

A Bite of Health

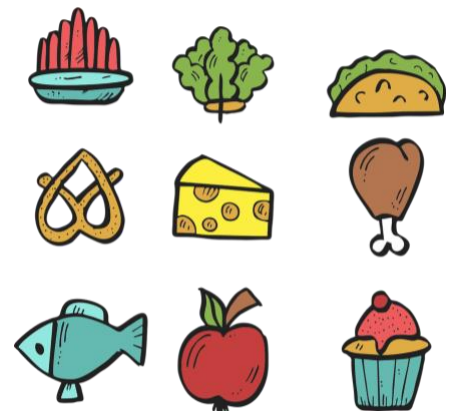
As an APPLE school, we strive to build a healthy school community focusing on improving students' mental health, physical activity, and eating habits for life.

Happy Food, Happy Attitude

This month, students learn about nurturing a healthy relationship with food through the *Happy Food, Happy Attitude* campaign.

What does it mean to nurture a healthy relationship with food?

Nurturing a healthy relationship with food is being free of judgment and shame around foods. It means that foods are no longer 'good' nor 'bad'. What matters now is if you like the foods you are eating. Nurturing a healthy relationship with food redefines 'healthy' foods to be foods that are good for our mental and emotional health, as well as our physical health.¹



Why does nurturing a healthy relationship with food matter?

Fostering a positive relationship with food helps support children to be able to choose foods based on their wants and needs, and listen to their bodies.

Positive Messaging³

Key Message	Try This	Instead of This
Food is not morally right or wrong	There are many foods that can help our bodies grow, learn, and play. Granola bars are a chewy snack and can give you the energy to move at recess time.	Granola bars are bad and unhealthy
It is ok to eat foods you enjoy	Chips are crunchy and full of flavour	Chips are junk food

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Listening to your body is important for mindful eating	Listening to your feelings of fullness can help you decide how much to eat	Eating too much can make you gain weight
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How to support a healthy relationship with food at home

After a meal, ask your kids if they are still hungry or if they have had enough food to give them energy. Focusing on how they feel when they eat and the energy they get is a good way to foster and encourage a good relationship with food.

References:

¹<https://www.cwellbeing.com/blog/what-is-food-neutrality>

²<http://broadviewpsychology.com/2021/08/23/building-a-food-neutral-mentality/>

³<https://food-guide.canada.ca/en/healthy-eating-recommendations/be-mindful-of-your-eating-habits/hunger-cues/>

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