

[Mindless Eating](#) (click to view)



What is mindless eating as explained in the video?

What are internal causes of mindful eating? List several.

What are external causes of mindful eating? List several.

What does the term satiety mean as explained in the video?

Name the two food environments affecting how much we eat and provide two examples of each.

#1:

Examples:

#2:

Examples:

Tips to be a better mindless eater include:

Name one health consequence of mindless eating.

[BASICS of Mindful Eating](#) (click to view)

	Stands for...	Which means...
B		
A		
S		
I		
C		
S		

Tips & Doodles Placemat Project

Use the information from the videos and other reliable web sources, if necessary, to create a placemat to inform others about mindless eating. A placement graphic organizer is provided for you and should include 10 tips along with doodles of corresponding graphics to help convey the tips. One example has been done for you...

the turtle represents "slowing down" while you are eating instead of inhaling your food at mealtime. This allows you to savor your food and gives your brain and stomach time to talk to each other about satiety.

