



# RECIPE #9: WORDS MATTER

 Mealtimes go better when adults use language that supports a healthy relationship with food. Children absorb messages about food and their bodies by listening to what adults say to kids and what they say in front of kids.

 Instead of...

- *Eat that for me. Just taste it. You'll like it!*
- *Take 3 more bites and then you can watch a show.*
- *You've had a whole plateful. You don't need more!*
- *If you stop crying, I will give you candy.*
- *No dessert until you finish your vegetables.*

 Try...

- *This radish is crunchy—like a carrot!*
- *Has your tummy had enough? How does your body tell you that you are full?*
- *I can see that you are feeling sad. Would you like a hug?*
- *Let's try these green beans another day. Raw or cooked next time?*
- *Everyone grows differently. All bodies are good bodies.*



Adapted from “Phrases that Help and Hinder” handout at <https://www.choosemyplate.gov/>.

# VEGGIE PATTIES

## Recipe Source: Food Hero

Total preparation/cooking time: 30 minutes

Makes 14 patties

## INGREDIENTS

- 1 cup shredded carrots (1 to 1.5 carrots)
- 1 cup shredded zucchini
- 1 cup shredded potatoes
- ½ cup thinly sliced onion
- 2 tablespoons chopped parsley
- 2 eggs
- 1 cup bread crumbs
- 1 teaspoon salt
- ¼ teaspoon black pepper

## INSTRUCTIONS

1. Combine all the ingredients together in a bowl.
2. Form vegetable mixture into small flat patties.
3. Heat 1 tablespoon of oil in a skillet. Cook patties on both sides over medium heat for about 8 minutes.
4. Refrigerate leftovers within 2 hours.



[foodhero.org](http://foodhero.org)