

MindUP Lesson 7

Mindful Tasting

Grades: 3-5

Lesson 7: Mindful Tasting is the seventh video in a virtual series of MindUP programming for the 2020-2021 academic year. Based in neuroscience, MindUP teaches the skills and knowledge children need to manage stress, regulate emotions and face challenges with optimism, resilience and compassion.

Length of Lesson: 12 minutes including worksheet

Objectives: In this lesson, we will practice mindful tasting and learn how to train our brains to focus on what we're eating and how we're eating it. We'll practice slowing down and savoring our food, while appreciating the flavors and textures. Mindful eating can help us feel more satisfied and improve our ability to focus.

Materials:

- Mindful Tasting Worksheet (2 copies)
- 2 small pieces of food (e.g., grape, raisin or apple slice)
- Pen or pencil

Preparation: Have child sitting at a desk or table before starting the lesson.

Mindful Eating at Home:

It is important that children are reminded to take their time while eating so that they can appreciate the flavors and textures of their food. Mindful tasting helps children identify different taste sensations, build descriptive skills and approach food with a healthy outlook. Here are some activities you can do at home to practice mindful tasting.

- *All About Details!* Mindfully pay attention to details about the food you eat together. Some example questions you may ask are: What color is it? Does it look like it has a rough or soft texture? What is the food's name and how is it grown?
- *Meet Your Taste Buds!* Introduce your children to their taste buds. Have them stick out their tongue to look at the thousands of little bumps while looking at a mirror. Taste buds can help us taste things that are sweet, sour, bitter or salty. Did you know that there are about 10,000 taste buds on a tongue! On a piece of paper or whiteboard, write out the words sweet, sour, bitter and salty. Brainstorm with your child different foods that can fit into each category.
- *Family Meal!* Designate a day where your child can assist you in planning a meal to have for breakfast, lunch or dinner. While you are planning the meal, make sure you both focus on the variety of flavors. Try the food before it is served to see if there are any ingredients that might be missing.
- *Chef Hat!* Help your child imagine opening up a restaurant, deli or bakery. Ask: What kind of food would you serve? What items would be on the menu? What flavors would you include? Where would you get the food?

REFERENCE



- The Hawn Foundation. (2011). The MindUP Curriculum Grades 3-5: Brain-Focused Strategies for Learning and Living (pg. 76-83). New York, NY: Scholastic.

