



Mindful Eating

Savour every flavour, mindful eating,
A practice that's truly worth repeating,
For in every bite, there's a world to discover,
A symphony of tastes, a feast like no other.

Take a moment to pause before you dig in,
Breathe in the aroma, let the pleasure begin,
Notice the colours, the textures, the shapes,
Let your senses awaken with each little taste.
With each mindful bite, a story unfolds,
Of the farmers and bakers, and their tales untold,
Of the sun and the rain, the soil and the seed,
Of the love and the care that nurtured each feed.

Savour every flavour, mindful eating,
A journey of joy that's truly rewarding,
For in every meal, there's a chance to connect,
With ourselves, with others, and with the world, we
reflect.

So let's eat with intention, let's savour with care,
Let's embrace every moment and the love that we
share,
For in every flavour, there's a gift to receive,
A moment of grace that we can truly believe in.