

Adult Guidance

When teaching children about food and healthy eating, we try to avoid labelling any food or food group as 'healthy' or 'unhealthy'. Food is neither good nor bad - it is simply fuel for our bodies. A variety of foods from different food groups should be eaten in different proportions for a healthy, balanced diet. These foods may be fresh, frozen, tinned or packaged or processed in another way. More information can be found on the [NHS Eatwell Guide](#) website. Everyone has different likes and dislikes, and some people may have allergies or choose not to eat some foods for a variety of different reasons.

Children should be encouraged to focus on how different foods can affect their bodies (e.g. fruits and vegetables help you poo regularly) and how they feel both physically and mentally after eating them. Support them to think about the sensory aspects of food, for example comparing foods that taste sweet and foods that taste salty, or foods that crunch and those that don't. You may also like to explore where different foods come from, for example fruits and vegetables that grow in the ground or are picked from a tree.