**GRADES** 

# A Guided Discovery of Canada's Food Guide

Be Mindful of Your Eating Habits



## A Guided Discovery of Canada's Food Guide



### 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.<sup>1</sup>

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...

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

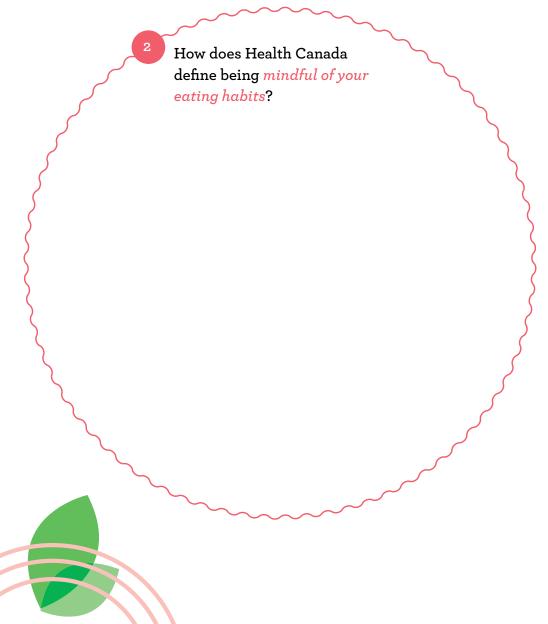


#### **WEB EXPLORATION: BE MINDFUL OF YOUR EATING HABITS**

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

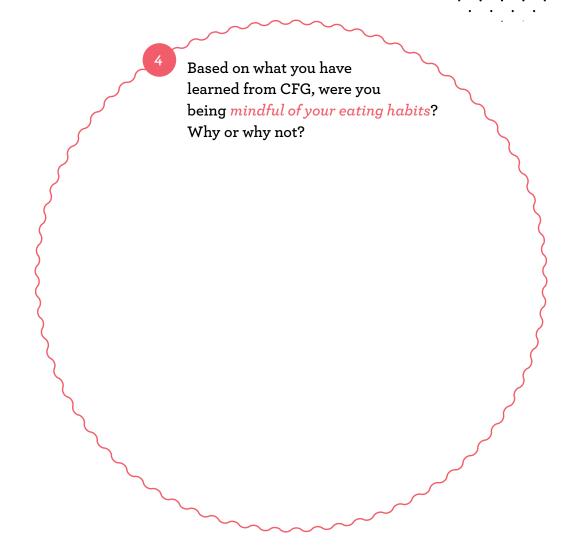
Click the "Eating Habits" tab on the left and then click "Be mindful of your eating habits." This is the topic you will explore today.

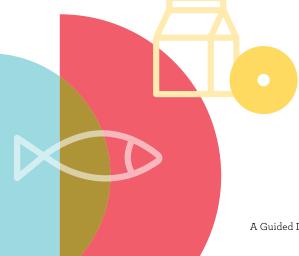
Answer the following questions as you navigate the webpage:



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

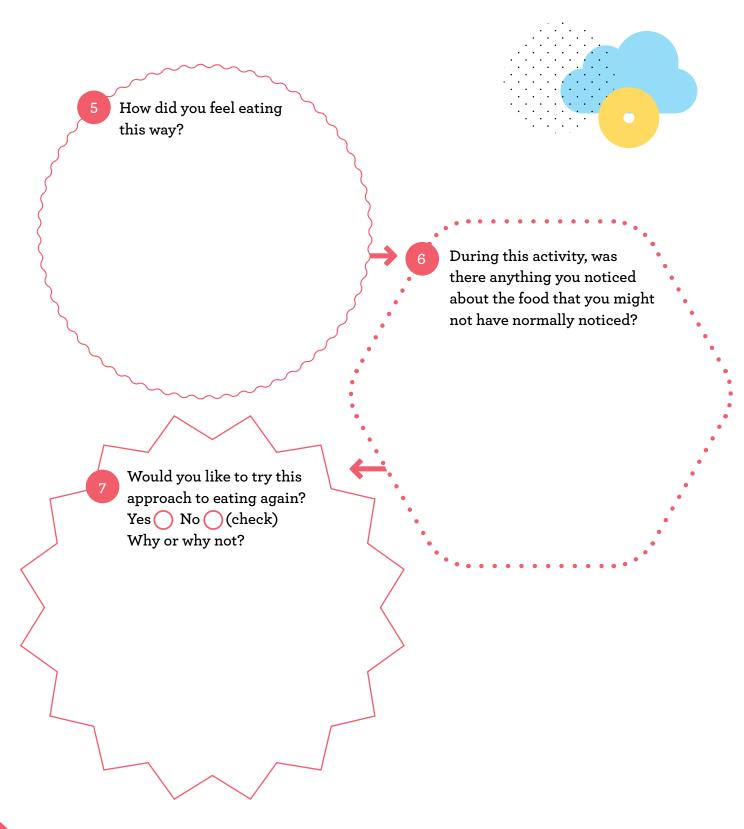
<b>What did you eat?</b> List any specific ingredients you can recall.	
What was its temperature? (cold, room temperature, warm, hot)	
What was the texture? (crispy, crunchy, smooth, grainy, soft, chewy, etc.)	
What did it taste like? (salty, sour, sweet, savoury, spicy, umami, bitter, etc.)	
What made you decide to eat it? (hunger, boredom, tiredness, usual meal time, etc.)	
Where did you eat? (home, school, the mall, table, couch, etc.)	
How did you eat the meal? (slowly, quickly, with others, by yourself, in front of the television/cell phone, etc.)	
Did you like or dislike the meal or snack you ate?	
What could you have added or changed to make it more enjoyable?	





