

EXPLAINING NUTRITIONAL BENEFITS OF FOOD *to children*

AGE APPROPRIATE DESCRIPTIONS TO HELP
YOUR CHILD UNDERSTAND AND
APPRECIATE THE NUTRITIONAL VALUE OF
FOOD FOR THEIR BODY.



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WELLBEING

EXPLAINING NUTRITIONAL BENEFITS OF FOOD

to children

Hello,

I'm Alyssa, a Nutrition and Health Coach, and I'm passionate about positive food relationships for all. I believe it is paramount for us as parents to encourage positive eating habits in our children, and one way we can do this is by involving them in helpful food discussion. A large part of supporting a child's food relationship is teaching them the value of a food and its important place in their eating choices.

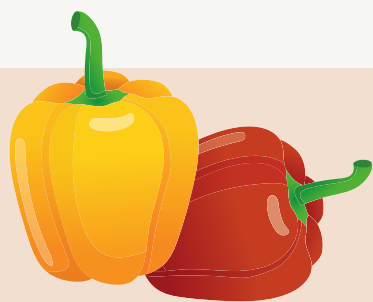
This parent guide includes nutritional benefit descriptions from 34 foods that you can use verbatim for all aged children. Depending on the prior knowledge of your child, you can use these scripts as a starting point to continue discussion about the nutrient value on different parts of their body. With older children, you may like to use just some examples provided, and ask them to do their own research to find out more information.

I have deliberately kept each description succinct, so as not to overwhelm them with information. They are more likely to retain the information if it is short and sweet.

I encourage you to use this guide at least once every day for each child, and after your child hears this information repeated frequently, they should be able to tell YOU the benefit of the food for their body. I have also included blank descriptor boxes for each food for you to print and complete with your own (or your child's) research.

All the best with supporting your child's food journey, and please let me know how you go using these descriptions! @redwoodwellbeing

VEGETABLES



CAPSICUM

AGES 1-3

Capsicum comes in different colours like green, red, and yellow. They help keep your heart healthy.

AGES 4-6

Capsicum can be eaten raw or cooked. They have something called Vitamin K which strengthens your bones

AGES 7-11

Capsicum have lots of Vitamin C, and a nutrient called Lycopene which helps keep your heart healthy.

AGES 12+

Capsicum is rich in a mineral called manganese, which helps your bone strength, in cartilage and collagen.



PUMPKIN

AGES 1-3

Eating pumpkin is good for your heart.
You can even eat the seeds!

AGES 4-6

Pumpkin has something called Vitamin A that other orange foods have to which helps our eyes to see well.

AGES 7-11

Pumpkin has something called Potassium, which is a mineral that helps your heart to beat strong.

AGES 12+

Pumpkin contains beta-carotene, which turns into Vitamin A for your body- important for your vision and growth.

VEGETABLES



BROCCOLI

AGES 1-3

Broccoli gives you energy and helps your heart to be strong.

AGES 4-6

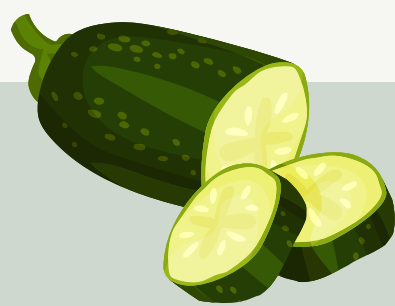
Broccoli has lots of fibre, which means it can help your tummy process food, called 'digestion'.

AGES 7-11

Broccoli is a member of the cruciferous family. It's high in fibre which helps your blood to be balanced with sugars.

AGES 12+

Broccoli is rich in vitamin C, an antioxidant that supports healthy skin, bones and blood vessels. It also helps you absorb iron, so it's great to eat broccoli alongside red meat or legumes.



ZUCCHINI

AGES 1-3

Zucchini helps to stop your body from getting sick.

AGES 4-6

Zucchini has something in it called antioxidants. They are good for stopping your body from getting sick.

