mindful eating*.
- Mindful eating engages the five senses to explore food before actually eating it.
- Using the other senses (before tasting) to explore food growing in the garden can be less intimidating for a child who isn't quite ready to eat a new or unfamiliar food.
- Mindful eating can also encourage students to practice other important skills in the garden such as observation and awareness.

Put it into Action:

- Have students harvest sample size portions of each vegetable growing in their garden.
- Before tasting each vegetable, encourage students to explore what they've harvested using their other senses.
- Use the following prompts to help guide their exploration -
 - **Take a look.** What does it look like? Can you describe it?
 - **Take a smell.** How does it smell? Does it smell like anything you've smelled before?
 - **Take a listen.** If you shake it, does it make a sound?
 - **Take a feel.** Is it soft, smooth, bumpy, cold, dry, wet?
 - Finally, **take a taste.** If you don't want to eat it, give a lick. Maybe take a small bite and chew five times. If you still don't like it, you can take it out of your mouth and place it back in the soil.
- Conclude the activity by asking students to share some of their favorite vegetables they explored or tasted during the activity.

Digging Deeper:

- [Using Your Senses to Experience Nature](#) - explore your garden further with this senses activity
- [Garden Recipes](#) - practice mindful eating while making a recipe

