



At the Table, in Company

OBJECTIVE

Value the act of eating together, recognizing the importance of sharing, conversation and time at the table for well-being, the relationship with food and social bonds.

YOUR MISSION

Organize a shared meal with your family or friends. It can be:

- A weekend breakfast
- a simple dinner (e.g. soup and fruit)
- a snack with seasonal products

During the meal:

- Share the preparation
- Share the food
- Share the conversation
- No TV or mobile phones

Step 1 — Plan the meal

Notes:

- Meal Type: _____
- Who you ate with: _____
- What they prepared: _____

Step 2 — Live in the moment

During the meal, observe:

- ☐ They ate calmly



- ☐ They talked during the meal
- ☐ There was a sharing of tasks
- ☐ They were present, without distractions

WHAT DID YOU LIKE THE MOST AT THE MOMENT?

Step 3 – Reflect on the experience

Answers:

- What did you feel different when eating together?

- What did you discover about others?

- And what did you discover about yourself?

FINAL REFLECTION

Did you find it easier or more difficult to eat mindfully when you were with someone? Why?

FOODWISELAB TIP

Eating in company is part of Mediterranean culture. Sharing the table strengthens relationships, improves the meal experience, and helps create a more positive relationship with food.