



## Building positive relationships with food

Talk about the **colour**,  
**texture** & **shape** of food

Talk about food and  
the **environment**

Be a good  
**role model**

Talk about how food  
can help our  
**body** and **mind**

Talk about **where** our  
food comes from

Delicious, everyday foods give our bodies energy

Eating a variety of fruits and vegetables improves our mood

Everyday foods keep our bones and muscles strong



See our positive language around food handouts for more ideas  
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