

## MINDFUL EATING WORKSHEET

This worksheet should be used as often as possible.  
Pick a food you eat for enjoyment, a food you really like.  
Break off a very small amount, approx. the size of a raisin.  
Aim to take 10 bites of the food.

Name of Food:

Describe the look and smell of the food. What shape is it? What colour? Texture? Size?

Describe bite 1 in detail. Is it sweet, bitter, sticky, sour, smooth, soft, hard etc:

Describe bite 2 in detail:

Describe bite 3 in detail:

Describe bite 4 in detail:

Describe bite 5 in detail:

Describe bite 6 in detail:

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Describe bite 7 in detail:

Describe bite 8 in detail:

Describe bite 9 in detail:

Describe bite 10 in detail:

Did all the bites taste the same?

Did it taste less pleasurable or more pleasurable as you added bites?

What is your feeling after the last bite?

What can you take away from this exercise?