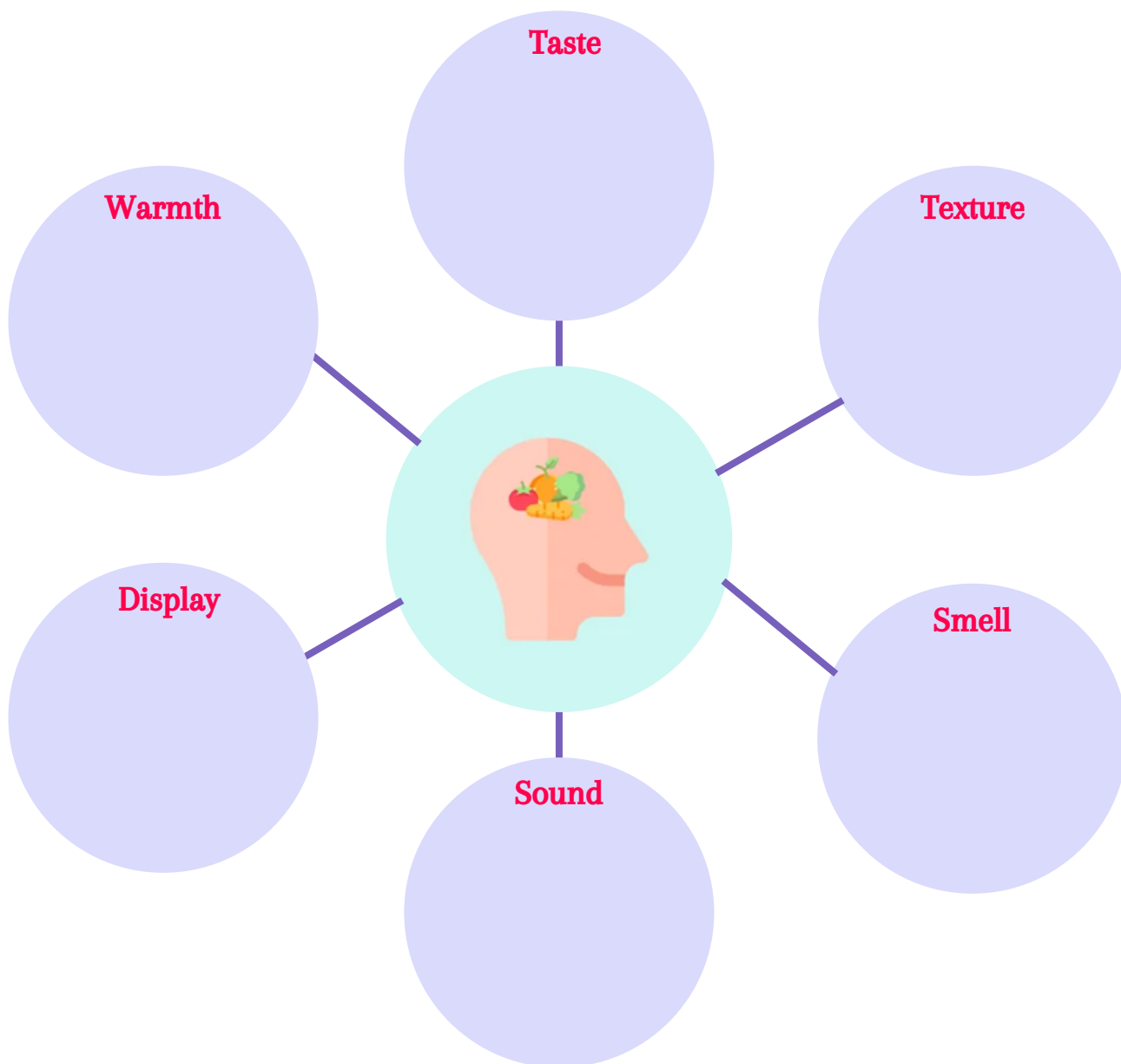


# MINDFUL EATING WORKSHEET



The Mind Garden  
bloom where you're planted

## **SAVOR** *the flavor*



Did you notice any changes in your overall enjoyment of the meal while eating mindfully?



The Mind Garden  
bloom where you're planted

# GRATITUDE

## plate exercise

Before each meal, take a moment to express gratitude for the food in front of you. Reflect on the journey of the meal from its source to your plate. As you eat, consider the efforts of everyone involved in bringing this nourishment to you.

1

What smells are emanating from your food? How do these aromas make you feel?

2

Consider the effort that went into preparing the meal. How do you feel about the person who cooked it for you?

3

How does this meal nourish your body and mind?

4

Are there any memories associated with the foods on your plate?

5

Imagine the lives connected to your meal, from the farmers to the cooks. How does this awareness impact your experience?

6

As you finish your meal, how does the feeling of gratitude linger within you?

# MINDFUL

## cooking



The Mind Garden  
bloom where you're planted

**Gather your ingredients. Take a moment to touch, smell, and observe them. What textures and scents do you notice? Write down your observations.**

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**As you cook, focus on the sounds and sensations. What sizzling sounds can you hear? How does the heat feel on your skin? Note your experiences briefly.**

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**Create a gratitude plate. As you serve your dish, think of one thing you're grateful for related to each ingredient. Write these down next to your ingredients.**

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**Savor a mindful bite. Close your eyes and chew slowly. What flavors are prominent? How does the food feel in your mouth? Jot down your sensations.**

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**Plate your meal creatively. Take a picture of your creation. Reflect on how your mindful approach influenced the dish's presentation. Write a short description.**

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**Share your gratitude plate and creative dish presentation with a friend or family member. Discuss your experiences. How did mindfulness enhance your cooking and mealtime enjoyment? Write down your shared thoughts.**

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