

# Bell Ringer Questions

1. What's the difference behind the meaning of the two terms? Look them up if you need to.

## MINDFUL VS. MINDLESS

2. How do these terms relate to eating food? What are the characteristics of mindful eating and mindless eating?

- Use this article titled "[Mindless vs Mindful Eating : What You Need to Know](#)" to create a T-Chart of the characteristics for each.

### 3. Mindless or Mindful Eater?



What makes you think so?