

TASTE THE RAISIN*

- Awakening the taste buds

The aim of the 'Taste the Raisin' exercise is for participants to be aware of what food means for them. They do so by tasting food and thinking about it while eating. Chewing food thoroughly is important for digestion but it is the smell of food in the nose and taste on the tongue that gives the experience. So it is also important to be aware of what you can actually taste. You can eat too much before getting a feeling of fullness. The feedback sensation of satiety arises slowly. If for example you are interrupted during the meal, you may not want to finish your food because you feel full.



Approximately 10 minutes



Jumbo raisins or possibly something else edible, for example dark chocolate and sliced orange.



In pairs (person beside)



Link to Mindfulness

* Source: Mindfulness

STEP BY STEP

1. The educator introduces the aim of the exercise: For participants to be aware of what they eat.
2. She might say: "Now you are going to try a slightly different exercise. We should like to serve a glass of good red wine but it is not possible. So we have brought along a dried grape. It is a raisin, albeit a jumbo raisin.
3. Start by pairing up. Now check out the raisin and with your partner, describe your experience.
4. All take a single raisin and place it on the palm of your hand.
5. Look carefully at it.
6. Describe for each other what you see.
 - What colour is it?
 - How big is it?
 - Does it look like the raisins you normally eat?
 - Does the raisin have wrinkles or special lines?
 - Does it look like anything other than a raisin?
7. Feel the raisin.
8. How does the raisin feel:
 - Hard? Soft? Greasy? Dry? Rough? Smooth? Otherwise?
9. Carefully put the raisin on your tongue and close your mouth (don't swallow the raisin).
10. Press your tongue against your palate and describe the consistency of the raisin. How does it feel?
11. Use your tongue to move the raisin around your mouth.
12. Describe the taste: Sour? Sweet? Bitter? Salt?
13. Now you can eat (swallow) the raisin.
14. The educator concludes the exercise by saying: "Try the exercise next time you eat a sweet. You may find you can stop your craving for sweets by only eating a few. Did you know that to burn off ten raisins, you need to walk for about five minutes, cycle for about three minutes or play for about eight minutes?"