

Raising Healthy Eaters in the Classroom

ELEMENTARY SCHOOLS



Caregiver Decides

What food to pack

School Decides

When & where students eat. Schools may also have food available

Student Decides

Whether and how much to eat

Provide A Positive Eating Environment

- Have set meal and snack times; avoid grazing.
- Limit distractions such as screen time.
- Talk with children in casual conversation. Save nutrition education for the classroom instead of at meal times.

Respect Natural Hunger & Fullness Cues

- Allow students to control their own intake – avoid specifying a certain number of bites.
- Allow students to eat food in any order they choose – no need to finish one food before another.
- Trust and respect students when they say or signal they are full or still hungry.

Build Trust With Students & Families

- Respect that families may define “healthy food” differently, and children have different health needs.



Eating Should Be Enjoyable

- Allow students to eat food items sent from home unless the food relates to an allergy. Students need to trust that their caregivers can feed them properly and teachers need to trust this as well.
- Support all families by encouraging access to reliable nutrition information such as [Health Connect Ontario](#) (811) or from www.unlockfood.ca.
- Refer families to community food resources when needed. Visit the Food Inventory at www.foodcoreLGL.ca for a list of available resources.

Teach Nutrition In A Positive Way

- Teach about a variety of foods, focusing on the benefits of fueling the mind and body.
- Keep all messages positive for example “eating a variety of foods gives you energy to play and think.” Avoid negative/fear-based statements like “x food is not healthy.”
- Focus on behaviors, such as regular meals, sleep, and physical activity to feel good, not for weight control. Weighing, using weight tables or charts, or calorie counting activities can hinder health behaviours and create preoccupation with weight.
- Role model positive body image by encouraging body positivity and diversity. Avoid sharing personal views about food and body weight. Each person’s body is different, and we should respect, accept, and celebrate these differences!

The information in this article is based on Ellyn Satter’s principles and guidelines. For more about Satter’s work, see: ellynsatterinstitute.org

**For more information, call 1-800-660-5853
or visit www.healthunit.org**

Adapted with permission from the
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