

# A Guided Discovery of *Canada's Food Guide*

## Be Mindful of Your Eating Habits



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GRADES  
7-9

## 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*.

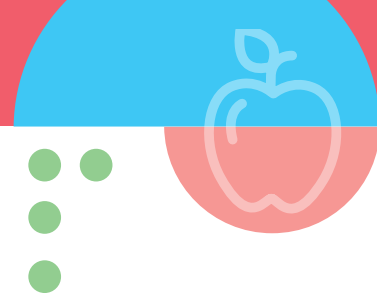
### MINDFULNESS

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...

<sup>1</sup>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 [Canada.ca/FoodGuide](https://Canada.ca/FoodGuide) or download from [food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf](https://food-guide.canada.ca/static/assets/pdf/CFG-snapshot-EN.pdf)).



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.

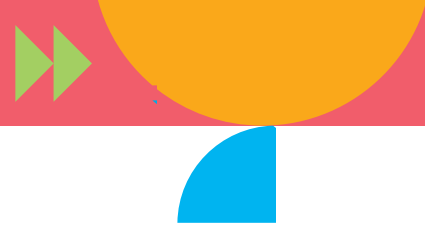


Answer the following questions as you navigate the webpage:

2

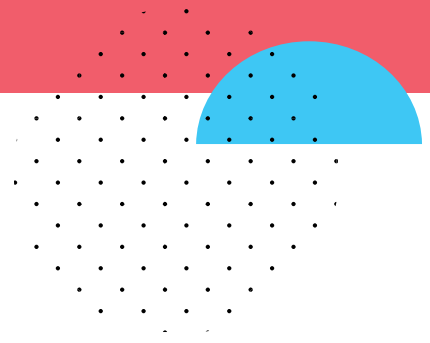
How does Health Canada define being *mindful of your eating habits*?





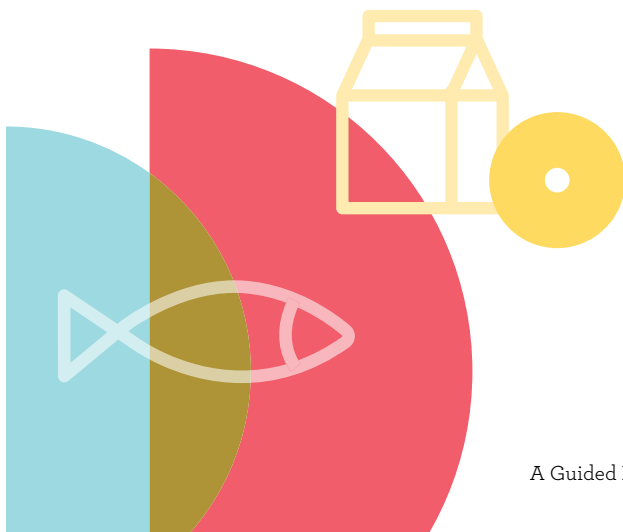
**3** Reflect on a meal or snack you've eaten recently and fill in the table:

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



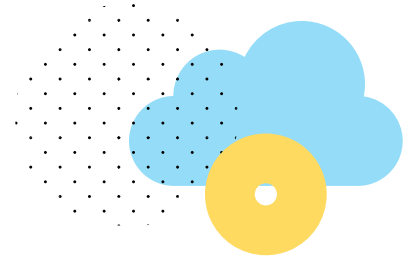
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Based on what you have learned from CFG, were you being *mindful of your eating habits*? Why or why not?



## 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.



5 How did you feel eating this way?

6 During this activity, was there anything you noticed about the food that you might not have normally noticed?

7 Would you like to try this approach to eating again?  
Yes  No  (check)  
Why or why not?



## 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.

8

In your own words, describe what an eating environment is.



9

What are two examples of different eating environments you have experienced?

1

2



**10** 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?	



- 11 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?	





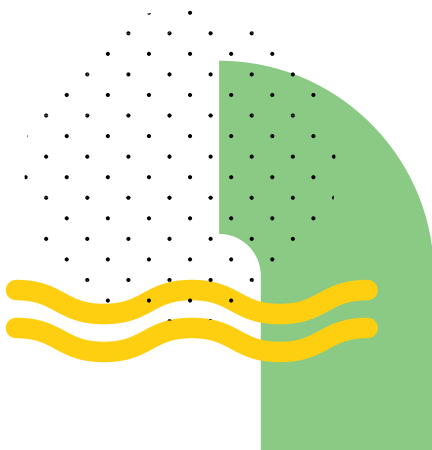
12

What do you notice is different in your school eating environment in question 10 and the ideal eating environment you described in question 11?



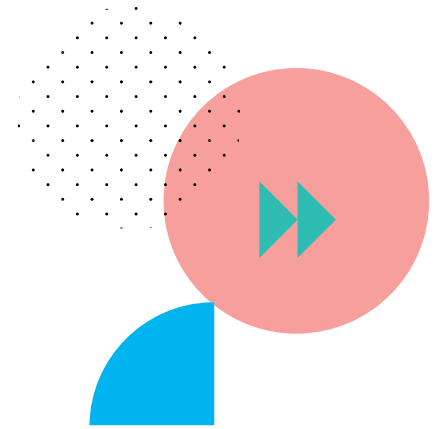
13

What do you notice is the same in both your school eating environment in question 10 and the ideal eating environment you described in question 11?



14

How do you think your experience of eating mindfully might change when you are in your ideal eating environment?



15

Are there any changes you could make to your current school eating environment to reflect your ideal eating environment? Describe them.



## PUTTING IT ALL TOGETHER

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

16

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



16a

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



16b

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

17

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

18

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?

