

MINDFUL EATING ASSIGNMENT

Your assignment is to eat at least one meal mindfully, than write about it.

Write at least a ½ page, using the guidelines from the “Mindful Eating” handout.

In your paragraph, you should answer the following questions:

1. Why am I eating?
2. What am I eating?
3. How am I eating?

You should also describe what it was like to follow the 9 “Keys to Mindful Eating.” You may also discuss other aspects of the experience, such as how it was different from how you usually eat, if it was easy/difficult, if it was enjoyable or not, things you noticed that you usually don’t.

WRITE YOUR PARAGRAPH ON A SEPARATE PIECE OF PAPER AND ATTACH IT TO THIS ONE.