

Habit Kraft

Yoga Suite

SAMPLE

7. Diet, Nutrition & Mindful Eating Guidance

Overview:

This session focuses on teaching children the basics of healthy eating, understanding nutrition, and practicing mindful eating habits. By encouraging positive relationships with food, children will learn the importance of balanced meals and how to make thoughtful, healthy choices. They will also develop the skills to eat mindfully, appreciating their food and recognizing their body's signals of hunger and fullness. The content varies from session to session, covering different aspects of nutrition, mindful eating practices, and healthy food choices.

What's Covered:

- **Balanced Nutrition:** Introduction to the five food groups and the role of each in maintaining energy and health.
- **Healthy Food Choices:** Teaching children how to make nutritious choices when planning meals and snacks.
- **Mindful Eating:** Exercises to encourage children to eat slowly, savoring each bite, and tuning in to their hunger and fullness cues.
- **Understanding Portion Sizes:** Helping children understand how to eat the right amount of food for their bodies.
- **Creating Healthy Habits:** Tips on incorporating healthy eating habits into daily life, including meal planning, grocery shopping, and cooking.

What Are the Benefits:

- **Improved Nutrition Knowledge:** Children will understand the importance of each food group and how to make balanced meals.

- **Better Eating Habits:** Through mindful eating, children will develop a more positive relationship with food and reduce overeating.
 - **Increased Awareness of Hunger Cues:** Children will learn to listen to their bodies and eat according to hunger and fullness, rather than out of habit or boredom.
 - **Fostering Healthy Choices:** Encouraging children to make healthier food choices now can lead to a lifetime of better habits.
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Sample Session Structure (60 Minutes)

Introduction (5 mins):

- Welcome your child and introduce the focus for the day: “Today, we’re going to learn about healthy food choices and how to eat mindfully.”
- Set the intention: “Let’s remember that eating is not only about food; it’s about taking care of our bodies and minds.”

Warm-Up (5 mins):

- **Food Sensory Game:** A fun activity where children identify different fruits, vegetables, or food textures with their eyes closed.
- **Breathing Exercise:** A short breathing exercise to help children focus and prepare for the mindful eating practice.

Core Practice (40 mins):

1. Nutrition Education (10 mins):

- **Food Group Introduction:** Discuss the five main food groups (fruits, vegetables, grains, proteins, dairy) and their role in keeping the body healthy.
- **Interactive Nutrition Chart:** Children participate in an activity where they sort foods into the correct categories to create a balanced meal.

2. Mindful Eating Practice (15 mins):

- **Mindful Eating Exercise:** Children practice eating a small food item (e.g., a piece of fruit or a nut) slowly and mindfully, paying attention to the taste, texture, and smell.
- **Eating Without Distractions:** Discuss the importance of eating without distractions (such as TV or phones) to fully enjoy the meal and listen to the body.

3. Portion Control and Healthy Choices (10 mins):

- **Portion Size Exercise:** Teach children about serving sizes and help them understand what a “portion” looks like for different foods.
- **Healthy Meal Planning:** Children brainstorm healthy meal ideas and discuss how they can create meals that include a variety of food groups.

Cool-Down (10 mins):

- **Reflection Time:** Ask children to reflect on what they learned today and how they can apply mindful eating to their daily meals.
- **Mindful Breathing:** A short breathing exercise to help children relax and focus after the session.
- **Healthy Snack Time (Optional):** If possible, offer a healthy snack to children while reinforcing mindful eating principles.

Key Takeaway:

In this **Diet, Nutrition & Mindful Eating Guidance** session, your child will learn how to make healthy food choices and develop a positive, mindful approach to eating. By understanding the importance of balanced nutrition and practicing mindful eating habits, children will develop lifelong skills to nurture their bodies and cultivate a healthy relationship with food.

Warm regards,

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