

Test Your Knowledge

MODULE 5

Think about the last meal or snack that you had.



Can you describe:

how you ate?

- did you eat slowly?
- were you distracted?
- did you eat with others?

why you ate?

- were you hungry?
- was it offered to you?

what you ate?

- what food and drink did you have?

when you ate?

- what time was it?
- how long had it been since the last time you ate?

where you ate?

- were you in a space meant for eating?

how much you ate?

- how much food and drink did you have?

Being able to recall and describe answers to these questions means you were likely being mindful of your eating habits.

Source: [Canada's Food Guide](#)