



# Mindful Eating – Is this Apple Red?

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**Supplies:** An apple or some other piece of fruit

**Age or Grade:** All Ages

**Time:** 30-40 Minutes



**Background:** Mindful eating is all about getting to know your food better – what it looks like, smells like, feels like and tastes like. By practicing mindful eating, we slow down our food consumption, notice what we are eating more and how it makes us feel.

**Project Goal:**

- Identify ways to explore food
- Describe the importance of taking time to eat
- Identify ways family and friends help promote well-being

**What to Do:**

1. Pass out an apple to everyone or make sure everyone has a piece of fruit.
2. Instruct youth not to touch it until prompted
3. Read book, *No Ordinary Apple*
4. Pause from time to time to check in with youth.

**Reflect:**

1. What did you notice about this apple?
2. Did it taste different from any other apple you had before?
3. How can you make other foods taste special?

**Apply:**

1. When can you use mindful eating during our day?
2. Why do you think it is important that we practice mindful eating?

**Notes for  
Parents or  
Helpers:**

- *You may not always have an apple available but you can substitute it with a different piece of fruit or another type of food e.g. A piece of candy, cereal bar, glass of orange juice.*
- *Even though finding the book during this time might be difficult, here are some ways to locate a copy to read the book together as a family.*
  - *Watch the video on the Virginia 4-H Facebook Page. The book was read during a 4-H Live Event, and can be re-watched.*
  - *Download from your local library if it is available.*
  - *Check to see if you can find the book on the e-reader that you choose!*
  - *YouTube has videos of the book being read as well!*



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