

**There are no bad foods…**

In Food Explorers, we don’t talk about food as “good” or “bad.” Instead, we look at how different foods help our bodies to grow, develop, and give us energy to focus and learn. Some foods give us energy to run around in the playground, others help our brains to concentrate in class, and some support our bodies to stay strong and healthy.

In our assemblies last week, we used chocolate as a great example. Most children agreed that they often feel tired during the school day. Together we recognised that chocolate is high in sugar — it can give us a quick burst of energy, which can be great for running around the playground but that energy doesn’t last long and can leave us feeling sleepy when the sugar wears off. We didn’t then think of chocolate as “bad” — in fact, we all agreed that eating it makes us feel happy — just that it isn’t the best food to help our bodies achieve what we need during the school day.

By understanding what food does for us, children can build a positive relationship with eating — one that’s about balance, variety, and enjoying food, rather than feeling guilty about it.

👉 **Tip for lunchboxes at home:** foods like wholegrain wraps, rice cakes, fruit, or veggie sticks with hummus release energy more slowly and can help children stay alert and focused through the afternoon.

Want to hear more and ask questions? Join me in the Nebula Food Explorers **group where we will look at this in more detail.**

— Food Explorer Caz