



Eating in Company, Eating with Awareness

OBJECTIVE

Understand how **social context** and **mindfulness influence** the way you eat, how you feel, and the choices you make at the table.

YOUR MISSION

For **a week**, try eating **in company** and **alone with attention**, and compare the experiences.

Step 1 — Accompanied meals

Choose **two meals** to eat with someone (family, friends, colleagues).

For each one, it observes and notes:

- **Who you sat with:** _____
- **Meal rhythm:** ☐ fast ☐ moderate ☐ calm
- **Pre-meal mood:** _____
- **Mood after the meal:** _____
- **Were the food choices different from usual?**

Step 2 — Mindfulness Solo Meal

Choose **a meal** to make alone, but with mindfulness:

- No mobile phone
- Eating slowly
- attentive to taste, texture and satiety



What did you notice about this meal?

Step 3 - Compare experiences

At the end of the week, it notes:

- What meal did you feel best at? Why?

- Have your food choices changed? How?

- What would you like to repeat in the future?

FINAL REFLECTION

Why do you think that **eating together** and **eating mindfully** are important dimensions of a healthy eating pattern?

FOODWISELAB TIP

Eating is not just about ingesting nutrients. It is also **sharing, rhythm, pleasure and awareness** — factors that influence digestion, well-being and the relationship with food.