#### **ACTIVITY: A TASTE OF MINDFUL EATING**

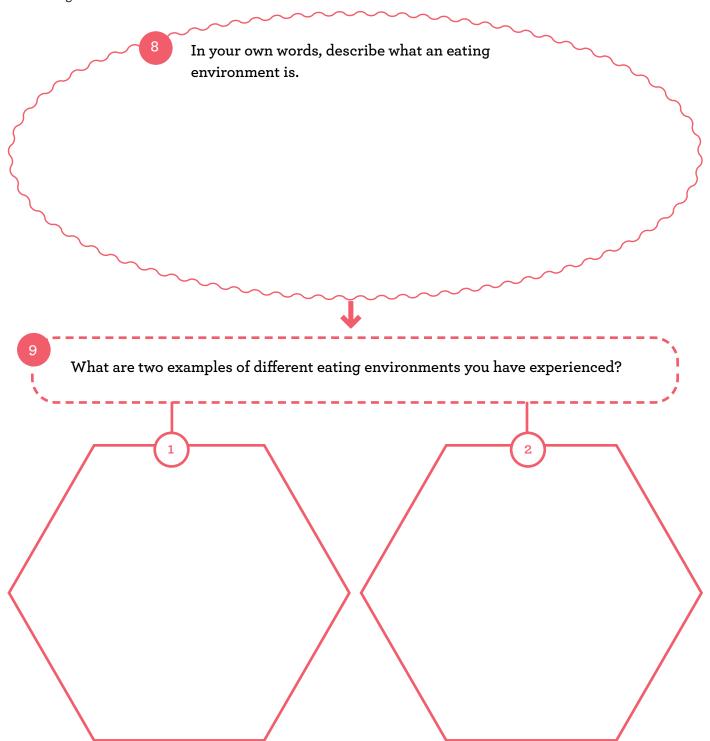
Your teacher will lead the class through a guided mindful eating activity. Once you have completed the activity, answer the following questions.



#### **WEB EXPLORATION: EATING ENVIRONMENTS**

Look back at the CFG page "Be mindful of your eating habits."

Health Canada talks about trying to create a healthy eating environment. Since the eating environment influences how and what we eat, another way to eat mindfully is to create a positive eating environment at home and at school.





Think of your eating environment at school and complete the table.

Try to be as descriptive as possible.

