

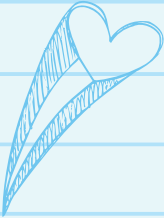
Mind your Lunch

★ Healthy Eating Habits ★

BE MINDFUL WHEN YOU'RE EATING, TAKE YOUR TIME.
NOTICE WHEN YOU ARE HUNGRY AND WHEN YOU ARE FULL.

Think about what else is going on while you're eating. There are many factors that can affect our eating habits. Why are you eating? For example, is it because you are celebrating? Because you are sad? Because other people are eating? We eat for a variety of reasons, but it is still important to listen to what your body is telling you. Acknowledge your feelings and emotions, and notice how they may affect your food choices. When you are eating a meal, limit other distracting activities. Instead of watching a screen or moving around, think about what you like about the food, how it tastes, and how you feel.

Here are some examples of the word for **eat** in Indigenous languages:
BlackFoot: **Ooyi/Oowat**
Atikamekw: **Mitciso**



for lunch today, I ate:

_____ MADE MY LUNCH. DID YOU HELP? YES NO

WHAT MADE YOU WANT TO EAT IT?

circle each answer that applies:

I HAD A MORNING SNACK TODAY:	YES	NO	
WHEN I STARTED MY LUNCH, I WAS:	REALLY HUNGRY.	HUNGRY.	NOT HUNGRY.
WHEN I FINISHED MY LUNCH, I WAS:	VERY FULL.	JUST FULL ENOUGH.	STILL HUNGRY!
WHILE I WAS EATING, I WAS ALSO:	TALKING.	READING.	LISTENING.
	SITTING.	MOVING AROUND.	LOOKING AT A SCREEN.

TODAY, I WAS FEELING: _____

