



Healthy & Learning Lifestyle

Mindful Eating for Holistic Health



Co-funded by the
Erasmus+ Programme
of the European Union

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Strategic Partnerships Call 2020 with agreement number: 2020-1-NL01-KA201-064672



Mindful Eating for Holistic Health

SHORT DESCRIPTION

This assignment combines psychology and home economics to explore the practice of mindful eating and its impact on overall well-being. Pupils will learn about the psychological and physiological aspects of eating, develop mindful eating techniques, and create a healthy and balanced meal plan that incorporates mindfulness principles.

PUPIL TARGET

Secondary school pupils aged 14-16.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Basic knowledge of psychology and nutrition, an understanding of healthy eating habits, and open-mindedness to practice mindfulness.

**GROUP SIZE AND
WAY OF
EXECUTION**

Individual or small groups (3-4 pupils). The assignment can be completed through research, individual or group work, and presentations.

TIMEFRAME

2-3 weeks.



FULL DESCRIPTION OF THE ASSIGNMENT

a) Introduction

Provide an overview of the assignment and its objectives. Explain the concept of mindful eating and its potential benefits for physical, mental, and emotional well-being.

b) Research and Analysis

Pupils conduct research on the psychology of eating, mindful eating techniques, and the impact of mindfulness on healthy food choices. They analyze scientific studies and personal accounts.

c) Mindful Eating Practice

Pupils engage in practical exercises to experience mindful eating. They apply mindful eating techniques during meals, focusing on sensory experiences, non-judgmental awareness, and gratitude.

d) Creating a Mindful Meal Plan

Based on their research and mindful eating practice, pupils create a healthy and balanced meal plan that incorporates mindfulness principles. They consider nutritional needs, mindful food choices, and the importance of portion control.

e) Presentation and Reflection

Pupils present their meal plans and reflect on their experiences with mindful eating. They share insights, challenges, and the potential impact on their overall well-being.

MATERIALS NEEDED

Internet access for research purposes, writing materials, access to nutrition resources, ingredients for practical exercises (food items for mindful eating practice).

LEARNING GOALS

- Understand the psychological and physiological aspects of eating.
- Apply mindfulness techniques to eating habits.
- Create a healthy and balanced meal plan.
- Enhance presentation and communication skills.

SCHOOL SUBJECTS COVERED

Psychology, Home Economics.

HASHTAGS

#MindfulEating #HolisticHealth #NutritionAndWellness





FOLLOW-UP ASSIGNMENT

Global Mindful Eating Exchange

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries will come together to share their experiences with mindful eating and exchange cultural perspectives on food and well-being. Building on the "Mindful Eating for Holistic Health" assignment, participants will discuss the challenges and benefits of mindful eating in their respective cultures, share mindful recipes, and explore the role of food in promoting overall wellness.

ORGANISATION AND WAY OF EXECUTION

Participants will be divided into small groups comprising individuals from different countries. They will engage in discussions, share personal experiences with mindful eating, and exchange recipes that incorporate mindful principles. Each group will present a summary of their discussions to the whole group for further insights and cross-cultural learning.

LEARNING GOALS

- Foster cross-cultural understanding and appreciation for diverse food cultures.
- Encourage the sharing of personal experiences with mindful eating.
- Exchange mindful recipes and culinary traditions.
- Reflect on the relationship between food, culture, and well-being.





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Learning
Hub
Friesland

Geseme
Medical experts.
Safety specialists.

Klare Koek.



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