

Focusing on Food

Slowing down and paying attention to our food helps us make healthier choices, feel gratitude, and waste less. At snack or family meals, choose one food to really notice—for instance, an apple (washed).



Talk & Look

Where did this come from? (Nearby or far away? Did it grow in the ground, on a bush, on a tree? If you're not sure about a certain food, look it up and learn together.)

Have you seen or eaten other types of this fruit? (Talk about apples of different colors, sizes, and tastes.)

Turn it around and examine it closely as if you've never seen one. Notice something new! (The skin may be several shades of red, or it may have tiny dots.)

Feel & Smell

Notice and describe how it feels in your hands (smooth, cool). Squeeze it a little—is it soft, squishy, hard?

If it's cut, how does the skin feel compared to the cut part?

Close your eyes if you like, and **use your nose to notice the scent.**

Taste & Listen

Now it's time to taste! As if in slow motion, take a bite. Does it make a crunching sound?

Hold it in your mouth before you start to chew and **notice the flavor on your tongue.**

Start chewing slowly and keep paying attention the flavor and texture. How is it changing as you chew? Can you hear yourself chew?

Notice yourself swallowing it. Can you still taste it?

TALK MORE! TELL CHILDREN:

- * Our bodies are amazing and deserve healthy food. We need healthy food to give us energy for the day and to help our bodies grow.
- * Learning more about our food can make mealtime fun and interesting.