

NURTURING CONFIDENCE: FOOD, EATING, & BODIES

Schools, teachers, parents/caregivers & children all have a mealtime role

The story of a student's lunch is more than just food. Many factors affect what is put in a student's lunch including culture, income, living situation, time, medical factors, sensory & texture preferences, food literacy, food trauma, parent/caregiver food experience, and body image. Be curious and compassionate when discussing food, eating and bodies with a parent/caregiver or child.

Satter's **Division of Responsibility in Feeding** divides decisions about eating so that children maintain their hunger and fullness cues, build lifelong eating skills, and have less stress around eating. When parents/caregivers and schools do their job with feeding, children can do their job with eating.

Parent/Caregiver Decides

WHAT



School Decides

WHEN



WHERE

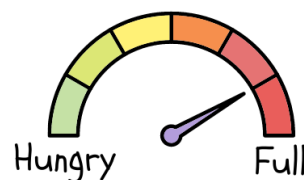


Student Decides

WHETHER



HOW MUCH



4 Ways to Make a Difference



Teach Nutrition in a Positive Way

- Use the "Teach Food First" Toolkit
- Use food exploration (taste test, grow food)
- Remember **all foods fit**
- Talk about foods without judgement & in a neutral manner.
Placing moral value (good vs. bad) on foods can create shame



Adjust your Classroom Environment

- Ensure children have a comfortable place to eat
- Have set meal / snack times & provide enough time
- Turn off SMART boards & screens
- Avoid using food as a reward
- Allow children to eat their food **in any order**. This maintains the child's trust in their parent/caregiver



Be a Role Model

- **Avoid all diet talk and comments on bodies**
- Notice how you talk about food and your body to others including in the hallway and staffroom
- Talk & eat with children when possible

Respect Body Diversity

- **Avoid weighing students**, using weight tables/charts, or calorie counting activities
- Accept & respect the diversity of body shapes & sizes (language, images, equipment)
- Exercise for pleasure & health, not to control body size



[The Benefits of Eating Together For Children and Families | HealthLink BC](#)



[Healthy Schools | Island Health](#)

