

Can you help little children eat better food?



I imagine you are looking after a little girl (three years old), and her favourite food is a meal in a box with teddy bears on the front. You find out that the food is so salty that the little girl is eating more salt in a single meal than she should eat in a whole day. What do you do?

Do you stop giving the food to the little girl?

If you do stop giving her the food and she keeps crying and asking for it, what do you say to her?

What's wrong with her carrying on eating her favourite food?

Who could you tell or complain to about the product?

What could they do about it?

Get a separate piece of paper. If you decided to write to the food company or the food shop, write what you would say on the piece of paper.

