

SLOW COOKING AND SLOW EATING

Name: _____ Date of Birth: _____

Physician's Name: _____

Instructions:

- Prepare your favorite meal or a meal that'll make you eat.
- Arrange your meal and dining table nicely. Sit comfortably. Relax. You can play relaxing music in the background if it helps.
- Focus on your food.
- Use your senses. Bring your plate to your nose or vice versa, and notice your food's different smells and richness. Touch your food. Lick it. Take a bite and listen to the crunching sound as you chew.
- Eat slowly. One bite after the other.
- Once you're finished, answer the questions below.

What sensations did you have?

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What did you feel?

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What did you think?

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