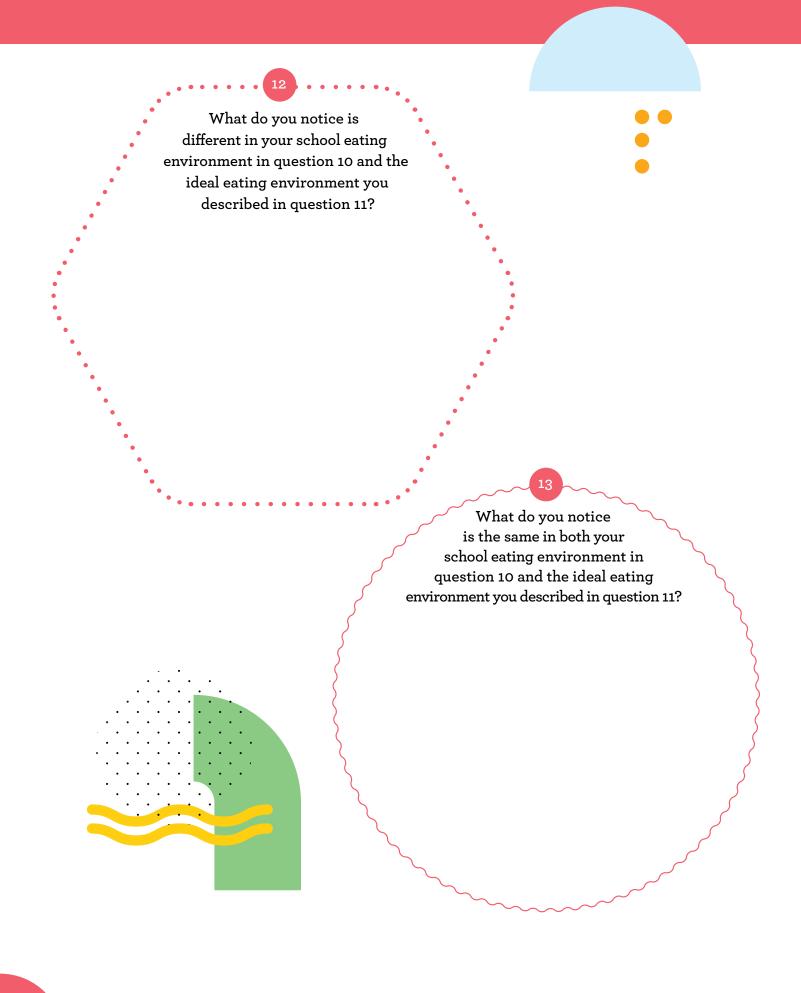
	• • • • • • • • • • • • • • • • • • • •
Where do you eat?	· •
Do you eat with anyone? If yes, who?	
What do you see as you eat?	
What do you hear as you eat?	
What do you smell as you eat?	
How do you eat? (at a table, on a couch, on the floor, with my hands, fork, chopsticks, straw)	
Do you do anything else while you eat?	٠.

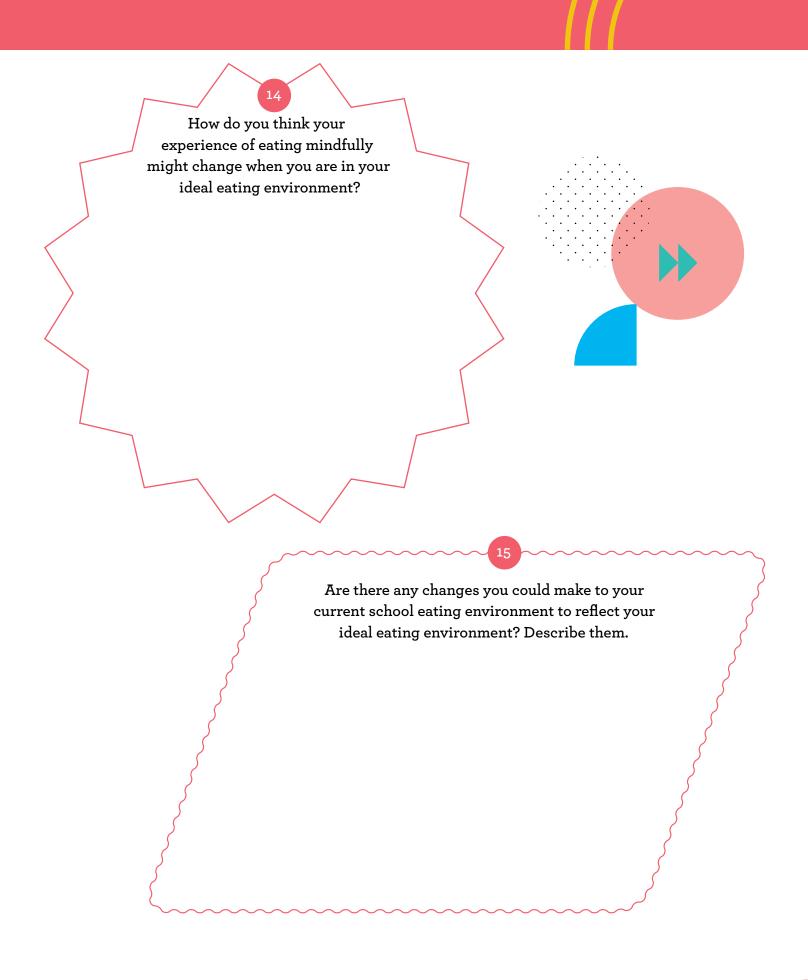
Imagine your ideal eating environment. This can be any location (school, home, a restaurant, etc.).

Answer the same questions.

Where do you eat?	
Do you eat with anyone? If yes, who?	
What do you see as you eat?	
What do you hear as you eat?	
What do you smell as you eat?	
How do you eat? (at a table, on a couch, on the floor, with my hands, fork, chopsticks, straw)	
Do you do anything else while you eat?	









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

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

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

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

What is one thing that could be done at school to support mindfulness (at meals or in the classroom)?

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?

