

## LESSON: Exploring Your Senses

### LEARNING OBJECTIVES:

- Understand and describe the different senses
- Define mindfulness and explain how it applies to food
- Understand, recognize, and recall examples of mindful eating practices

### LEVEL:



### MATERIALS:

- Activity Sheet: Level 1 – Match the Senses
- Activity Sheet: Level 1 – Mindful Eating Log
- PowerPoint: Level 1 – Exploring Your Senses
- Quiz: Level 1 – Exploring Your Senses

### LESSON:

**Starter:** The purpose is to introduce the senses and to teach students how to understand and use them to create a mindful eating routine. Bring students together to start thinking and talking about these topics.

#### Section 1: What Are Your Senses?

*Ask Class: Do we know what the 5 senses are? \*listen to response, build a definition together, recap and compare with the following\**

There are 5 senses. They are:

- **See/Sight**
- **Smell**
- **Hear**
- **Taste**
- **Touch/Feel**

#### **We SEE with our EYES.**

How can we describe some of the things we can see?

Some examples of how to describe things we can see include:

- Shapes
- Colors
- Size

Ask Class: How can we describe a \_\_\_\_\_\* using our SIGHT?

\*Educators Note: Use your own object(s) to describe throughout this part of the lesson.

### **We SMELL with our NOSE.**

How can we describe some of the things we can smell?

Some examples of how to describe things we can smell include:

- Sweet
- Smoky
- Clean
- Fruity
- Bad: rotten, stinky
- Smells like: flowers, rain, dirt, grass

Ask Class: How can we describe a \_\_\_\_\_\* using our sense of SMELL?

### **We HEAR with our EARS.**

How can we describe some of the things we can hear?

Some examples of how to describe what we can hear include:

- Loud
- Splash
- Grumble
- Gulp
- Crunch

Ask Class: How can we describe a \_\_\_\_\_\* using our HEARING?

### **We FEEL with our HANDS.**

How can we describe some of the things we can touch?

Some examples of how to describe what we can touch or feel include:

- Soft
- Scratchy
- Furry
- Smooth
- Sticky
- Rough
- Hard
- Bumpy

Ask Class: How can we describe a \_\_\_\_\_\* using our sense of TOUCH?

### **We TASTE with our TONGUE.**

How can we describe some of the things we can TASTE?

Some examples of how to describe what we can taste include:

- Sweet
- Sour
- Bitter
- Salty
- Spicy

Ask Class: How can we describe a \_\_\_\_\_\* using our TASTE?

### **Section 2: Where and When Do We Use Our Senses?**

Senses are important to understand everything around us!

For Example: You can probably find your way to a bakery using your sense of SMELL.

Your senses are VERY important for FOOD and are important for when we eat. We call using our senses for food BEING MINDFUL.

### **Section 3: What Does It Mean to Be Mindful or A Mindful Eater?**

Ask Class: What do you think the word **mindful** means? When you hear the word **mindful**, what do you think of? \*listen to response, build a definition together, recap and compare with the following\*

Mindfulness is when you *focus in on yourself* and pay attention to your senses and what is around you.

This means paying attention to what you are eating, when and where you are eating, and what your senses tell you when you are eating.

When you focus in on what you are eating and how you are feeling, you can know how your body feels.

Using our SENSES, we can be MINDFUL about if our body is hungry.

Ask Class: How can we tell if we are hungry? \*listen to response, create a list of responses, recap and compare with the following\*

Sometimes if we are hungry, we can HEAR a grumbling stomach or FEEL stomach pain.

When we can sense that we are hungry, we can be mindful and listen to our bodies by eating!

### Summary: Wrap-Up and Take-Home Points

By using our 5 senses: **See/Sight, Smell, Hearing, Taste, and Touch/Feel** with food, we can be mindful of how we feel and become a mindful eater.

*\*Educators Note: For further facilitation, use the assigned quiz and activity sheets to recap the key concepts and to test knowledge learned from this lesson.*

Lesson adapted from Canada's Food Guide

### REFLECTION NOTES: