

**ENCOURAGING**

**PHRASES FOR KIDS**

OH HOW  
HEALTHY  
KIDS

## Oh How Healthy

Children can find trying new foods to be one of the most challenging things to overcome. Oftentimes before children even try something, they make their decision whether or not they will like it based off of its appearance and smell. By introducing children to healthy foods in an easy, relatable and understandable way, they could potentially walk away with a new favorite food. Or in the best case, zero fear of trying something new.

Finding phrases to encouraging kids to try something new can be difficult, try out some of the following phrases next time!

### 1. We are all going to “be brave” and at least try a new food.

-If the children seem nervous, ask the group “who’s feeling nervous?” or “Is anyone feeling nervous about trying \_\_\_\_?” and most likely the child is not alone in feeling this way.

-Good points of conversation with the children while they try their dish:

- “Has anyone tried anything new lately and liked it? Disliked it? Why?”
- “You do not have to like what you are trying, but trying it is important”
- “Do you like what you tried? If you don’t, what would you think would make it better?”

## 2. We can make healthy foods taste good and like our favorite unhealthy foods

-Be sure to explain that the healthy foods will not taste exactly like their favorite unhealthy foods, but there is a way to make it similar and still taste good.

-Good points of conversation with the children while they try their dish:

- "What are your favorite unhealthy foods? Why do you think you like them so much?"
- "What foods do you think are healthy?"

## 3. What makes something healthy?

-Good points of conversation with the children:

- "When you read the ingredients of a food you like, are there some things you don't know or recognize?"
- "If the ingredients come from nature, the food is healthy"
- "Healthy foods come from nature and some can come from animals"

Key message: "If you read about what's in a food and there's words that even your parents don't recognize, the food is not healthy."

Inform them that if the ingredients that they know can come from nature, the food can be considered healthy.

#### 4. Why do we not eat unhealthy foods all the time? What happens if we do?

-Most children will respond with "Because they make us feel sick", this is a good point to go off of and explain why some foods can make our 'tummies hurt'.

-Good points of conversation with the children:

- "How can foods make us sick?"
- "Is having too much sugar bad for you?"
- "How do you feel when you've eaten something unhealthy for a long time?"

-If the children are older, it's a good point of conversation to address obesity as well as diabetes and any illnesses can be caused by this.

#### 5. Cooking things at home can be fun, but we have to be smart and safe

-Teaching proper behavior when handling kitchen tools is important. Such as asking permission to use the oven/toaster/microwave and teaching the proper way to hold a knife if the children are younger.

-Good points of conversation with the children:

- "Never point the knife towards yourself or anyone else"
- "Hold the handle with all 5 fingers"
- "Cut away from yourself, never towards yourself"

#### 6. Other good phrases to go to:

- "You don't know if you like it until you try it"
- "You have a lot of growing to do, do you want to grow it out of junk food or healthy food"
- "You can't say that you don't like until you try it"