

Phrases to Use to Communicate About Hunger and Fullness

Feeding Practice	<i>Instead of saying...</i>	<i>Say this...</i>
Serving the food	“Take one scoop of everything.”	“You can start with 1 scoop and take more later if you feel hungry?”
Offering large or pre-set portions	“You may have only <i>two strawberries</i> at lunch today.”	“Start with two strawberries today, so that all your friends can have some. If we run out of strawberries, you can have some green beans or pears.”
Trying the food	“Take a <i>no-thank-you-bite</i> .”	“The apple smells sweet. Do you want to try a bite and tell me if it is sweet?”
Eating the food	“Eat your green beans and fruit now. You had enough bread already.”	“If you are still hungry, you can try the green beans or the fruit.”
	“You did not eat anything, and you will be hungry later. Eat at least a few bites of fruit.”	“You should eat until your tummy feels full. How does your tummy feel?”
Using food as a reward	“You already had chicken nuggets. If you eat some salad, then you can have more chicken nuggets.”	“We have to share chicken nuggets with all our friends. If you are still hungry, you may try some other food. Would you like a fruit or milk?”
Finishing the food	“That’s great! You cleaned your plate! Mommy will be so happy today.”	“It is okay if you want to stop eating when your body is telling you that you are full. But if you still feel hungry, you may eat some more now because we will not have snack until later.”
	“Are you done?”	“You’ve stopped eating. Are you full? Does your body have what it needs?”
	“A happy plate is a clean plate.”	“It is okay to stop eating if you are full, even if there is food left on your plate.”