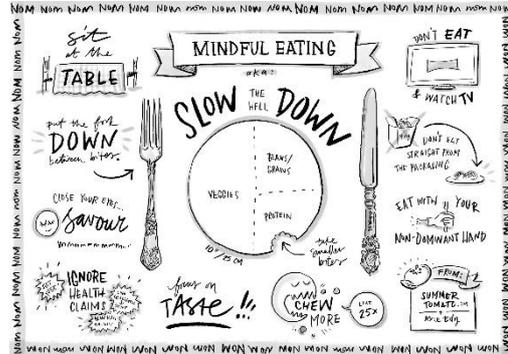


# MindUp Challenge

Mindful eating is a mindfulness practice that helps me develop a deeper connection with food and allows me to create lifelong, healthy habits. It encourages me to focus on the present – noticing thoughts, feelings and physical sensations. Connecting this with the food that fuels our bodies helps us to recognise feelings of hunger and fullness, slow down when eating, better digest and fully enjoy snacks or meals!



Miss Shah

This month your challenge is to practise mindful eating. In this activity, you will act as a scientist and use all of your senses to investigate your food. This activity is great to have you slow down and take notice of every part of this experience. The first thing you need to do is choose your snack. Next follow this step by step senses process and think about the following:

1. Look - what colours and shapes do you see?
2. Listen - does your food make a sound?
3. Touch - is it smooth, bumpy or rough?
4. Smell - what does your food smell like?
5. Taste - Put your food on your tongue but don't chew it just yet. Notice how it feels in your mouth. Do you taste anything yet? Start to chew, does the flavour change? How many different flavours are there?



Before you conduct your mindful experiment, take a deep breath or take a second to be thankful for your meal before eating. Think about how hungry you are and assess your portion size in your plate. Make sure that there will be no distractions such as the television or computer. Between bites put down your fork.

After you have eaten, wait 15 minutes to decide if you are still hungry for seconds (it takes about 15 minutes for your brain to register if you're full or not). Take a moment to reflect on your experience. Send any pictures of mindful eating to [yearfiveenquiries@heathland.harrow.sch.uk](mailto:yearfiveenquiries@heathland.harrow.sch.uk)