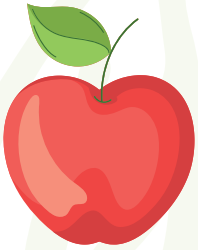
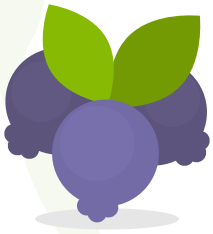
How to talk to children about food

Grow
Early Education

May Not Help		May Help a lot
"Apples are good for you."		"Red food gives you a strong heart."
"Carrots will turn you into a bunny."		"Orange food helps you see in the dark."
"This food will help you grow."		"Yellow food helps your body heal cuts."
"Salad is healthy."		"Green food helps you fight off sickness."
"Blueberries have antioxidants in them."		"Blue & purple food gives you a strong brain."
"White food isn't good for you."		"White food gives you energy."

Source: @kids.eat.in.color