

HEALTH AND WELL-BEING

Media Studio / Teaching Block 1 Production report

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Pre-Production

Ideation

1. **Goal of Mindful Eating, Not Just Dieting:** *Shifting the focus from restrictive dieting to mindful eating can transform one's relationship with food. This involves paying attention to hunger and fullness cues, savoring meals, and noticing the emotional and physical impact of what we eat. It promotes a healthier, more sustainable approach to nutrition and body image.*
2. **Call to action:** *Try one meal today in total silence - no screens, no distractions - and see how it feels. Then share your experience in the comments!"*

Supporting evidence:

[Seguias, L. et al. \(2025\) Mindful Eating and Food Intake: Effects and Mechanisms of Action. Journal of experimental psychology. Applied. \[Online\] 31 \(3\), 168–187.](#)

[Allirot, X. et al. \(2018\) Effects of a Brief Mindful Eating Induction on Food Choices and Energy Intake: External Eating and Mindfulness State as Moderators. Mindfulness. \[Online\] 9 \(3\), 750–760.](#)

[Ahmadyar, K. et al. \(2024\) The effect of a mindfulness-based body scan exercise on food intake during TV watching. Appetite. \[Online\] 192.](#)

Script: Mindful Eating, Not Just Dieting

Script Title: “Slow Down and Savor: The Power of Mindful Eating”

1. Context

In the modern world there are a lot of people who are struggling with weight

2. Conflict

and the way to adjust the weight is to diet and exercise

3. Climax

What if there is another, third way?

4. Resolution

In our fast-paced world, we often eat on autopilot - scrolling, rushing, or multitasking. But what if you slowed down?

Mindful eating is about truly experiencing your food - noticing the colours, textures, and flavours with every bite.

This simple shift helps improve digestion, reduce overeating, and reconnect you with your body's natural hunger cues.

5. CTA

Next time you eat, put down your phone, take a deep breath, and focus on your food.

Storyboard: Mindful Eating, Not Just Dieting

Media Studio / Media Production
Storyboard Template

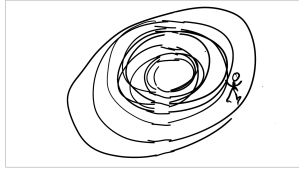
Designer
Your name

Title
Project Title

Page
1



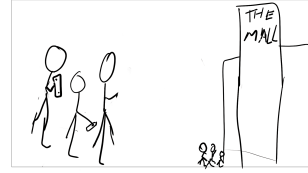
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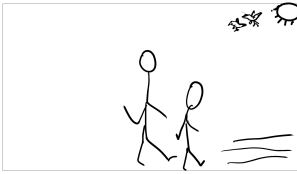
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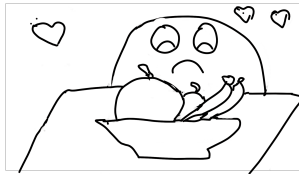
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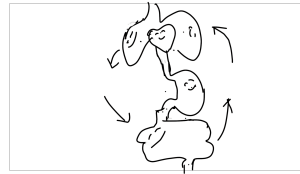
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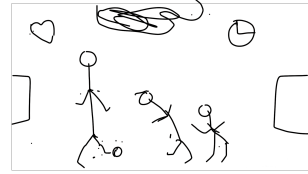
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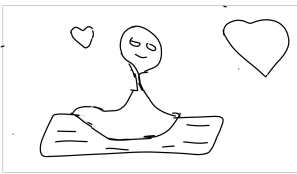
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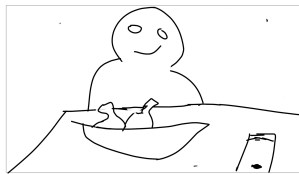
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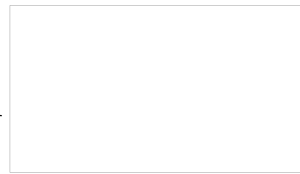
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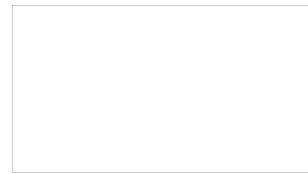
Shot 9



Shot 10



Shot 11



Shot 12

Post-Production

Production of Assets & VFXs

Please remove these paragraphs and briefly describe the process involved in producing your audio and visual assets and incorporating the visual effects during post-production.

*For this assignment, you **should independently produce all the audio and visual assets**. Using images and videos provided by third parties or generated by Artificial Intelligence, including but not limited to Adobe Firefly, DALL.E, and Midjourney, is prohibited.*

Reflective Statement

In this section, please remove this paragraph and reflect on the process of producing the video. Things you have done excellently, and things you could try another approach.

References

Seguias, L. et al. (2025) Mindful Eating and Food Intake: Effects and Mechanisms of Action. *Journal of experimental psychology. Applied*. [Online] 31 (3), 168–187.

https://uwe.primo.exlibrisgroup.com/permalink/44UWE_INST/52fmuk/cdi_proquest_miscellaneous_3173399773

Allirot, X. et al. (2018) Effects of a Brief Mindful Eating Induction on Food Choices and Energy Intake: External Eating and Mindfulness State as Moderators. *Mindfulness*. [Online] 9 (3), 750–760.

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Ahmadyar, K. et al. (2024) The effect of a mindfulness-based body scan exercise on food intake during TV watching. *Appetite*. [Online] 192.

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