

A 'healthy toasted sandwich' may sound uninteresting, but a 'melted cheese toasty' sounds yummy!



Fun, descriptive words can make the healthy choices in your food service more appealing. Use words such as “yummy” and “steaming”, or describe how foods and drinks are presented or served, such as “drizzled with” or “sprinkled with”.

For example, a “healthy toasted cheese sandwich” may sound uninteresting, but a “melted cheese toasty” sounds yummy! Experiment and have fun with the words you use to promote the healthy foods and drinks on your menu. Try some of the suggestions below to help you.

Descriptive words

Mouth-watering, scrumptious, yummy, delicious, tasty, hot, warm, chilled, cold, munchy, crunchy, crispy, chunky, fresh, refreshing, juicy, sweet, healthy, grilled, toasted, homemade, technicolour, colourful, super, supremo, deluxe, pumped up, surprise, mini, melted cheese, drizzled with dressing, covered in, stuffed, sprinkled with, sprinkle of, lightly toasted, served with, dollop, bunch, handful, mixed, range of, variety.

Examples

Breakfast menu

- *Hot creamy* porridge with apple or pear
- *Warm golden* toast with *fresh* tomato
- *Scrumptious* crumpets *covered in* delicious ricotta and strawberries

Snacks

- *Handful of* *sweet* sultanas
- *Crunchy* sliced apple
- *Bunch of* *juicy* grapes
- Bag of *plump, fresh* strawberries
- *Sweet* pineapple slices
- *Crunchy* carrot sticks
- *Sweet* and *juicy* corn on the cob
- Celery sticks with *crunchy* peanut butter
- *Seasonal, fresh* fruit salad with a *dollop* of yoghurt
- A range of *homemade* muffins
- *Warm* pita bread with *grilled* cheese

Lunch menu

- *Soft* grainy roll with *fresh* ham, *tasty* cheese and *shredded* lettuce
- *Garden* vegetable lasagne served with *fresh* side salad
- *Hot* and *tasty* vegetable filo pastry
- *Technicolour* fried rice (with lots of vegies!)
- *Creamy, hot* pumpkin soup

Drinks

- *Refreshing* banana and strawberry smoothie with a *sprinkle of* *cinnamon*
- Tropical *sunrise* smoothie
- Bottle of *chilled* water

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