

# How to talk to children about food

## MAY NOT HELP

"Apples are good for you."



"Carrots will turn you into a bunny."



"This food will help you grow."



"Salad is healthy."



"Blueberries have antioxidants in them."



"White food isn't good for you."



## MAY HELP A LOT

"Red food gives you a strong heart."

"Orange food helps you see in the dark."

"Yellow food helps your body heal cuts."

"Green food helps you fight off sickness."

"Blue & purple food gives you a strong brain."

"White food gives you energy."