

MINDUP™

MINDFUL TASTING

Our senses help us to understand the world around us. By focusing our attention on something specific, like the taste or texture of food, we can help strengthen the prefrontal cortex (PFC) in our brain. Try these activities with your child to build their awareness of different tastes and textures, and it will strengthen their PFC and may even encourage them to try new things in the future.*

*Be mindful of allergies and food intolerances.



Mindful Tasting

Encourage your child to slow down and mindfully eat something that they have for breakfast, lunch, or dinner. They can close their eyes if it helps them concentrate. Ask if they can notice the smell, texture and taste of the food? Does the food taste how they expected or different?

Raw vs Cooked

Get your child involved in making dinner. Let them taste a raw ingredient,* such as a green bean. Then get them to taste the same ingredient after it has been cooked. Discuss the changes that have taken place when the ingredient is cooked. Get your child to mindfully taste the food and notice the taste and texture.

*Please be careful when choosing the raw ingredient, make sure it is safe to consume raw, check the food's packaging for advice, if unsure choose something else.

Chewing Challenge!

Encourage your child to savour every bite of food by challenging them to chew a piece of food 20 times before swallowing it. Get them to mindfully think about what they are eating, what is the texture and how is it changing as they chew? Make sure they take their time whilst chewing and do not rush.

