

FOOD & THE FIVE SENSES



Connecting the Five Senses and Food:

- You have five senses: sight, touch, hearing, smell, and taste. Paying attention to your senses during meal time is a great way to practice mindfulness and can make food more enjoyable.

Activity: During your next meal, try to use all five senses:

- **Sight:** Humans are visual and the way your meal is presented can set an expectation of what your meal will taste like.
 - What does your meal look like? Is it colorful? What makes you want to eat your meal?
- **Touch:** There is a strong connection between food and touch. Texture can influence some peoples food preferences. Adding different textures in a meal can make it more interesting.
 - What is the texture of your food? Is it firm? Soft? Chewy?
- **Hearing:** Picture a freshly baked baguette - what's the first thing you think of? Many of us will imagine the sound of the crust. Just like sight, sounds have a connection to foods.
 - What does your food sound like when you bite it? Did you notice any sounds it made when cooking?
- **Smell:** Smells have a strong influence during meal time. It can help you identify flavor and stir up hunger cues.
 - What does your food smell like?
- **Taste:** This is easily the most important sense during meal time. We have five basic tastes - salty, sweet, savory, bitter, and sour.
 - Which of the five tastes does your meal have?