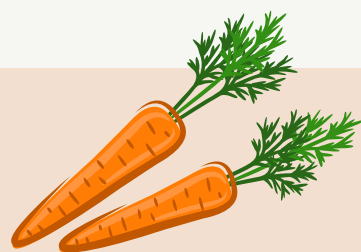
AGES 7-11

Zucchini are high in antioxidants which are great for protecting the body from diseases.

AGES 12+

Zucchini is rich in many vitamins and minerals, like vitamin C for eye health. The most antioxidants are found in zucchini skin.

VEGETABLES



CARROT

AGES 1-3

Carrots come in different colours, and help your eyes to see well..

AGES 4-6

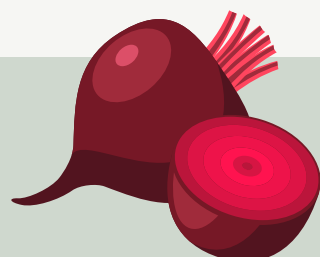
Carrots help your body to keep your immunity strong, which means to fight off illnesses.

AGES 7-11

Carrot is a root vegetable. They get their bright colour from an antioxidant called beta-carotene.

AGES 12+

Carrots contain beta-carotene, which turns into Vitamin A for your body. Vit A is important for vision and growth.



BEETROOT

Ages 1-3

Beetroot can be eaten cooked or cold. It helps protect your bones.

AGES 4-6

Beetroot helps keep your heart happy with something called Magnesium. You can even eat the leaves!

AGES 7-11

Beetroot has a vitamin called Magnesium that makes your bones healthy and strong and heals your injuries.

AGES 12+

A nutrient called Betalain in beetroots helps reduce inflammation that leads to diseases and illnesses.

VEGETABLES



SPINACH

AGES 1-3

Spinach helps fight off sickness and pains.

AGES 4-6

Spinach has something called Calcium which helps make your bones and teeth strong and healthy.

AGES 7-11

Spinach has Magnesium, which helps your heart and blood pumping around your body. It's also great for strong bones.

AGES 12+

It has Iron that is needed for your body to use energy in the right ways. Vit C rich foods help you absorb the iron well.



CAULIFLOWER

Ages 1-3

Cauliflower helps to keep your heart healthy and happy. Your heart works hard all day long to keep you moving.

AGES 4-6

Cauliflower helps your body fight off sickness with something called Vitamin C.

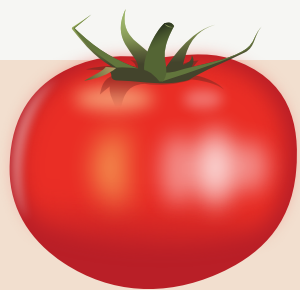
AGES 7-11

It has something called Antioxidants, which help protect your body's cells from being damaged.

AGES 12+

Is high in a nutrient called Choline, which you need for brain development and preventing disease.

VEGETABLES



TOMATOES

AGES 1-3

Tomatoes make your heart stronger

AGES 4-6

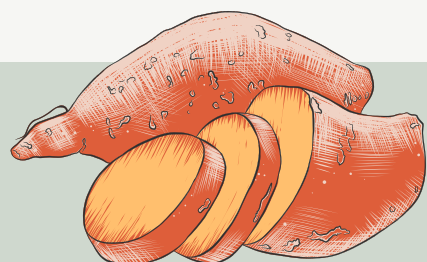
Tomatoes help strengthen your bones and have vitamins in them that help stop sickness.

AGES 7-11

Tomatoes have lots of Vitamins in them that help to stop any damages in the cells that make up your body.

AGES 12+

Tomatoes contain an antioxidant called Lycopene which helps prevent cancerous cells from growing.



SWEET POTATO

Ages 1-3

Sweet Potatoes help make your eyes stronger, like when looking around in the dark.

AGES 4-6

Sweet Potatoes help your muscles move your body well, and help you learn and remember things.

AGES 7-11

Sweet Potatoes contain Vitamin A, which is important for protecting eye health and illnesses.

AGES 12+

Has an antioxidant beta-carotene, which your body changes into Vitman A to help prevent disease.

