**My Mindful Eating
Diary**

Name:

Class:

Texture

Smell

Sweet or salty?

Hot or cold?

Soft or crunchy?

Do I like it?

Taste

Appearance



|  |  |
| --- | --- |
| Today’s date: |  |
| What am I eating today? |  |
| What does it look like? What colour is it? |  |
| What does it taste like?Is it sweet, or maybe salty? |  |
| What does it feel like?Is it hard, soft, crunchy, smooth? |  |
| Does it have a smell?Does it smell nice? |  |
| Anything else I noticed… |  |

|  |  |
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