

# Four Questions to Ask

## Before Choosing Educational Material about Food



### Stories are powerful and can be shared in many different ways.

They help children and youth discover new ideas, connect with others, and make sense of the world around them.

While there are many food-related books and educational materials available, taking a moment to ensure they align with supporting positive and inclusive relationships with food and bodies is important for the children and youth in your care.

We have done our best to hand-select each educational material in this library, but as always, nothing is perfect, and the list is not exhaustive.

## Don't see your book or educational material in the library?

**Step 1:** Use the following questions to determine if the educational material (e.g., book, song, podcast, poster etc.) supports positive and inclusive relationships with food and bodies.

**Step 2:** If you answered 'no' to any of these questions, we recommend choosing a different educational material. If you answered 'yes' to all these questions – please feel free to share your suggestion with us by contacting the Nüton team at [nuton.mb@dfc-plc.ca](mailto:nuton.mb@dfc-plc.ca). We'd love to add to the library!

Does the educational material...	YES	NO
<p><b>Speak about all foods, ways of eating, people, bodies and cultures in a respectful, non-judgmental way?</b></p> <ul style="list-style-type: none"> <li>• Look for messages that highlight interest and curiosity rather than referring to the food or people that eat the food as “yucky” or “weird.”</li> <li>• Look for messages and illustrations that represent a diversity of people, bodies, genders, abilities, culture, skin colour, etc. Representation matters.</li> </ul>		
<p><b>Avoid labeling foods as good/bad, healthy/unhealthy, junk food, sometimes or everyday foods?</b></p> <ul style="list-style-type: none"> <li>• Describing foods this way may be confusing and harm children's relationship with food.</li> </ul>		
<p><b>Avoid focusing on nutrients, calories, or body weight?</b></p> <ul style="list-style-type: none"> <li>• Look for positive and inclusive messages about all bodies. Messages about nutrients and calories are too abstract for young children..</li> </ul>		
<p><b>Avoid pressuring children and youth to eat in any way?</b></p> <ul style="list-style-type: none"> <li>• Food pressure can be subtle and can harm children and youths' relationship with food by teaching them to not listen to their preferences and body's natural hunger and fullness cues.</li> <li>• Examples include asking them to have X number of bites, encouraging a child to 'try' a food, finish their plate or eat foods in a specific order, praising them for eating vegetables, and/or using food as a reward.</li> </ul>		