

1. The topic is "Mindful Eating: A Path to a Healthy Body." Why is it called a "path" rather than a "shortcut"?
2. A child quickly finishes a plate of food while playing a video game. Which aspect of mindful eating is most likely being ignored?
3. Sometimes people eat when they are bored or sad, even if they are not truly hungry. What is this type of eating often called?
4. Imagine your body has a "fullness button" that sends a message to your brain. If you eat very fast, why might your brain receive this message too late?
5. If you are mindfully eating a strawberry, which of these descriptions primarily focuses on your sense of *touch*?
6. How is mindful eating different from a strict diet that tells you exactly what to eat and how much?
7. Which of these is most likely a sign of TRUE physical hunger, rather than just a craving or emotional need?
8. Some mindful eating practices involve taking a moment to feel gratitude for the food before eating. How might this practice contribute to a healthier body and mind?
9. You are eating an apple mindfully. Which action best shows you are paying attention to the pace of your eating?
10. How can mindful eating naturally help with portion control without needing strict measuring?
11. While not directly part of the eating process, how does the *awareness* cultivated by mindful eating encourage a better understanding of food ingredients?
12. Which of these is a key indicator that mindful eating encourages you to pay attention to, helping you stop eating when appropriate?
13. When you chew your food very slowly and thoroughly, how does this specifically help your digestive system, even before the food reaches your stomach?
14. If you stop eating when you feel "comfortably full" instead of "stuffed," what is a direct benefit to your body?
15. Which statement accurately contrasts mindful eating with mindless eating?
16. When you eat too quickly, how might this impact your energy levels shortly after a meal?
17. It's snack time, and you see both a plate of cookies and a bowl of fresh fruit. If you are practicing mindful eating, what questions would you ask yourself before choosing?
18. How does mindful eating encourage a stronger connection between your mind and your body?

19. Why is the act of smelling and seeing your food before eating it important for digestion, even before the food enters your mouth?
20. Your friend always eats lunch while watching cartoons. Why is this habit likely to make them eat more than their body actually needs?