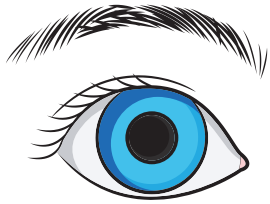


Mindful Tasting Senses



Eyes:

Look at the color, shape, texture



Nose:

Smell the food. What does it smell like? Does it remind you of a memory?



Ears:

When you take a bite, is the food squishy or crunchy?



Mouth:

What does it taste like? Is the food sweet, salty, bitter?



Hands:

How does the food feel? Is it sticky, squishy?