

EMOTIONAL NUTRITION

Introduction to Emotional Nutrition

What is Emotional Nutrition?

- Definition and explanation of emotional nutrition
- How food affects our emotions and mental health

Why Emotional Nutrition Matters

- Importance of understanding the link between food and feelings
- Benefits of a balanced diet for emotional well-being health

Food and Mood

How Food Affects Mood

- Explanation of how certain foods can make us feel happy, sad, energized, or tired
- Simple overview of nutrients that support mental health (e.g., omega-3 fatty acids, vitamins, minerals)

Healthy Foods for a Happy Mind

- Examples of foods that can boost mood (fruits, vegetables, whole grains, lean proteins)
- Foods to enjoy in moderation (sugary snacks, fast food, processed foods)

Understanding Emotional Eating

What is Emotional Eating?

- Definition of emotional eating and why it happens
- Recognizing the difference between physical hunger and emotional hunger

Healthy Ways to Cope with Emotions

- Alternatives to eating when feeling stressed, bored, or sad (talking to a friend, playing a game, going for a walk)
- Importance of expressing emotions in healthy ways



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Mindful Eating

What is Mindful Eating?

- Explanation of mindful eating and its benefits
- Practicing being present and enjoying each bite

Mindful Eating Activities

- Simple exercises to practice mindful eating (e.g., eating a raisin slowly, savoring a small piece of chocolate)
- Discussing how mindful eating makes them feel

Building Healthy Eating Habits

Creating Balanced Meals

- How to build a balanced meal that supports both physical and emotional health
- Using the MyPlate guide to include a variety of food groups

Healthy Snack Ideas

- List of healthy snacks that can boost energy and mood
- Simple snack preparation activities

Practical Application

Mood and Food Journal

- Keeping a journal of what they eat and how it makes them feel
- Reflecting on patterns and discussing insights with the class

Healthy Recipe Creation

- Creating recipes that include mood-boosting ingredients



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