

MINDFUL TASTING EXERCISE

Grab a cup of popcorn. Pause. Don't eat it yet!

First, **look** at the popcorn. Pretend you've never seen popcorn before. What do you see? What colors do you notice? What textures, shapes and patterns?

Now, **smell** the popcorn. What does it smell like? Do you have any sensations or memories from this smell?

Now, pick up one piece of popcorn and **touch** it. What do you feel on your fingers? What different textures do you notice? What temperature is it?

Now, gently place the popcorn on your tongue. Don't chew it and swallow it yet! **Taste** the piece of popcorn as it rests on your tongue. What do you feel? What do you notice?

Now, start to chew the popcorn very slowly. **Listen** as you chew. What sounds do you hear?

As you chew slowly, notice the way the texture changes as you eat. Pay attention to the feeling of the food in your mouth and as you swallow.

You just ate your popcorn mindfully! What was different about it from the way you normally eat popcorn? Did you notice anything new?

When we slow down and use all our senses to enjoy our food, we can appreciate it more.

Do you think you could try this with one special food item at home? Do you think you could teach this to your family to try together?