

CARE Connection

Happy Mealtimes Grab and Go Lesson

Happy Mealtimes Self-Check

		Not Very Often	Most of the Time	Always
1.	I plan menus so that foods with different colors and textures are served together.			
2.	I plan menus for variety so the same foods are not served several days in the same week.			
3.	I plan meals and snack times so that the children do not go too long between eating times.			
4.	I plan a quiet activity between active play and mealtime.			
5.	I make sure children wash their hands with running water and soap before handling food.			
6.	I make sure children wash their hands with running water and soap before meals.			
7.	I let the children help with preparing foods and with setting the table whenever possible.			
8.	I serve meals family style.			
9.	I serve all foods at the same time and do not hold food or milk until other foods are eaten.			
10.	I allow the children to choose the foods they want to eat.			
11.	I allow children to decide how much they will eat.			
12.	I eat with the children at the table.			
13.	I show children good eating habits and table manners.			
14.	I encourage children to try new foods, but I do not pressure children to eat a food they do not want.			
15.	I avoid comments about how much or how little a child has eaten.			
16.	I allow children to decide when they are finished eating.			