

Mindful Eating

Upper Intermediate (B2-C1)



WARM UP

Part 1. Discuss the questions below.

1. "You are what you eat." – Do you agree with this saying? Why/why not?
2. Have you ever eaten a meal or snack and not realised how it tasted because you were distracted (on your phone, watching TV)?
3. In your own words, how would you define 'mindful eating'? What do you think it involves beyond just paying attention?

Part 2. Below are some key words from the video you're about to watch, but the vowels have been removed. Try and guess the original words.

1. C_nfl_ct_ng

2. _nt_nt__n_l

3. _ppr_c__t__n

4. _rg_

5. B_ng_

6. S_v__r

7. _w_r_n_ss

8. C_mp_ss__n



Part 3. Discuss what the words mean and how you think they'll be used in the video.

Conflicting	Intentional	Appreciation	Urge
Binge	Savour	Awareness	Compassion

How do you think the words will be used to talk about mindful eating?

VIDEO ACTIVITY

Part 1. Watch the video “How to Use Mindfulness in Eating” and see how many of your predictions were accurate.

Part 2. Watch the video again and answer the questions below.

1. What is the main purpose of eating mindfully, according to the video?
2. What does the video suggest people often focus on while eating – instead of the food itself?
3. What are some practical steps the video recommends for eating more mindfully?
4. How might mindful eating change the way someone experiences a simple meal or snack?

Part 3. Complete the missing parts of the quotes from the video.

1. Maybe you're confused and overwhelmed by _____ (1) messages about when, what, and how much you should eat.
2. These lessons can help you bring an _____ (2) to the thoughts, feelings, and sensations that drive your food choices—ultimately leading to more _____ (3) decisions and a greater sense of _____ (4) for your body and for the food you eat.
3. Research shows when people eat more mindfully, they're better able to control their urges to _____ (5) eat, overeat, or to eat for emotional reasons like anxiety, sadness, or grief.

Part 4. Look at the quote from the video clip and discuss the question.

“It’s not about eating perfectly. It’s about noticing.”

What do you think this quote means? How could this idea be applied in other areas of life, not just eating?

VIDEO FOLLOW-UP

Part 1. Discuss the following questions.

1. Why do you think people tend to eat without thinking? What habits or pressures in daily life might cause this?
2. The video says mindfulness helps us reconnect with our senses. What does that mean to you, and why might it be important while eating?
3. Do you agree that the way we eat can affect our mental and physical health? Why or why not?
4. Think of a time when you ate mindfully – or the opposite. What do you remember about that experience?
5. Would you personally try mindful eating after watching this video? Why or why not?

Part 2. We're now going to practise mindful eating with a short exercise.

Please take a small piece of food—something that can be eaten in one bite, such as a raisin, a piece of chocolate, a nut, or a small fruit. Once you have your food item, sit comfortably and prepare to focus your full attention on the experience of eating.

Observe: Look at your food item. What do you notice about its colour and texture?

Smell: How would you describe its scent?

Taste: After taking a small bite, what flavours and textures did you experience?

Reflection: Did you notice any differences in how the food tasted compared to when you usually eat it?

Part 3. Using the food you just tasted, list at least three adjectives that describe its taste, texture, and scent.

Taste

- 1.
- 2.
- 3.

Texture

- 1.
- 2.
- 3.

Scent

- 1.
- 2.
- 3.

Now, write a sentence describing your favourite food using at least two sensory adjectives.
(e.g., "I love mango – it's juicy and fragrant.")

REVIEW ACTIVITY & FINAL THOUGHTS....

Part 1. Use each of the words in a sentence to talk about mindful eating. Try to make your sentences as creative as possible!

Conflicting

Intentional

Appreciation

Urge

Binge

Savour

Awareness

Compassion

Part 2. Discuss the questions below to reflect on what you've learnt during the lesson.

1. After learning about mindful eating, do you think you'll try it during your meals this week?
Why or why not?
2. Do you think our modern eating habits could have long-term effects on health?
3. Mindful eating is about slowing down and paying attention. In what other areas of life could this mindset be useful?
4. If you had to explain mindful eating to someone in one sentence, what would you say?
5. How does this lesson connect to your personal relationship with food or eating habits?
6. What's your biggest takeaway or insight from today's mindful eating lesson?