VEGETABLES



GREEN BEANS

AGES 1-3

Like other green foods, beans help your body fight sickness.

AGES 4-6

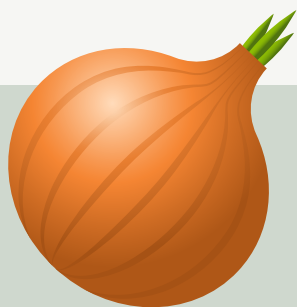
Beans help make your teeth, hair and nails strong.

AGES 7-11

Beans contain lots of iron, which is needed in blood cells to move oxygen from your lungs to your body.

AGES 12+

Beans have lots of Vitamin K, which helps to lock calcium molecules inside the bone, strengthening it from within.



ONIONS

Ages 1-3

Onions help your body feel better when you're unwell.

AGES 4-6

Onions has something called Vitamin C that helps protect your body from sickness .

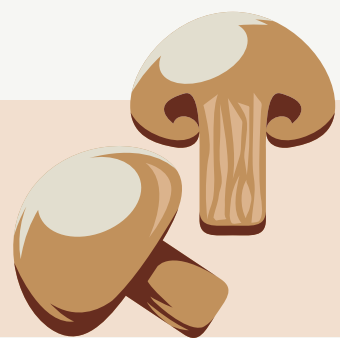
AGES 7-11

Onions have lots of healing nutrients like Vitamin C that supports your immune system, the part of your body keeping you healthy.

AGES 12+

Onions are high in an antioxidant called Quercetin which boosts your immune system by fighting infection and cell damage.

VEGETABLES



MUSHROOMS

AGES 1-3

Mushrooms are great food for a strong brain!

AGES 4-6

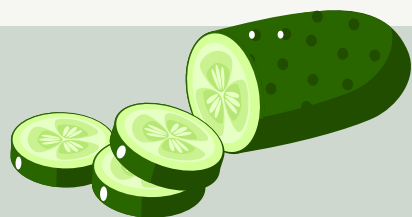
Mushrooms have something called Potassium that is helpful for your muscles to strengthen and grow.

AGES 7-11

Mushrooms have something called Polyphenols that help protect your brain functions like memory, focus and attention.

AGES 12+

Mushrooms contain B Vitamins and Copper, which all support red blood cell development for carrying oxygen around your body.



CUCUMBER

Ages 1-3

Cucumber helps your eyes to see well.

AGES 4-6

Cucumber has lots of fibre which is helpful for your tummy to digest food and keep your poop healthy!

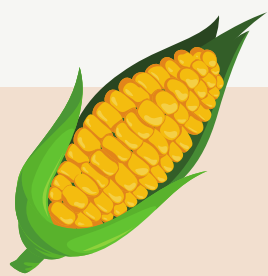
AGES 7-11

Cucumber have electrolytes which keep you hydrated and keep balance in the water in your cells.

AGES 12+

Cucumbers are high in antioxidants. That means they help prevent the build up of harmful cells in the body. They even reduce the risk of disease.

VEGETABLES



CORN

AGES 1-3

Corn gives your muscles lots of energy to move your body.

AGES 4-6

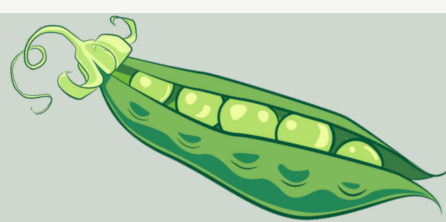
Corn has a mineral called Potassium. Potassium helps your muscles to move, grow and heal if they're hurt.

AGES 7-11

Corn is mostly made up of carbohydrates that your body turns into glucose to give energy to your cells that make up everything.

AGES 12+

Corn is rich in Vitamin A, which is needed for a strong immune system. Did you know? Even though corn is a veggie, the kernel is actually a grain, but corn is also part of the fruit family!



PEAS

Ages 1-3

Peas help make your muscles strong.

AGES 4-6

Peas have things called minerals, like zinc and iron that make your bones strong and healthy.

