

Mindfulness Week 7

By mindfully observing their senses, students will become adept at sharpening their attention and using sensory experiences to enhance memory, problem solving, relationships, creativity, and physical performance.

Mindfulness Tasting

This week your child will focus their attention on savoring a morsel of food and describe their experience. They will identify ways that mindful tasting can help them eat more healthy.

Helpful words to expand vocabulary when mindfully tasting. (sweet, spicy, salty, bland, crispy, sticky, chewy, crunchy, slimy, smooth, bitter, sour, chalky, juicy, dry, acidic, tender, tough, nutty, creamy, soft, hard, tart)

What a great opportunity to try new foods and talk about tastes, textures, and how you react when you taste something really sour, spicy or sweet.

What is Mindful Tasting?

To fully appreciate the food we eat, whether it's a complex treat, such as sweet grilled corn with hot chili and sour lime or a simple bowl of oatmeal – requires mindful tasting, or slowing down to savour our food and notice its flavor texture and temperature. Eating is something that is rarely done mindfully by young people. Mindful tasting can be a valuable task for demonstrating mindful awareness. The simple exercise of savoring and describing a morsel of food helps students understand the changes that can occur when an everyday act is performed slowly and with conscious attention to the experience. Mindful tasting helps students identify discrete taste sensations, build descriptive skills and approach food with a healthy outlook. It may also make them aware of the importance of healthful eating to their successful thinking and interacting at school.