

Food Literacy

Food literacy means having the knowledge, skills and attitudes needed to choose, grow, prepare and enjoy healthy food to support one's health, community and the environment. Tips for how to teach food literacy:

- Expose children to a variety of different foods
- Help them develop a good attitude about eating by making food experiences positive and pleasant, and teaching mindful eating.
- Give children some control over their eating by letting them decide what and how much to eat from what is offered
- Teach children the language used to describe food, nutrition and food preparation (e.g. crispy, high in fibre, sauté, etc.)
- Give them opportunities to learn food skills such as cooking, planning meals, growing food, table manners, food safety, and grocery shopping.
- Provide them with opportunities to learn where food comes from and what happens to it after it is farmed, transported, processed, packaged, sold, purchased, eaten, and disposed of. For example, visit a local farm, food company, grocery store, compost, or landfill.
- Provide opportunities to learn cultural and traditional food practices
- Talk about different factors that impact food choice such as marketing, where we live, and food cost.
- Show them where to find good nutrition information they can trust like [Health Canada](#), [Canada's Food guide](#) or [Unlockfood.ca](#)



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For more information contact your local
Public Health Dietitian
www.saskhealthauthority.ca/Services-Locations



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