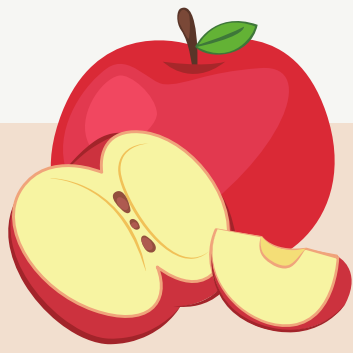
AGES 7-11

Peas are a great source of iron. Iron is needed to make lots of healthy red blood cells to carry oxygen around your body and keep you muscles strong.

AGES 12+

Peas are packed with a pigment called 'lutein'. Lutein reduces your risk of cataracts and loss of vision in old age.

FRUITS



APPLES

AGES 1-3

Apples give you energy to run and play.

AGES 4-6

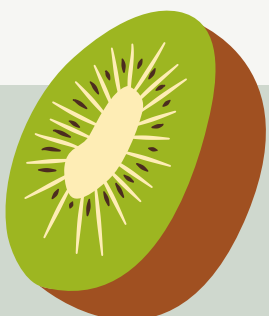
Apples have something called fibre, which is needed for your tummy to organise your eaten food in the right way.

AGES 7-11

Apples have antioxidants that keep your skin healthy by repairing damaged skin cells.

AGES 12+

Apples are rich in fibre which helps improve cholesterol, which is a substance made in the body to build healthy cells.



KIWI FRUIT

Ages 1-3

Kiwi fruit gives you energy to play. You can even eat the fuzzy skin.

AGES 4-6

Kiwi fruit has lots of something called Vitamin C which helps to stop you from getting colds.

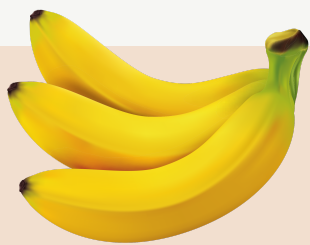
AGES 7-11

Kiwi fruit has lots of vitamins and minerals like Potassium that is needed for heart health.

AGES 12+

Kiwi is rich in antioxidants which are substances that slow down damage to cells and reduce risk of disease.

FRUITS



BANANAS

AGES 1-3

Bananas give you lots of energy for playing.

AGES 4-6

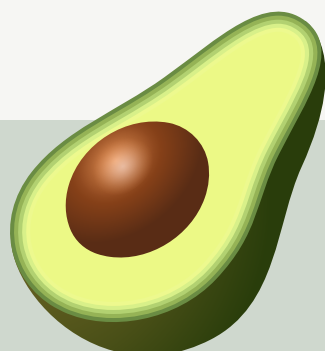
Bananas make a great snack because they have natural sugars that give your body energy quickly.

AGES 7-11

Bananas have a lot of the Vitamin B6, which helps turn the carbohydrates from the banana into energy.

AGES 12+

Bananas contain a lot of Potassium, which is a mineral that helps your heart and balances the pressure of your blood as it moves around your body.



AVOCADO

Ages 1-3

Avocados help you fight off sickness.

AGES 4-6

The good fats in avocados help to keep your heart healthy. You can use avocado as a spread, like butter.

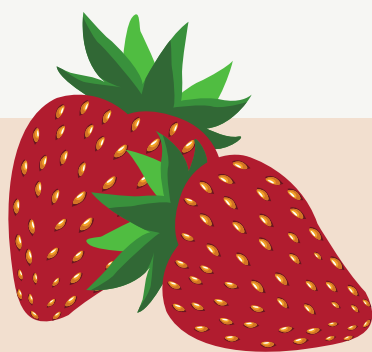
AGES 7-11

Avocados have a vitamin B called Folate that is really important for your brain to think well.

AGES 12+

Avocados have a type of fat called 'unsaturated' fat which helps to increase your heart-healthy HDL cholesterol. This type of cholesterol lowers your risk for heart diseases.

FRUITS



STRAWBERRIES

AGES 1-3

Strawberries help give you smooth and clear skin.

