

*How we TALK about food shapes how children THINK about food and their relationship with food. Try these approaches that can help support positive food relationships.*



## JUDGEMENTS V'S ALL FOODS FIT

- Labels like 'healthy/unhealthy', or 'good/bad', reduces food to moral judgements.
- Celebrate all foods for their role in fuelling our bodies, supporting growth, - beyond labels of 'healthy' or 'unhealthy'.

## DESCRIBING FOODS

- When talking about foods with children, use factual describing words like crunchy, juicy, cold, savoury, or sweet!.



## MANY WAYS TO LEARN

- There are many ways to explore foods beyond just tasting them.
- Some children, especially those with timid taste buds, might be more comfortable exploring new foods with their eyes, nose, ears, or hands.
- Try talking about how you like to explore new foods, or describe what you notice using your senses!



Being respectful of children's needs includes being responsive to different ways of eating along their feeding journeys!