

PICNIC

NEUTRAL LANGUAGE

Talking about food using neutral language helps children build a positive long-term relationship with food.

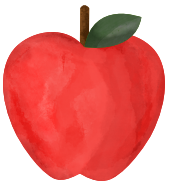


- Describe food by its colour, shape, texture, smell.
- Discuss foods origin, where they're grown or how they're made.
- Call food by its name, for example an apple is an apple and cake is cake.



- Avoid labelling food such as healthy, unhealthy, sometimes, everyday, good, bad or treats.

EXAMPLES:



“Apples can be green or red. The red ones are usually much sweeter than the green.”



“Potatoes are grown under the ground. They can be eaten in lots of different ways like mash and chips.”



“Cheese can be made from the milk of lots of different animals like cow, sheep, goat and buffalo.”