

# How to Talk About HEALTHY FOOD & SWEETS

with Elementary Kids

## SET A PREDICTABLE PLAN



3 Meals +  
1-2 Snacks



Sweet Times:  
2-4x a Week



Water & Milk  
as the Go-To Drinks

## USE POSITIVE LANGUAGE

### INSTEAD OF...

*"That's junk food."*

*"No, that's bad for you."*

### TRY...

*"That's a sometimes food."*

*"That's not on our menu today."*

## SERVE, DON'T BARGAIN



*"Dessert is part of dinner tonight."  
not "If you eat your veggies, you get dessert."*

## KEEP IT LOW KEY

- Small treats, not big stashes.
- Sweets are kept out of sight.



## EXPECT A "SOMETIMES FOOD" TRANSITION PHASE

Kids may ask for more at first.  
Stay calm and consistent  
while they adjust.



*Teach balance without the battle.*

