Tips for Creating a

FOOD NEUTRAL CLASSROOM

You can start making changes to how you talk about food in your classroom right away!

Here are 6 tips for using food neutrality in your classroom:



Breakfast CLUB of Canada ™

Present all foods with enthusiasm to encourage curiosity

Refrain from categorizing foods into groups such as healthy vs. unhealthy or good vs. bad

Adopt an exploratory approach to food by engaging the senses

Allow students to have preferences

Be body positive

Avoid attaching shame or judgment to foods or other people