

# NUTRITION BITS AND BITES

Language around food and bodies



## Beware of social media and advertisements

Children and teens are exposed to multiple avenues of advertising. Unfortunately, some of these promote dieting, weight loss, or striving for the perfect body.

Talk to kids about how to think critically about what they see or hear on ads

Fostering positive body image in children and teens promotes better health outcomes as the child grows. Parents and educators should strive to promote positive language around bodies and food to minimize body dissatisfaction or disordered eating patterns in youth.

## Tips for promoting better language around food and bodies at home and school

- Avoid using terms such as “junk food”, “unhealthy”, “treats”, or “cheat day”. Call food what it is i.e. French fries, cookies, candy. This eliminates the perceived stigma around eating these foods.
- Talk to kids about their bodies in a positive way. Show your kids how strong they are and discuss all their amazing abilities and skills.
- Avoid negative talk about your own body. Limit discussions about your weight or desire to change your body shape. You are your child’s biggest role model and negative body talk can influence how they view their own body.
- Discuss how the body changes as we go through childhood and puberty. These changes are normal and expected.
- Enjoy family meals together. Talk about how food give us energy to move and grow. Trust your child to eat enough for their own body. Never force eating or use food as a punishment or reward.

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

# Everyone's Favourite Oatmeal Chocolate Chip Cookie

## Ingredients

Non-hydrogenated margarine **¼ cup (60 mL)**

Brown sugar **1 cup (250 mL)**

Egg whites **2 large**

Vanilla **1 teaspoon (5 mL)**

Whole wheat flour **1 cup (250 mL)**

All purpose flour **½ cup (125 mL)**

Oats **1 cup (250 mL)**

Baking soda **1 teaspoon (5 mL)**

Salt **¼ teaspoon (1 mL)**

Chocolate chips **½ cup (125 mL)**

**Note:** the chocolate chips can be replaced with an equal quantity of raisins, dried cranberries, or nuts

*Recipe source: nutritionmonth2022.ca*

## Directions

1. Preheat oven to 350°F (220°C). Spray baking sheet with non-stick cooking oil or cover with a sheet of parchment paper.
2. With an electric mixer or a wooden spoon, cream together margarine and brown sugar in a large bowl until light and fluffy. Add egg whites and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: flours, oats, baking soda and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir in chocolate chips.
4. Drop cookies onto baking sheet 2 inches apart, flatten cookies slightly with hand. Bake for 10-12 minutes, or until golden around the edges. Transfer to a cooling rack and enjoy.

Little Chefs can help by:

- Measuring dry ingredients
- Scoop dough onto baking sheet
- Suggesting nuts or seeds to add in!



**\*\* Refer to the Allergy Newsletter (September issue) for substitution ideas.**

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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