



Eating is More Than Feeding

OBJECTIVE

Recognize that eating involves not only nutrition, but also emotions, social relationships, culture and attention to the moment, promoting a more conscious and balanced relationship with food.

YOUR MISSION

Choose a meal of your day and observe how, with whom and in what context you eat.

Step 1 – Watch the meal

Notes:

- Which meal you chose: _____
- Where you ate: ☐ at home ☐ at school ☐ away from home
- Who you ate with: Alone/☐ family ☐ ☐ friends

Step 2 – Attention to the moment

During the meal, observe:

- ☐ You were paying attention to the food
- ☐ You used a mobile phone, television or computer
- ☐ You ate slowly
- ☐ Have you noticed the taste, smell or texture of the food

WHAT DID YOU NOTICE?



Step 3 — Emotions and Meaning

Answers:

- How did you feel before eating?
- How did you feel after eating?

Before: _____

After: _____

Step 4 – Sharing and culture

It reflects:

- Does this meal have any special meaning for you or your family?
- Are there any associated traditions, habits, or memories?

REFLECTION:

FINAL REFLECTION

Answer individually:

1. What does the phrase "eating is more than eating" mean to you?

2. What could you change in a meal of your day to live it more consciously?



FOODWISELAB TIP

Eating mindfully, in company and with pleasure helps to recognize signs of hunger and satiety, improves the relationship with food and strengthens social bonds.