AGES 4-6

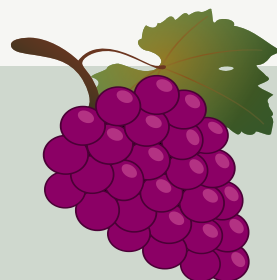
Strawberries help make your heart strong to be able to move blood and oxygen around your body.

AGES 7-11

Strawberries are high in Vitamin C which is good your immune system which is what fights against sickness.

AGES 12+

Strawberries contain Phytonutrients that can fight illnesses and diseases, by keeping your immune system strong.



GRAPES

Ages 1-3

Eating grapes helps give you a healthy heart.

AGES 4-6

Grapes help stop infections in your body. Infections are injuries inside your body.

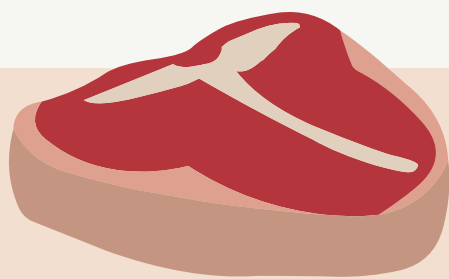
AGES 7-11

Grapes are high in the mineral Copper, which is helpful for producing energy in your body.

AGES 12+

Grape skin has an antioxidant called Resveratrol, that is anti-inflammatory, meaning it helps slow down damage to your body.

MEAT & POULTRY



BEEF/LAMB/PORK

AGES 1-3

Red meat gives you energy to play,

AGES 4-6

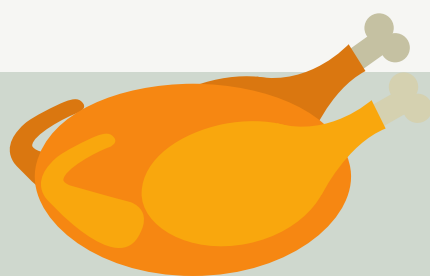
Red meat has good fats in it that turn into energy inside your body.

AGES 7-11

Red meat has lots of protein which your body uses for your muscles to grow, move and repair when they're injured.

AGES 12+

Red meat is rich in a vitamin called Thiamine, which is helpful for your brains memory and concentration.



CHICKEN

Ages 1-3

Chicken helps grow your muscles.

AGES 4-6

Chicken has something called Vitamins, which your body loves because you use them to fight off sickness.

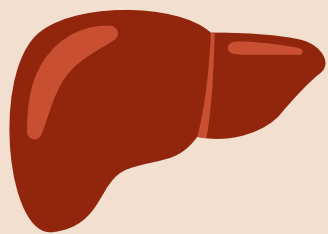
AGES 7-11

Chicken has lots of protein which is a nutrient that's great for building and repairing your muscles.

AGES 12+

Chicken has many vitamins and minerals like Calcium and Selenium that protect your bone health.

MEAT & POULTRY



LIVER

AGES 1-3

Liver helps your brain to grow strong!

AGES 4-6

Liver is called a superfood! It has so many helpful things for your body, like copper which is great for your growing brain.

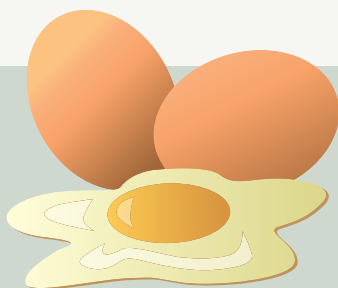
AGES 7-11

Liver has a lot of a Vitamin called B12, which helps your brain to work hard, like problem solve.

AGES 12+

Liver is one of the most nutrient dense foods in the world, which means it is packed full of vitamins and minerals like Iron, Copper, Vitamin A and B12.

EGGS



EGGS

AGES 1-3

Eggs come from chickens. They have a yellow yolk and egg white inside the shell. Eggs give you strength.

AGES 4-6

Eggs help build your muscles with something called 'protein' and keeps your heart strong to move your body.

AGES 7-11

Eggs have lots of protein which is a nutrient that's great for building and repairing your muscles.

AGES 12+

Eggs are a complete protein, which means they contain nutrients needed for strong muscles and immunity.

