

# Home Practice

## Mindful Eating



1. Utilizing the [Prenatal Nutrition document](#), complete a personal diet journal/diary to track the foods you eat for one week.
2. Explore your beliefs about food and reflect on how you could guide parents in tracking their food and assessing the nutritional values *in a solution-focused way*.
3. Introduce the Prenatal Nutrition Assessment to a pregnant person or parent.
4. Explain the solution-focused intention behind food charting.

Questions for reflection:

- What was learned or awakened?
- What would you want to do differently next time?