

# NUTRITION BITS AND BITES

## Food Language



### Why does food language matter?

There's no denying that some foods provide more nutrition than others, but when we demonize less nutritious foods or label foods as "bad", "unhealthy" or "junk", it can negatively impact our child's relationship with food. This can lead to feelings of guilt or shame for eating, or even wanting, those foods. Kids may also internally label themselves as "good" or "bad" based on their food choices. Moving away from these labels allows kids to feel confident in their food choices and learn to enjoy a variety of foods on their own.

The way we talk to our kids about food and nutrition can have a lasting impact on their health. Kids may not know what "good for you" or "healthy" means. Finding ways to talk about food and nutrition to kids in a way they understand, can create positive associations with those foods without attaching moral value to it.

| Instead of...               | Try...                                                                                                                                           |
|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------|
| "Carrots are good for you." | "Orange foods have vitamin A in them. Vitamin A keeps our eyes working well so we can see in the dark."                                          |
| "Blueberries are healthy."  | "Purple and blue foods have antioxidants in them that keep our brain strong."                                                                    |
| "Eat your greens."          | "Green foods have prebiotics in them that feed the helpful bugs in our gut. The bugs keep us from getting sick."                                 |
| "Cookies are bad for you."  | "Some foods do a few things in our bodies and some foods do a lot of things in our bodies. Cookies are fun to make and taste yummy."             |
| "Chips are unhealthy."      | "Some foods give us quick energy and other foods give us long-lasting energy. Chips don't give us long-lasting energy, but they are fun to eat." |

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

# Oatmeal Raisin Cookies

Prep time: 15 minutes  
Cooking time: 45 minutes  
Makes 4 dozen cookies

Recipe source: Cookspiration.com

## Ingredients:

- 1 cup all purpose flour
- 1 ½ tsp baking powder
- 1 ½ tsp ground cinnamon
- ½ tsp baking soda
- ½ cup butter, softened
- 1/3 cup packed light brown sugar
- 1 large egg
- 2 tbsp fancy molasses
- 1 1/3 cup unsweetened apple sauce
- 1 ¾ cup large flake or quick-cooking oats
- 1 cup raisins
- ¾ cup toasted sliced almonds (optional)
- 1 ½ tsp vanilla



## Directions:

1. In bowl, whisk together flour, baking powder, cinnamon, baking soda; set aside.
2. In a large bowl, beat butter and sugar until fluffy.
3. Beat egg and molasses until combined.
4. Alternate adding the flour mixture and applesauce into the butter mixture.
5. Stir in oats, raisins, almonds, if using and vanilla.
6. Line a baking sheet with parchment paper. Drop batter by tablespoons (15 mL) onto baking sheet.
7. Bake in 375 F oven for 12 to 15 minutes until golden brown.

## Get the kids involved! Kids can help by:

- Measuring ingredients
- Stirring dry ingredients
- Beating egg and molasses
- Dropping batter onto baking sheet

Scan the QR code for more kid friendly award-winning recipes



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

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