

Mindful Eating Activity – Solid Chocolate Bar

This activity is designed to be done during Session One of the Food Skills for Families program. It can take place during Dining and Discussion either before or after the talk on Mindful Eating. It puts mindful eating into practice and into perspective, not to mention, it lets your participants eat chocolate!

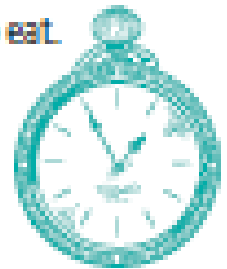
When buying the chocolate, make sure that it is a solid bar of milk or dark with no filling or nuts etc. and that it can be broken into small individual pieces. This exercise shows that if you take time to notice flavours and textures in simple foods you may enjoy it more.



The process should be as follows:

1. Break up the chocolate bar and place pieces in small bowl. Pass around the bowl and ask each participant to take two pieces. Wait for everyone in the group to take their pieces before you start.
2. Invite participants to chew the first piece, this will result in them eating it quickly.
3. Now with the second piece ask participants to eat it slowly, letting it melt in their mouth. Ask them to share what they notice. How different is flavour, texture, sweetness, etc. between the first piece and the second?
4. Once the exercise is done, take a small pause, and ask participants to share any learnings or differences in the two experiences. Did they experience eating the two pieces the same way? Which way of eating the chocolate was more satisfying?

Take time to eat.



Eat slowly, enjoy your food
and savour the different tastes,
textures and smells.

