

Food Equals Mood

A Feelings Food and Energy Workbook

For children ages 5 to 10 with a trusted grown-up

Hello!

Food helps our bodies learn, play, grow, think, and rest. This book helps you notice what feels caring to your body. There are no good or bad foods here, and you never have to eat perfectly.

Big feelings need more than food sometimes. You can also talk, move, rest, breathe, or ask a safe grown-up for help.

My name: _____



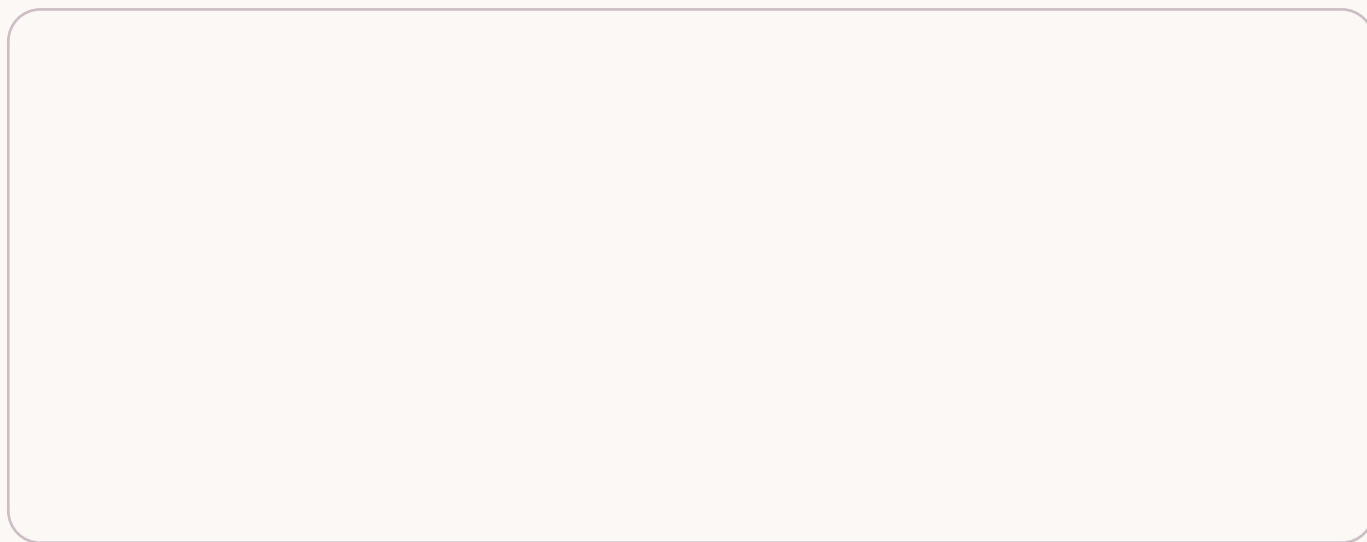
My kind body promise

I can practice these ideas at my own pace.

- | | |
|--|---|
| ☐ Be kind to my body | ☐ Notice how I feel |
| ☐ Ask for help | ☐ Try foods at my pace |
| ☐ Remember that all feelings are okay | ☐ Let a grown-up know when I am hungry |

One kind thing I can say to myself

Draw yourself doing something you enjoy



My body needs fuel

Food gives your body energy to play, learn, move, grow, rest, and heal.

What can hunger feel like?

☐ Growly tummy

☐ Low energy

☐ Hard to focus

☐ Cranky or impatient

☐ Thinking about food

☐ Shaky or tired

Sometimes hunger is hard to notice. A grown-up can help make meals and snacks available regularly.

My hunger clues

My tummy might feel...

My body might feel...

My thoughts or feelings might be...



Feelings are all okay

Circle or check how you feel today. You can feel more than one thing.

☐ Happy

☐ Excited

☐ Calm

☐ Proud

☐ Silly

☐ Tired

☐ Worried

☐ Sad

☐ Angry

☐ Frustrated

☐ Lonely

☐ Not sure

Where do I feel it in my body?

One thing that could help me



Foods help in different ways

Energy foods

Bread, rice, pasta, cereal, oats, potatoes, fruit, tortillas.

Growing foods

Eggs, beans, lentils, yogurt, cheese, tofu, fish, chicken, and safe nuts or seeds.

Color foods

Fruit and vegetables, including frozen or canned choices.

Flavor and fun foods

Family recipes, celebration foods, sauces, popcorn, cake, cookies, and favorites.

Foods can belong to more than one group. All foods can fit.

A food I enjoy with my family



Build a snack your way

Choose two or more foods if you like. A snack can be simple.

Energy

Crackers, toast, cereal, fruit, pretzels, tortilla

Growing

Yogurt, cheese, egg, bean dip, safe seed butter

Color

Apple, banana, berries, carrots, applesauce

My snack name

Draw your snack



Easy snack ideas

Ask a grown-up to help with cutting, heating, and checking for foods that are safe for you.

