

## SDG 3: Health and Wellness

Middle School (6-8)

Description: Students will explore hunger, satiety, and mindful eating to discover how our eating habits are impacted by our awareness of physiological signals of hunger or fullness. Students will also practice mindful eating practices and explore portion sizes as they sort foods, create meals using portion-size food models, and track their food using mindful eating practices.

Lesson Plan: <https://newyork.agclassroom.org/matrix/lesson/818/>

Highlights:

<https://www.youtube.com/watch?v=YVfyYrEmzgM>

- “How does your body know you’re full?” by Hilary Coller (TEDed)
- Provides overview of concepts such as hunger and satiety
- Describes how hunger and satiety work biologically
  - Provides tips such eating slowly in order to eat mindfully
  - Information provided in an accessible manner, specifically about why *potatoes* are better for quelling hunger rather than *croissants*

<https://www.youtube.com/watch?v=ZIX7RphOtG0>

- “How mindful eating improves your relationship with food” by Headspace
- Introduces the “hunger scale” concept so students can gauge their level of hunger at meal times
- Describes how mindful eating can improve self esteem and body positivity
  - As opposed to restrictive eating, students are taught about how the *why* of eating is more important than the *what*
- Students can identify where they fall on the scale right now and engage with why they fall where they do
- Simple graphic that provides quick and visual tips on how to eat mindfully
- Students can share their thoughts on the different tips; are you already utilizing some of these techniques when eating?