GRAINS & LEGUMES



OATS

AGES 1-3

Oats help your heart to be strong.

AGES 4-6

Oats have something called carbs, which your body needs to give you energy to play and learn all day long.

AGES 7-11

The fibre helps your body to balance the helpful and unhelpful cholesterol, which is used to build cells to grow.

AGES 12+

Oats have antioxidants called Polyphenols, which help to support your heart health and balance your blood moving around your body.



CHICKPEAS

Ages 1-3

Chickpeas help your bones to be strong.

AGES 4-6

Chickpeas have something called carbs that is great for giving you energy.

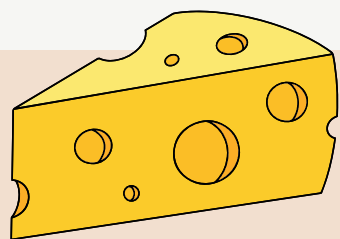
AGES 7-11

The high level of protein gives you energy and helps your muscles and bones repair when they're injured.

AGES 12+

Chickpeas are full of protein which is a macronutrient that your body needs everyday to build strong hair, nails and skin.

DAIRY



CHEESE

AGES 1-3

Cheese comes from cow’s milk.
It helps give us strong bones.

AGES 4-6

Cheese has lots of something called Calcium that your body uses to make your bones and muscles strong.

AGES 7-11

Cheese has protein which is what your body needs to grow and repair your muscles.

AGES 12+

Cheese has Zinc which is good for growth and development of your cells, and helps your brain function like memory and focus.



YOGHURT

Ages 1-3

Yoghurt is great for helping you feel well in your tummy.

AGES 4-6

Yoghurt helps stop you from getting sick. It makes a part of your body called the ‘immune system’ stronger.

AGES 7-11

Yoghurt has tiny organisms, (or bacteria) in it called probiotics which are great for digestion in your tummy.

AGES 12+

Full fat and natural yoghurt have helpful bacteria for your tummy; one of them is called *Lactobacillus Acidophilus*, can you say that?

OILS



OLIVE OIL

AGES 1-3

Olive oil helps to keep your bones strong

AGES 4-6

Olive oil is made from pressing olives. It helps your brain to think fast and focus.

AGES 7-11

Olive oil has fats in it that help your heart and passages from your heart (called arteries) to work well.

AGES 12+

Olive oil is high in the antioxidant Vitamin E that helps to reduce the risk of heart disease and cancers.



COCONUT OIL

Ages 1-3

Coconut oil is made from coconuts and helps make our heart and brain strong.

AGES 4-6

Coconut oil has something called ‘fatty acids’ which help make your hair and skin healthier.

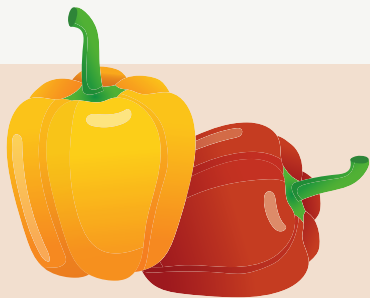
AGES 7-11

Coconut oil contains lots of Lauric acid, which helps your body fight off harmful bacteria and viruses.

AGES 12+

Is mostly natural saturated fat, that is made up of fatty acids that enhance ‘healthy’ cholesterol for your heart.

VEGETABLES



CAPSICUM

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



PUMPKIN

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES

VEGETABLES



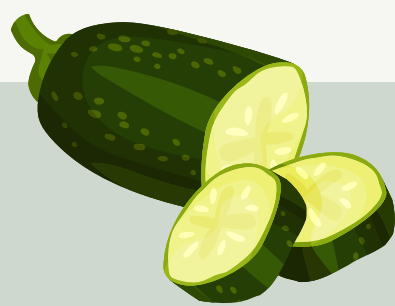
BROCCOLI

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



ZUCCHINI

AGES 1-3

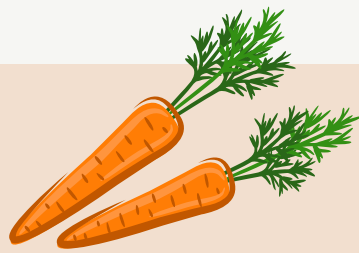
AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES

