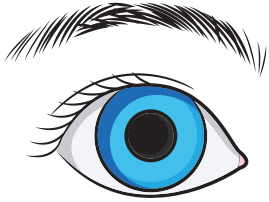


# Mindful Tasting Senses



## **Eyes:**

Look at the color, shape, texture



## **Nose:**

Smell the food. What does it smell like? Does it remind you of a memory?



## **Ears:**

When you take a bite, is the food squishy or crunchy?



## **Mouth:**

What does it taste like? Is the food sweet, salty, bitter?



## **Hands:**

How does the food feel? Is it sticky, squishy?