

*The LiveWell Kids program partners with Redondo Beach Unified and Hermosa Beach City School Districts to provide elementary students with interactive nutrition and garden lessons to help them adopt mindful healthy behaviors at an early age.*

## **LiveWell Kids Nutrition Program Module 1: Mindful Eating Behaviors**

With so many distractions around us, it is easy to eat without being mindful. Whether it is cell phones and television or eating on the road due to busy schedules, we are often missing opportunities to slow down and experience our food.



During the first LiveWell Kids Nutrition lesson of the year, students learned about the importance of mindful eating behaviors including how to use their senses, identifying signs of hunger, avoiding distractions when eating and portion control. Students also participated in a mindful tasting of fruits and vegetables.

Here are some tips to help your family practice mindful eating at home:

- **Disconnect to reconnect:** put down all electronics and enjoy a family meal together. Discuss each person's favorite part of their day.
- **Use your senses:** Slow down and use your senses to experience your food. What does it look, smell, feel, taste and sound like? Pay attention to the small details, you may discover something new.
- **Practice gratitude:** take a moment to appreciate the food in front of you. Discuss how the food was grown, harvested and prepared. Share with your family other things that you are grateful for during meal time.
- **Recognize hunger signals:** it takes 20 minutes for our stomach to communicate with our brain that we are full when eating. Stop eating when you are satisfied rather than when you feel full to avoid overeating.

Remind your child to practice the mindful tasting techniques they learned in their nutrition lessons. Even if they do not want to taste something you serve them, they can use other senses to experience the food. This little extra time of practicing mindfulness may help them become more willing to try something new.