

Exploring Your Food Using All Five Senses

Mindful eating means paying close attention to your food using the five senses: sight, hearing, smell, taste, and touch. Mindful eating helps students build awareness around their own food preferences. Some students might like salty instead of sweet foods. Some might love crunchy textures but dislike mushy items. Understanding your students' sensory preferences can create a positive food experience. Learn more and invite your students to explore their sensory preferences by creating a sensory profile.



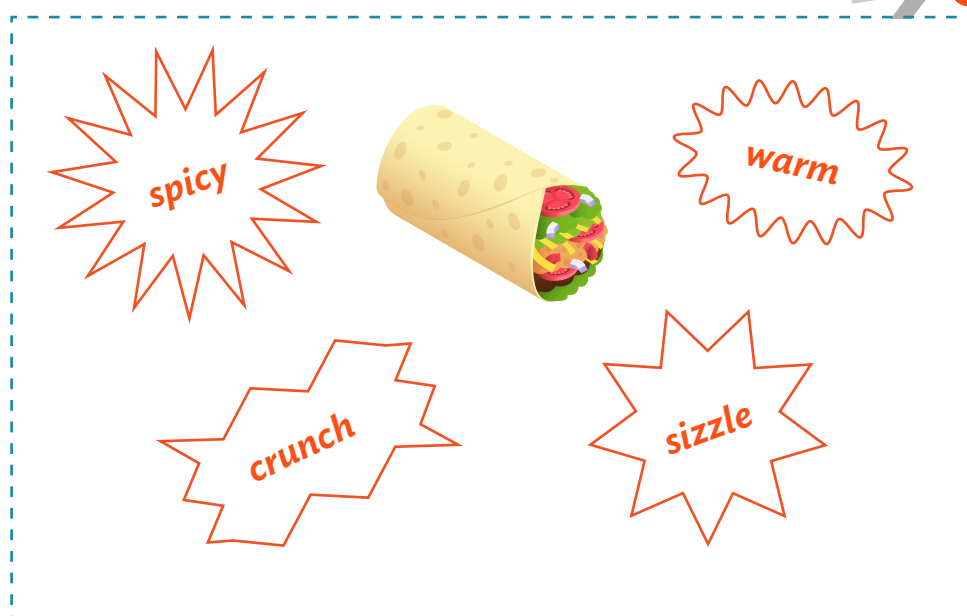
Use this QR code to learn more about sensory preferences

The way that students experience their senses is unique to each person. Mindful eating helps students understand how others' preferences might be different from theirs. They can approach food from all cultures with curiosity instead of labeling it as "good" or "bad." One student might like a food's texture, while another student dislikes it. Through mindful eating, students learn that's OK!

Let's use this resource at school or at home to engage our senses to practice mindful eating!

DIRECTIONS FOR USE:

- Post this chart somewhere visible to all like a smartboard or projector in a classroom or on a fridge at home.
- Have youth describe their food using the adjectives on the chart or come up with their own descriptions using the blank template.



GUIDING QUESTIONS FOR:

	Elementary Facilitators	Secondary Facilitators
Looks	What size is it? What color is it? Does it look like a shape you have seen before? Do you see any patterns?	How is the food presented? What makes it look appealing? Does it look uniform or are there variations?
Sounds	What do you hear? What sound does it make when you take a bite? How does it sound when you are chewing?	What sounds do you hear when you bite and chew? Does its texture match the sound you hear?
Feels	What does it feel like? Do all parts feel the same? Does it feel like you thought it would feel?	What texture does it have? What consistency does it have? Describe how your mouth feels when you are chewing.
Smells	What does it smell like? Does it smell like something you have smelled before? How does the smell make you feel?	Does it have a specific aroma? What ingredients can you recognize just from the smell?
Tastes	What is the first thing you taste? Does it taste different the longer you chew? What are your taste buds telling you?	What flavor profile do you notice? Is it sweet, sour, bitter, salty, or umami? Does the flavor change as you chew? Is there an aftertaste?