VEGETABLES



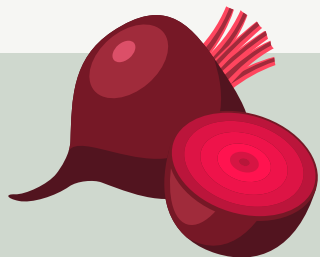
CARROT

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



BEETROOT

Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES



SPINACH

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



CAULIFLOWER

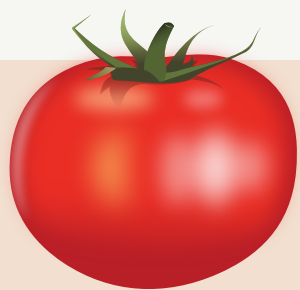
Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES



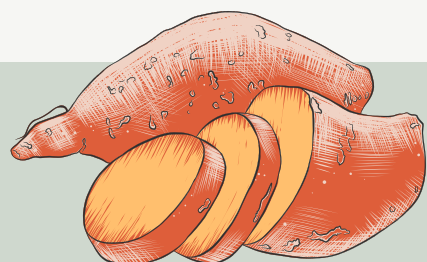
TOMATOES

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



SWEET POTATO

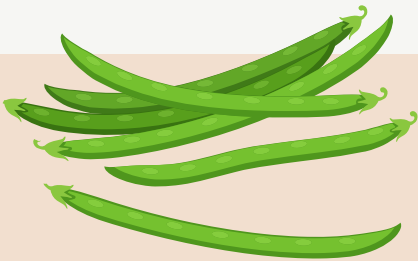
Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES



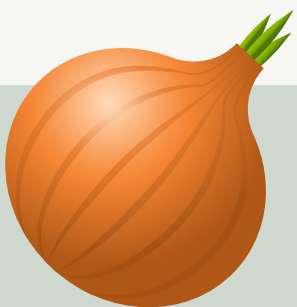
GREEN BEANS

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



ONIONS

Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES



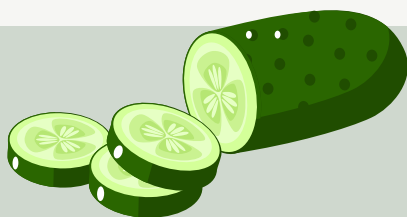
MUSHROOMS

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



CUCUMBER

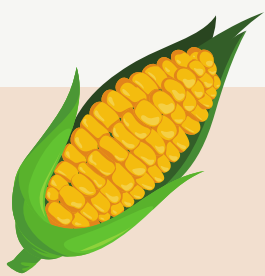
Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

