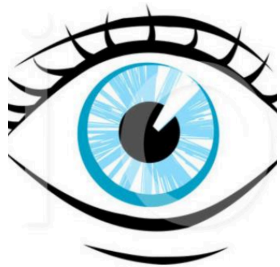


The 5 Senses in the Cafeteria



SOUND: The cafeteria can be a very loud place. Using a quiet voice or playing quiet, calming music can help create a more relaxing environment to eat in.



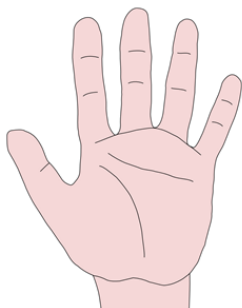
SIGHT: Sometimes bright lights can be overstimulating in the cafeteria. Try eating near natural light. Take time to notice all the different colors of the foods you are eating. Eating a 'rainbow' of colors (lots of fruits and veggies) will help us get a variety of healthy nutrients!



TASTE: There are so many different flavors to taste in the cafeteria! Certain tastes of foods can even affect our moods; some foods are energizing (mints, lemon, cinnamon, spicy salsa) and others can be calming (hot cocoa, soup, tea). Be adventurous and try new foods!



SMELL: The cafeteria can be filled with many different smells. Take some time to notice what foods you can smell and how they make you feel. The smell of some foods can be alerting (coffee) and some foods may smell relaxing (vanilla).



TOUCH: You may touch many different textures in the cafeteria without even noticing it. The packaging of your food, your lunch bag, and the table you are eating at all have different textures and temperatures. Foods have different textures too! Some foods might be smooth (cooked carrots) and some foods may have a rough texture to them (outside of a pineapple). See if you can guess a food just by touching it with your eyes closed!