

Bell Ringer Questions

1. What's the difference behind the meaning of the two terms? Look them up if you need to.

MINDFUL VS. MINDLESS

2. How do these terms relate to eating food? What are the characteristics of mindful eating and mindless eating?

- Use this article titled "[Mindful Eating vs Mindless Eating](#)" to create a T-Chart of the characteristics for each.

3. Mindless or Mindful Eater?



What makes you think so?