

Mindful Eating

NFSC 460: Nutrition Education

Skill Area: Nutrition Education

Assignment Title: Mindful Eating Nutrition Education Assignment

What I Learned: This assignment was a great way for me to learn about the skill of mindful eating and what benefits it has to offer. I learned that there are many different barriers that hinder most people from eating mindfully but there are always ways to incorporate it into your routine no matter what.

Reflection to assignment: This assignment was a great way for me to experience what it is like to be a team player. There were four of us who put this presentation together and we all did an excellent job devoting much time to the project and making sure we each contributed an equal amount. We all learned from this assignment and were able to share what we learned through a presentation to a large group of audience members.

Relevance to the profession: Nutrition education is a very important aspect of Nutrition and Food Science as a profession. I hope that I can use the skills that I learned to educate and counsel others in the area of nutrition through a career.