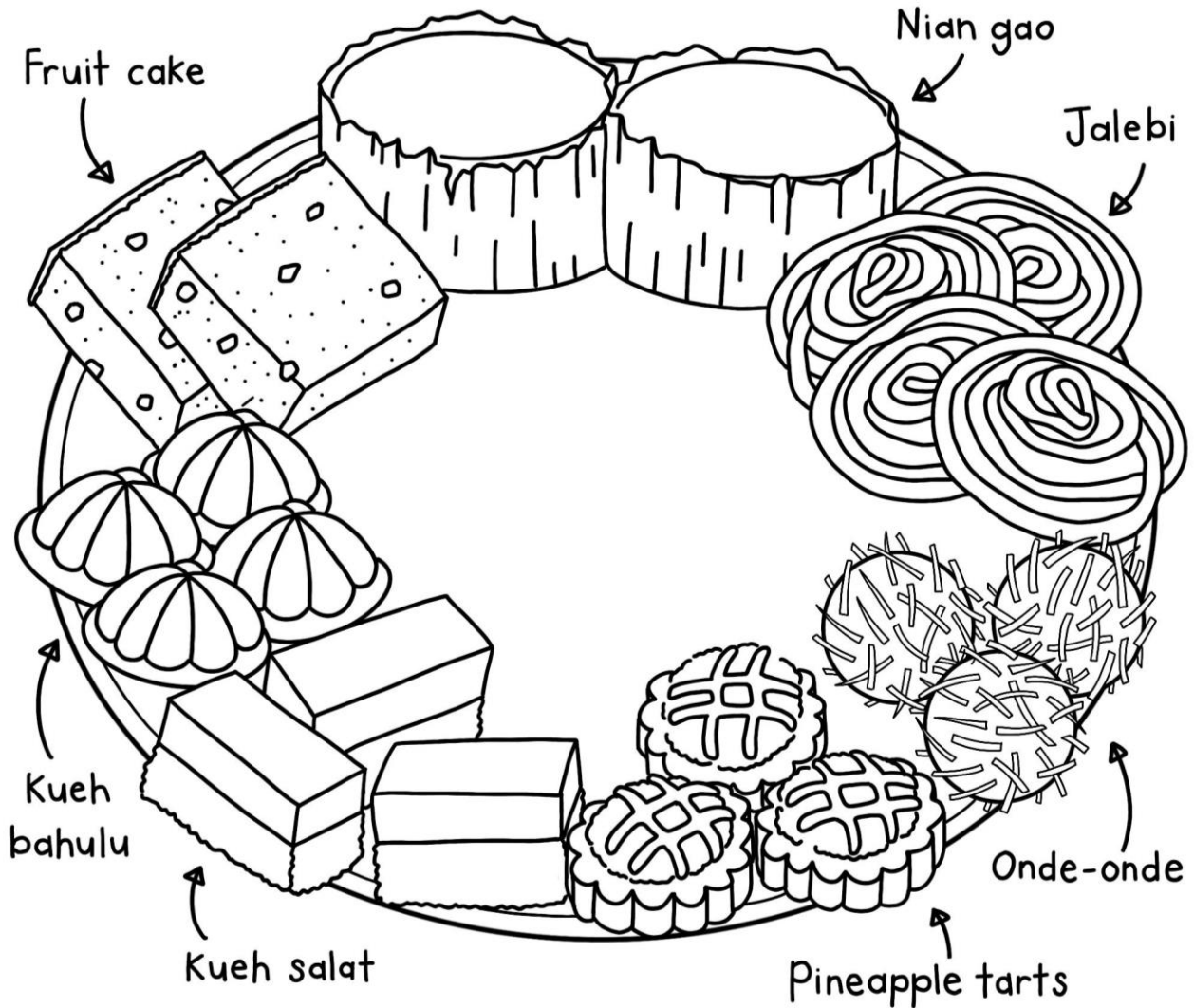


## Thinking About My Favourite Food!

Watch: Video 2 Mindful Living  
02:40 – 04:16 Mindful Eating

Look at all this yummy food! Have fun colouring, and draw your favourite food in the centre!



My favourite food is: \_\_\_\_\_

It tastes: Sweet / Sour / Salty / Bitter / Spicy

Its texture is: Smooth / Lumpy / Crumbly / Sticky / Crunchy / Hard / Soft

I like it because: \_\_\_\_\_