

# One Phrase Can Change Everything

Learning to appreciate new foods takes time. Asking children and adults to use these 5 simple words can change everything.

**It's not my favourite, yet.**

Discourage food put downs. Instead of saying “it’s yucky” or “gross” use the words “it’s not my favourite”.

Saying it’s not **MY** favourite personalizes the experience and avoids making others feel embarrassed if they do like it. It’s ok for people to enjoy different things!



Discourage fixed mindset. Just like riding a bike, learning to like new foods takes time. Encourage caregivers and kids to use the word “**yet**” when they’re learning to like new foods. It’s a great way to encourage the use of Growth Mindset at the meal table. “I don’t like broccoli **YET**, I’ll just take a little bit to try again this time”.