

Mindful Snack Preparation

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



Meal or snack preparation with your children can be a fun and informative exercise for the whole family. It is also a perfect opportunity to explore mindfulness. We can bring mindfulness to many things during snack preparation, such as:

- Where the ingredients we are using came from
- How they were grown and where they travelled from
- The various tastes, textures, colors, and aromas of each ingredient
- How they shift in form during meal preparation (i.e. baking creates a rise in dough, diced tomatoes become soft and watery)
- The experience of the final product (i.e. taste, texture, pleasure, hunger cues)

To explore mindful snack preparation, simply choose your favorite recipe, one that is easy enough to make with your child. As you prepare this food, see how many different things you can bring mindfulness to. Examples of snack recipes you might consider (being mindful of allergies) include:

- Bruschetta mix with a fresh baguette
- Oatmeal cookies with nuts and seeds
- Chopped veggies and hummus
- Smoothie or fruit bowl

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As you begin this exercise, go through the following questions. Bear in mind that even you as the adult might not know the answer to each and every question. That's great! This creates an opportunity for mutual learning. Use whatever resources you have on hand to discover answers you weren't previously aware of. Share your discoveries with your child or have them help you with the research.

Go through each question with your child. Write down your answers and reflections. If you are left with more questions, write those down as well to remind yourself of further research you might like to do.

REFLECTION QUESTIONS:

1. How were the raw ingredients of this recipe grown? In the soil, in a tree, on a vine? What part of the country or world did they come from?

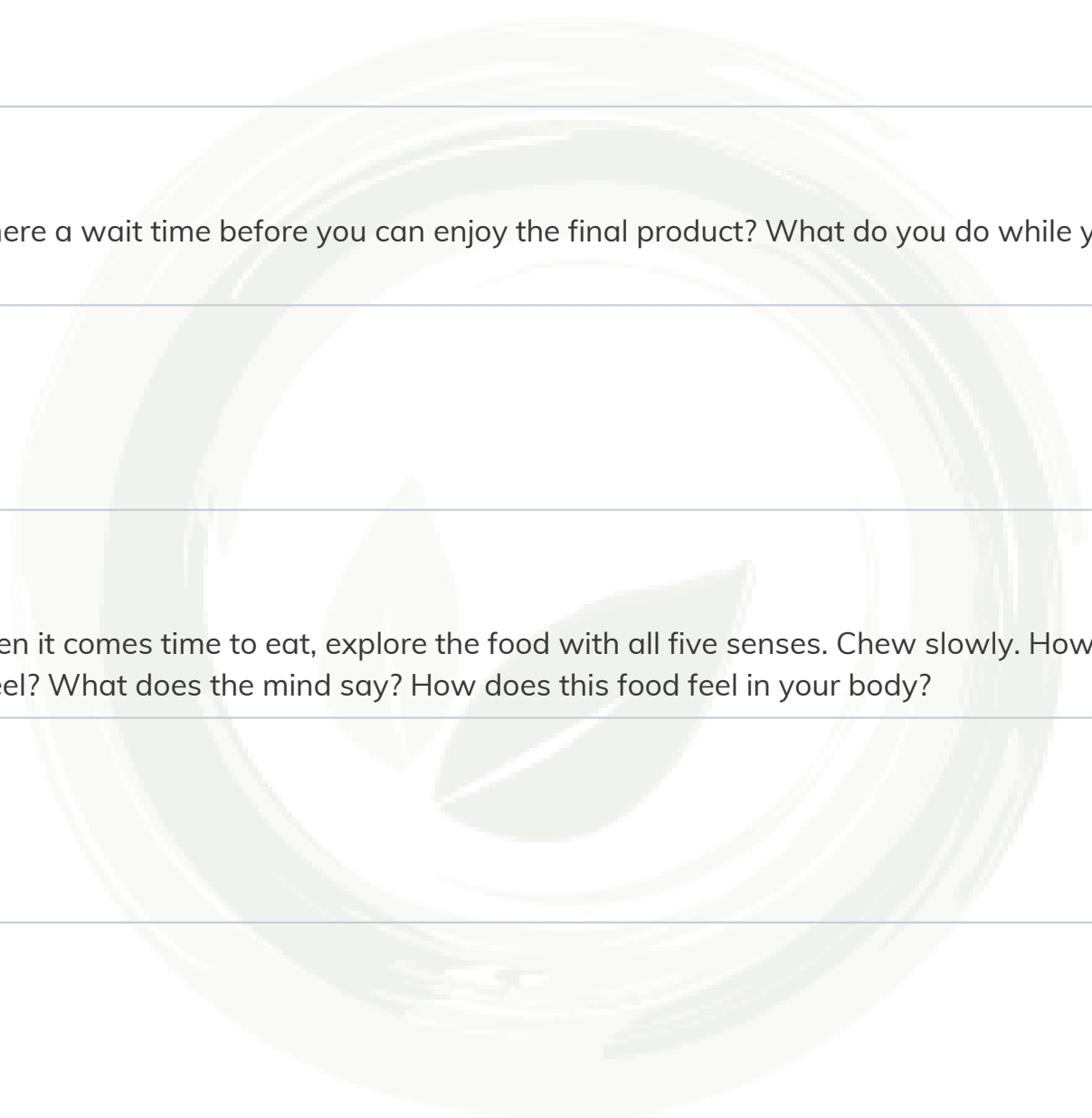
2. What season do these foods grow best in? What climate do they like?

3. What colors are represented? What tastes are represented? Consider sweet, salty, bitter, and sour.

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4. How does each ingredient change through the preparation and/or cooking process?



5. Is there a wait time before you can enjoy the final product? What do you do while you wait?

6. When it comes time to eat, explore the food with all five senses. Chew slowly. How does that feel? What does the mind say? How does this food feel in your body?