



CELEBRATE Feeding Newsletter

COACHING IN EARLY LEARNING ENVIRONMENTS TO BUILD A RESPONSIVE APPROACH TO EATING & FEEDING

January 2023

Why is it important to use neutral language about food?

Hearing food described in neutral ways helps children develop a positive relationship with food. Research shows that labelling a food as "healthy" may make children less likely to try it. Calling a food "junk" or "unhealthy" can make children feel guilt or shame if they enjoy that food.

The adjacent box shows some examples of how to talk about food in a neutral way.

NEUTRAL WAYS TO TALK ABOUT FOOD

"These carrots are orange and crunchy. The dip is creamy."

"Some of these apples have red skin and some have green skin. I wonder if they taste different."

"Graham crackers are rectangles. What other shapes do you see on your plate?"

"Chickpeas are round like a ball. Can you roll them?"

"The potatoes are mashed with milk and butter. There are lots of ways to make potatoes. Have you tried any others?"



CELEBRATE Language: Communicate with children about when food is offered and when it will be offered again.



Supports self-regulation and eating competence

- Review the day's schedule and tell children when food will be offered relative to other events. This could be done at morning circle time.
- Tell children what is on the menu for meals and snacks. Consider posting a menu with pictures at child height so they can see what is being served.
- At the end of meals and snacks, remind children when the next eating opportunity will be, e.g. "We will have afternoon snack after rest time and before we go outside".



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Continuing Education Opportunity: Nourishing Beginnings

The CELEBRATE Feeding team is excited to announce that we will be offering the Nourishing Beginnings program as part of coaching. Nourishing Beginnings is a Dairy Farmers of Canada program that focuses on responsive feeding in early learning and child care centres. Participants will receive a certificate of completion to submit for continuing education credits.

The Nourishing Beginnings program has two parts: an online module that educators complete on their own (60–90 minutes) and a live virtual session facilitated by the Early Years Nutrition Coaches. There are two options for the live virtual session:

Tuesday, February 7 or Wednesday, February 8 at 6:30–8pm.

Coaches have emailed the details of the program to centres and educators. If you have any questions, please reach out to your coach.

Recipe

Apple Pie Fruit Dip

For 1 cup of dip:

1 cup Vanilla yogurt

4 teaspoons Unsweetened applesauce

1/2 teaspoon Cinnamon

Mix all ingredients together in a bowl.

Let rest for 10 to 15 minutes to let the flavours combine.

Serve with your favourite fresh fruit.

Source: Dairy Farmers of Canada

Tips for introducing a new dip:

- Tell children what ingredients are in the dip.
- Describe the taste and texture, eg. "This dip is sweet and creamy".
- Start by serving the dip with fruit the children generally like. Once the dip is familiar, try pairing it with new types of fruit.
- Allow children to serve themselves.
- Suggest they can dip the fruit or enjoy the fruit and dip separately. This encourages food exploration.