Conscious Eating

Pleasurable Eating Activity

Objective:
Explore the difference between distracted eating and conscious eating.

Age:
10 years and older.

Length:
Approximately 10 minutes.

Supplies and Materials:
Small plastic cups with raisins – one per person.

Special Considerations:
Food Allergies: Be aware that some participants may have food allergies. Ask them to be your helpers in distributing supplies for this activity or find an alternative food (other dried fruit or bite-size food).

Activity Directions:

1. Distribute one small plastic cup with raisins to each person and invite everyone to eat a few, not all. Ask what participants think “distracted eating” means. A few examples are eating while watching television, riding in a car, reading, or playing a video game.

2. Explain the activity. The following script is suggested:

   Eating is not only nutritional, it is sensational. We get to smell food with our noses, taste it with our taste buds, feel the texture in our mouth, and feel the warmth in our tummies.

   How many of you are fast eaters? With the raisins you just ate, did you really notice and savor every bite? Let’s try an experiment.

   Relax and get comfortable. It is hard to enjoy food if we are wound up or tense. Close your eyes, take a few deep breaths, get quiet and notice how you feel inside. Be aware of each breath you take, the inhale and the exhale.
Take one raisin from your cup and look at it closely. Notice its shape, color, even its wrinkles.

Smell your raisin.

Close your eyes and put your raisin on your tongue. Notice its texture and weight. Move it around in your mouth but do not bite. It will start to get soft and dissolve.

Now chew your raisin and experience the sensation of sweetness.

Swallow your raisin and notice how it feels as it flows down your throat.

3. Ask the group what the difference was between eating the raisins from the cup at the beginning and eating this one raisin. Point out that when we are conscious, or aware of what is happening within our bodies as we eat, eating becomes a sensational and enjoyable experience. Eating while doing something else, like watching television, distracts us from fully experiencing all the sensations associated with eating.

**Take Home Tidbit**

Take home slip says the following:

“Ask me what I learned while eating raisins at the WIN Kids Fun Day.”

**Source:**