VEGETABLES



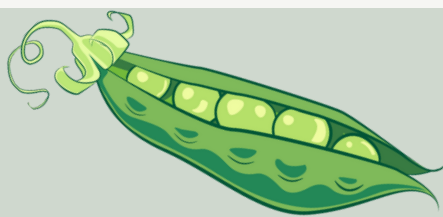
CORN

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



PEAS

Ages 1-3

AGES 4-6

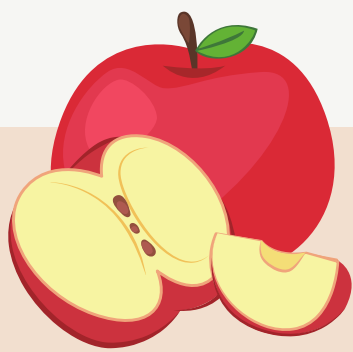
AGES 7-11

AGES 12+



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WELLBEING

FRUITS



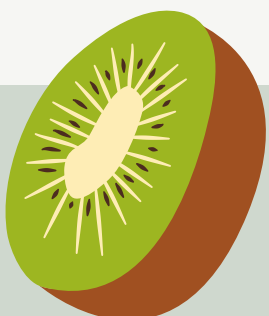
APPLES

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



KIWI FRUIT

Ages 1-3

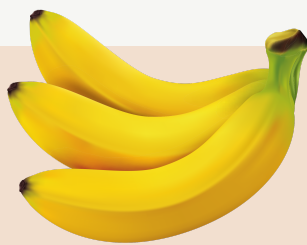
AGES 4-6

AGES 7-11

AGES 12+



FRUITS



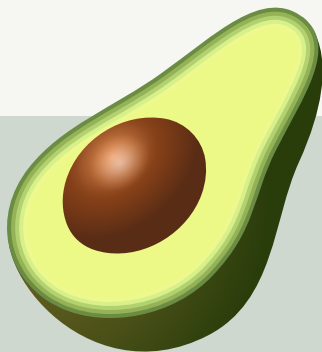
BANANAS

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



AVOCADO

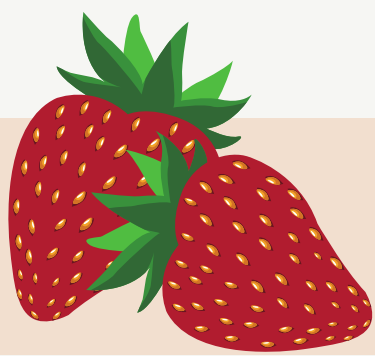
Ages 1-3

AGES 4-6

AGES 7-11

AGES 12+

FRUITS



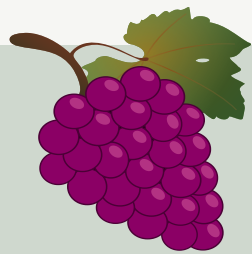
STRAWBERRIES

AGES 1-3

AGES 4-6

AGES 7-11

AGES 12+



GRAPES

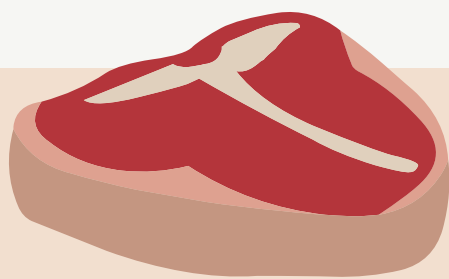
Ages 1-3

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MEAT & POULTRY



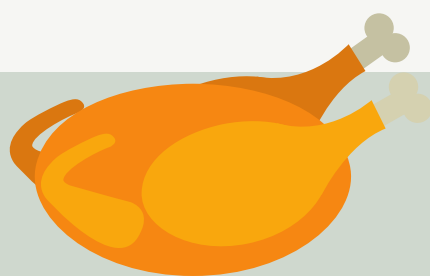
BEEF/LAMB/PORK

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CHICKEN

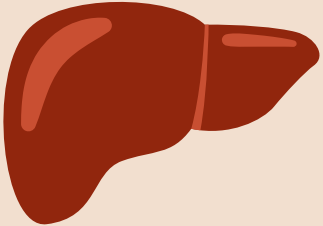
Ages 1-3

AGES 4-6

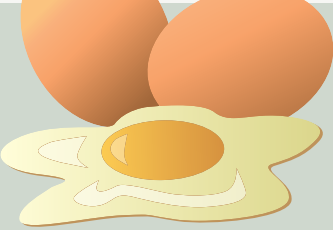
AGES 7-11

AGES 12+

MEAT & POULTRY

	LIVER
AGES 1-3	
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EGGS

	EGGS
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GRAINS & LEGUMES



OATS

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CHICKPEAS

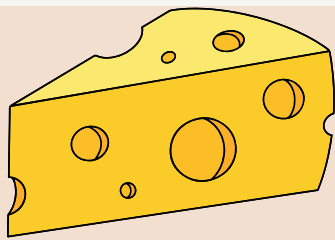
Ages 1-3

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AGES 12+

DAIRY



CHEESE

AGES 1-3

AGES 4-6

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AGES 12+



YOGHURT

Ages 1-3

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AGES 12+

OILS



OLIVE OIL

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COCONUT OIL

Ages 1-3

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AGES 12+