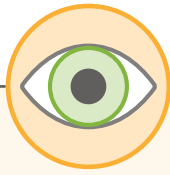
Nelson J. B. (2017). Mindful Eating: The Art of Presence While You Eat. *Diabetes Spectrum: a publication of the American Diabetes Association*, 30(3), 171-174. <https://doi.org/10.2337/ds17-0015>

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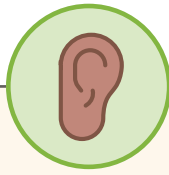


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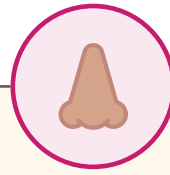
Sight



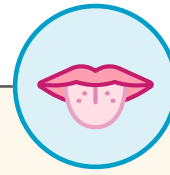
Sound



Touch



Smell









Taste

Did you know that you can use all five senses when you eat? Your taste buds can tell you if a food is sweet, sour, bitter, salty, or savory (umami). But you can explore your food through your other senses too. The way you experience your senses is completely special to you!

Take a bite and use the chart to describe how your food or drink looks, sounds, feels, smells, and tastes. Get creative and come up with your own describing words!

MY FOOD OR DRINK... MI COMIDA O BEBIDA...

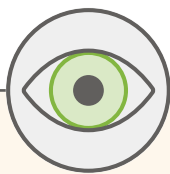
Looks/Vistas	Sounds/Sonidos	Feels/Sensaciones	Smells/Olores	Tastes/Sabores
 Colorful/Colorido	 Crunchy/Crujiente	 Cold/Frío	 Fruity/Afrutado	 Sweet/Dulce
 Smooth/Liso	 Fizzy/Burbujeante	 Soft/Suave	 Herby/Herboso	 Sour/Agrio
 Flakey/Escamoso	 Crispy/Crocante	 Sticky/Pegajoso	 Smokey/Ahumado	 Salty/Salado
 Speckled/Moteado	 Mushy/Blando	 Goey/Viscoso	 Earthy/Teroso	 Nutty/A nueces
 Wet/Mojado	 Slushy/Granizado	 Creamy/Cremoso	 Fresh/Fresco	 Spicy/Picante

Grades K-5

Think and reflect...

- What are some of the things you felt while you ate?
- How did listening to your senses change your experience?
- What surprised you the most about this experience?

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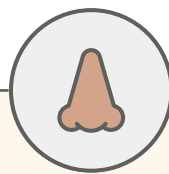
Sight



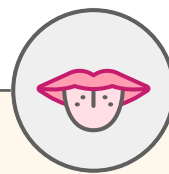
Sound



Touch



Smell



Taste

You can use all five of your senses to experience the dimensions of food. Not only can you use your taste buds to determine if a food is sweet, sour, salty, bitter, or umami, you can also use your other senses to kick your experience up to another level. Your senses help you explore your food, and the way you experience your senses is completely unique to you!

Use the chart below to describe your food or drink using your senses. Get creative and come up with your own adjectives to name the sensation

MY FOOD OR DRINK... MI COMIDA O BEBIDA...

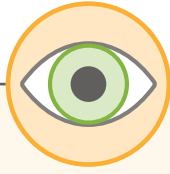
Looks/Vistas	Sounds/Sonidos	Feels/Sensaciones	Smells/Olores	Tastes/Sabores
 Luscious/Exquisito	 Crackly/Restallante	 Velvety/Aterciopelado	 Aromatic/Aromático	 Tangy/Agrio
 Irregular/Irregular	 Carbonated/Carbonatado	 Crunchy/Crujiente	 Pungent/Acerbo	 Decadent/Decadente
 Vibrant/Efervescente	 Crispy/Crocante	 Gritty/Arenoso	 Earthy/Terroso	 Acidic/Ácido
 Speckled/Moteado	 Snappy/Quebradizo	 Tender/Tierno	 Smoky/Ahumado	 Bland/Soso
 Rustic/Rústico	 Squishy/Maleable	 Airy/Ligero	 Fresh/Fresco	 Refreshing/Refrescante

Grades 6-12

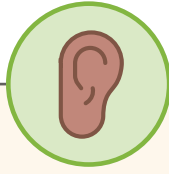
Think and reflect...

- What are some of the sensations you felt?
- How did listening to your senses change your experience?
- What surprised you the most about this experience?

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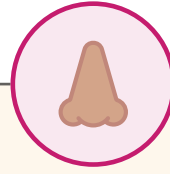
Sight



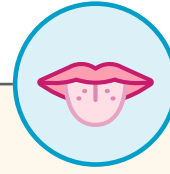
Sound



Touch



Smell



Taste

Make your own chart using vocabulary words or slang phrases (like “bussin”!) that resonate with you. You could even include descriptive words to predict what experience you will have!

MY FOOD OR DRINK... MI COMIDA O BEBIDA...

Looks/Vistas	Sounds/Sonidos	Feels/Sensaciones	Smells/Olores	Tastes/Sabores

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