

The Food Rights of Children: A MANIFESTO

1

THE RIGHT TO A HEALTHY MEAL

suitably adapted to children's physical development, in terms of quality and quantity.

2

THE RIGHT TO A SERENE FAMILY ATMOSPHERE

to be listened to and to participate in family conversation at meal times, with no TV.

3

THE RIGHT TO A WIDE NUTRITIONAL SPECTRUM

and to be guided in the sensory challenge of exploring new foods,
free to refuse foods that taste unpleasant.

4

THE RIGHT TO ACCESS FOOD CULTURE

including the direct experience of cultivation in order to rediscover the pleasure
of growing food and understanding what you eat.

5

THE RIGHT TO A SAFE KITCHEN ENVIRONMENT

in terms of furniture, utensils, cooking and food conservation methods

6

THE RIGHT TO LEARN HOW TO COOK

mastering, guided by an adult, the movements, equipment and operations required to prepare
a healthy meal, with the necessary health and safety precautions.

7

THE RIGHT TO HAVE A RESPONSIBLE ADULT HELPER

one who takes on the responsibility of food education,
consistently teaching and nurturing the child.

8

THE RIGHT TO HAVING DIFFERENCES RESPECTED

so that children with dietary restrictions, requirements or preferences are not ignored
and may expect competence and flexibility even from restaurants.

9

THE RIGHT TO CORRECT INFORMATION ON FOOD

both at home and from food producers and distributors.