

# 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:



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