

Family Questions

Today we explored the topic of nutrition. We looked at some of our own nutrition habits including what can make eating nutritious foods difficult. We also discussed the different ways foods make us feel in both mind and body. Finally, we explored ways we can become more mindful of our nutrition and improve the quality of what we eat so our bodies feel energised and healthy.



**I heard today's topic was about
nutrition...**

**Do you think it's difficult to eat nutritious foods?
Why?**

**Do you think friends influence the way we eat?
How? Why?**

Do you think we could eat healthier at home? How?

Tip: This week try a mindful eating exercise with your child. Prepare a plate with 3-6 different foods on it. Take time to sit down and be in the moment with what you are eating. Talk about how the foods taste, their textures, smells and where they come from. Mindful eating helps us to pay greater attention to what we are eating and how it makes us feel. This can be a fun activity for you to share. Additional tip: Try the activity blindfolded!