Canada's Food Guide – Task 2: Skill-Building Activity 2, Worksheet 1

Are You Mindful of Your Eating Habits?

Think about the way you eat. Check ✓ the box that matches your eating habits.

When I eat,	Always	Often	Sometimes	Never/ Rarely
I plan my meal times.				
I cook my food or someone I know cooks my food.				
I sit down at the table.				
When I eat, I think about my food. I don't use my cell phone or watch TV.				
I eat slowly.				
I chew and taste my food to enjoy it.				
I know when I am full.				

Now think about…

- Have you checked mostly…

  "Always" and "Often" OR "Sometimes" and "Never/Rarely"

- Do you want to change some of your eating habits?
- What do you want to change?
- What are some changes you can do to be more mindful?

LIVEWORKSHEETS

Canada's Food Guide – Task 2: Skill-Building Activity 3, Worksheet 1

How Mindful Are You?

Interview your partner with the questions below. Tell your partner,
"Think about the last meal or snack that you had …"

When did you eat? What time was it? ….. Do you always eat at this time?	
What did you have? What did you eat? ….. What did you drink? …..	
Where did you eat? ….. Did you eat at home? Did you eat at a restaurant?	
How did you eat? Did you eat slowly or fast? ….. Did you watch TV or use your phone? ….. Did you eat with others? …..	
Why did you eat? Were you hungry? ….. Were you stressed? …. Were you bored? ….	
How much did you eat? ….. Did you eat too much? Did you eat too little? Did you stop when you were full?	

Did your partner answer your questions? Did they remember?
What about you? Do you think you are mindful? Are there parts of your culture's food that helps you be more mindful? Tell the class about yourself.

LIVEWORKSHEETS