Duke Healthy Lifestyles Program

Getting ready for CHANGE

Activity: Are You Eating or Racing?

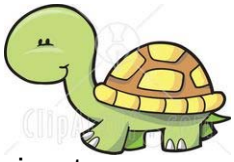
I will eat slowly every day!

Use this tacking sheet to collect information about how you eat.

Meal Breakfast, lunch or dinner	Eating Start time	Eating End time	Eating time: __?_ Minutes Goal: 20 minutes	Still hungry? Yes or no	Do I want a 2nd portion? Yes or no	What helps me eat slowly?
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	
				Yes or no	Yes or no	

Instructions: (The timer on a microwave or stove top may help as a reminder Set it for 20 minutes.)

1. Write the meal name and the time you <u>start</u> eating your food.
2. Eat your food. Now write the time you <u>finish</u> your serving of food. Use your math skills to learn your eating time (ask an adult for help)
3. Stop, and listen to your body. Then answer the questions about hunger and need for more food.
4. Write down any ideas you use to help you eat slowly.



Result: When you eat a meal in < 10 minutes, you eat fast! The goal is 20 minutes. <u>Remember meal time is not a race!</u>

What now? I'm still hungry!

1. Stay at the table until approximately 20 minutes has passed from the meal start.
   While you wait, eat some vegetables (not potatoes or corn) and talk with others.
2. When 20 minutes has passed and if you are still hungry, do ask for more food.
   Best choices are more vegetables or a "protein food". Eat almost no extra "starch/grain" foods.
3. Test new ideas to eat slower and write them in on this chart.

Parent Initials _____