- | | |
|---|---|
| ☐ Cheese and crackers | ☐ Banana and yogurt |
| ☐ Cereal and milk | ☐ Hummus and pretzels |
| ☐ Toast and safe spread | ☐ Fruit and trail mix, if safe |
| ☐ Egg and crackers | ☐ Bean and cheese tortilla |
| ☐ Apple and safe seed butter | ☐ Smoothie and toast |

A snack I already like

A snack I might try someday

“Not today” is an okay answer.



Mealtime detective

Notice what you feel. There are no wrong answers.

Before I eat, I may feel...

☐ Hungry

☐ A little hungry

☐ Not su

☐ Tired

☐ Excited

☐ Worrie

After I eat, I may feel...

☐ More energy

☐ Comfortable

☐ Full

☐ Still hungry

☐ Calm

☐ Not su

A food I ate

Something I noticed



Trying a new food

You can learn about a food without having to eat it. A grown-up can offer new foods without pressure.

Steps I might choose

- | | |
|---|---|
| ☐ Look at it | ☐ Put it on my plate |
| ☐ Touch it | ☐ Smell it |
| ☐ Taste it if I want | ☐ Say “not today” |

A food I am learning about

What I noticed about its color, smell, or feel

Would I explore it again another day?

- ☐ Yes ☐ Maybe ☐ Not yet



My feelings toolbox

Food is one way to care for your body. There are other ways to care for big feelings too.

When I feel sad

Tell a safe grown-up; draw; listen to music; ask for comfort.

When I feel angry

Breathe; move safely; ask for space; use words.

When I feel worried

Tell a safe grown-up; name five things I see; hold a comfort item.

My favorite calming tool

If my body is hungry, I can also ask for food.



Food and family stories

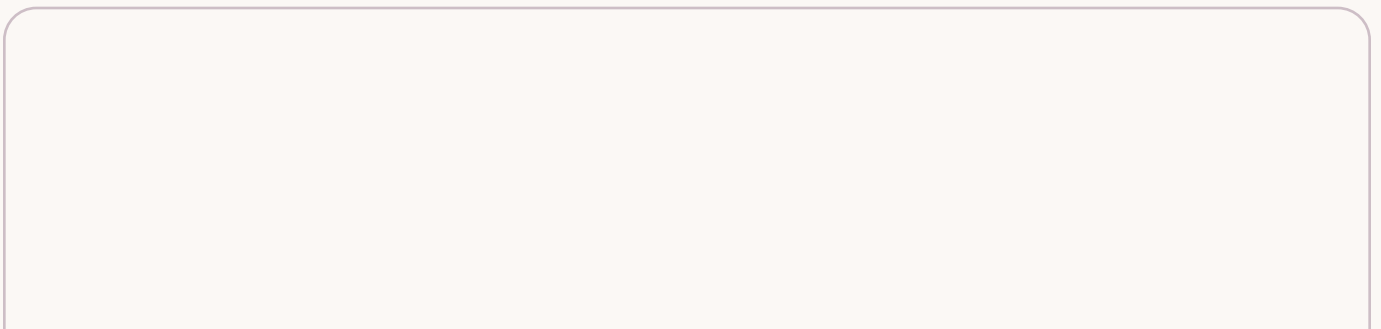
Food can remind us of people, places, and celebrations. Every family has its own food traditions.

A food that reminds me of someone I love

A food my family enjoys together

A food from my culture or tradition

Draw a food memory



My meal helper chart

Meals can include different foods. You do not need every kind at every meal.

An energy food I like

A growing food I like

A color food I like

A flavor or fun food I like

Draw or write my meal



My week of food and feelings

Notice one moment each day. You do not need to list every meal.

Monday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____

Tuesday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____

Wednesday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____

Thursday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____



My week of food and feelings

Notice one moment each day. You do not need to list every meal.

Friday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____

Saturday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____

Sunday

A food I ate: _____

My body or feelings noticed: _____

One kind thing I did: _____



My Food Equals Mood plan

Pick one small idea. A grown-up can help.

- | | |
|--|---|
| ☐ Pack a snack | ☐ Ask for food when hungry |
| ☐ Try one new food step | ☐ Drink water with a meal |
| ☐ Help choose a meal | ☐ Enjoy a family food |

My idea

A grown-up who can help me

My encouraging words



For parents and caregivers

Use this workbook for gentle conversations about food, feelings, and care. It is not a tool for calorie counting, weight goals, restriction, or pressure to eat.

- Offer predictable meals and snacks and familiar foods.
- Let your child participate in whether and how much they eat from foods offered, when medically appropriate.
- Avoid weight talk, food rewards or punishments, and pressure to try a food.
- Consider allergies, choking risk, sensory needs, and developmental abilities.
- Seek pediatric support for persistent refusal, swallowing trouble, poor growth, or distress around eating.

A supportive next step for our family

Every child deserves enough food, kind support, and a safe place at the table.

