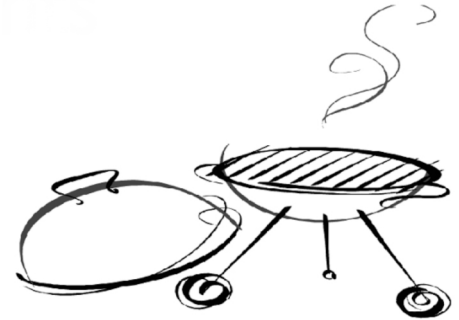


# Grill Me About...

## Tummy Talk

### Ask me what I learned about in my “Tummy Talk” GrowingGreat classroom nutrition lesson:



1. True or false: There are 3 senses. (Bonus: What are senses?)
2. True or false: It is best to start eating when you first feel hungry, before you get to the point of starving.
3. True or false: Counting your chews is one way to eat “mindfully.”

.....

#### Answers:

1. *False. There are 5 senses – sight, hearing, smell, taste and touch.*
2. *True. Eating when you are hungry – before you are starving – will help you not to overeat.*
3. *True. Counting your chews helps you slow down and concentrate on the meal you are eating.*

#### Kiwi Cups

Serves 2

#### Ingredients:

- 2 Kiwis
- ¼ c. Greek Yogurt
- ¼ c. Granola
- Honey (to taste)

#### Directions:

Halve kiwis lengthwise. Scoop out insides and chop. Fill kiwi cups with plain Greek yogurt and top with chopped kiwi, granola, and honey, to taste.

#### Hands-On Science Corner: Counting Your Chews

Conduct an experiment to see how many chews certain foods take to eat.

- Choose 3 or 4 fruits or vegetables and cut into bite-sized pieces.
- Make a chart with 3 columns. In the first column, list the name of each fruit or vegetable. In the next column, write your GUESS for how many chews it will take to eat, followed by a column for the ACTUAL amount of chews it took to eat the food.
- Eat the foods while counting your chews. Record the chews on your chart in the ACTUAL column.
- REFLECT: How was the actual outcome different than what you expected? What kinds of foods take fewer chews to eat? Why do you think that is so?

Visit the Resources section at [www.GrowingGreat.org](http://www.GrowingGreat.org) for more hands-on science activities.

# K-2 Classroom Nutrition Pilot Program: Lesson #3 Tummy Talk



Our bodies send us hunger signals, telling us when to start and stop eating. There are four hunger levels: starving, hungry, satisfied, and full. We feel hungry when it's time to eat, and if we don't eat for a long time we feel starving. We feel satisfied when we've eaten just the right amount, and we feel stuffed after eating too much. It is important to listen to your tummy "talk" and practice mindful eating so you know when to start and stop eating. Here are some more tips on mindful eating:

## Remember to **T H I N K** before you eat!

- T** Be **Thankful** for the food. Take a moment to appreciate the food in front of you before eating.
- H** Are you actually **Hungry**? Or are you eating because of boredom, stress, or some other reason? (Only eat if you are hungry.)
- I** Eat with **Intention** and without interruption – turn off the TV, computer, and video games. Eat slowly and remember to taste and enjoy the food you are consuming. It may help to put the fork down in between bites or count your bites.
- N Not** too much! Serve yourself a small portion at first – you can always go back for more later.
- K Keep** assessing how you feel. Stop eating when you are comfortably satisfied.

### **GrowingGreat's Philosophy**

GrowingGreat's mission is to empower every child to grow up healthy through science-based garden and nutrition education.

GrowingGreat advocates:

- eating a wide variety of colorful, whole foods that are close to their original source
- choosing higher-quality, beneficial foods more often
- appreciating the impact food has on our overall well-being so that we can think, feel, and perform at our best all day long