



Broccoli is green and looks like a tree. Oranges are put together like a puzzle. Pull apart the pieces!

Let's go outside to play for some fresh air. Fresh air helps us stay healthy.

Today we're having fruit. It's juicy and sweet and good for your body.

Your body is growing to be big and strong.

What you say to toddlers about nutrition starts to build the foundation of how they think about food and nutrition in the future.

WHAT TO SAY (AND NOT SAY) TO TODDLERS ABOUT NUTRITION

Make positive, age-appropriate comments. Judgments or disparaging remarks about food can confuse and lead to negative attitudes about nutrition.



Candy is bad for you. You shouldn't eat it.

I think you're eating too much.

If you don't eat {a healthy food}, you won't be healthy.

Hey, chubby cheeks!