Objective:
Learn about the concepts of moderate and pleasurable eating.

Age:
8 years and older.

Length:
Approximately 5 to 10 minutes.

Supplies and Materials:
Chocolate Kisses – 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 the activity.

Activity Directions:
1. Instruct participants to not open or eat the chocolate kiss until you give directions.
While distributing the chocolate kisses, ask what the term enjoyment means in relation to eating. To assist the discussion, refer to the following script:
Sometimes we eat foods that we think are “bad.” This might be chips, candy or cookies. But these foods are not bad. All foods can be part of healthful eating. Moderation is the key! If we eat lots of these foods and don’t eat a variety of other foods, we don’t get the nutrients our bodies need, and we may eat too many calories.

But how do you eat a smaller amount of a food if you really love it? The secret is to enjoy the eating experience and realize a small amount of food can be totally satisfying.
2. Ask participants to pick up their chocolate kiss and follow these instructions:

* Look at the shape and color of the wrapped kiss.
* Think about how the kiss will taste. Is your mouth watering?
* Slowly unwrap and smell the chocolate.
* Place in your mouth on your tongue.
* DO NOT BITE!
* Let the candy slowly melt and enjoy the flavor and changing texture.
* Notice how the sweet taste fills your mouth.

3. Lead a brief discussion about this experience.
   What would happen if we ate all food this way?

**Take Home Tidbit**

Take home slip says the following:

“Ask me about the chocolate kiss activity we did at the WIN Kids Fun Day.”

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**Source:** Holmes, Betty. *Pleasure of a Kiss*. Activity Instructions. University of Wyoming, Wellness IN the Rockies.