

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
- Understand the difference between appetite and hunger and how to recognize the difference in your daily life

LEVEL:



MATERIALS:

- Activity Sheet: Level 2 - Match the Descriptions
- Activity Sheet: Level 2 - Give Me Five
- Activity Sheet: Level 2 - Mindful Eating Log
- PowerPoint: Level 2 - Exploring Your Senses
- Quiz: Level 2 - Exploring Your Senses

LESSON:

Starter: The purpose is to introduce the senses and to teach students how to understand them in order to transform them into 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

Ask Class: How can we describe _____ using all 5 of our senses?*

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

An example of how you can use your 5 senses to describe a Red Bell Pepper include:

- We can SEE that it is red
- It SMELLS sweet
- We can HEAR that it is crunchy when we bite it
- We can TASTE that it is sweet
- We can FEEL that it is smooth

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. Other signs of hunger are tiredness and even feeling cranky! This means our body needs to eat.

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

However, sometimes people confuse HUNGER with something we call APPETITE.

*Ask Class: Does anyone know what appetite is? *listen to response, build a definition together, recap and compare with the following**

Appetite is our want for food. Appetite can be triggered by our senses and the environment around us. Sometimes we are truly hungry, and other times we just desire the taste of a food. It is important to ask ourselves if we are truly hungry, or if we just want the taste of pizza or the texture of ice cream?

If you are hungry, and have an appetite for a certain food, it is time to eat. If you are craving food, but not actually hungry, try looking forward to having the food next time your body needs energy and nourishment.

*Ask Class: Can anyone think of any appetite triggers (or examples of something that may cause you to feel like you want to eat)? *listen to response, build a list together, recap and compare with the following**

Answers: An example of an appetite trigger can be when you SMELL something really good and instantly feel a want for it (such as freshly baked cookies) or when you SEE something that looks really good and immediately crave it (such as a fresh slice of pizza).

*Ask Class: Why do you think it is important to understand the difference between hunger and appetite? *listen to response, build a list together, recap and compare with the following**

It is important to understand the difference between HUNGER and APPETITE because it can help us to be MINDFUL of if we want to eat because we are actually hungry or whether we only want to eat because something smells or looks good.

If we are truly hungry, we can listen to our bodies signals and can give them what they need.

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: