#### Family Style Dining



**Tips for a Successful Meal Service** 



- Develops fine motor skills
- Promotes self-regulation of eating



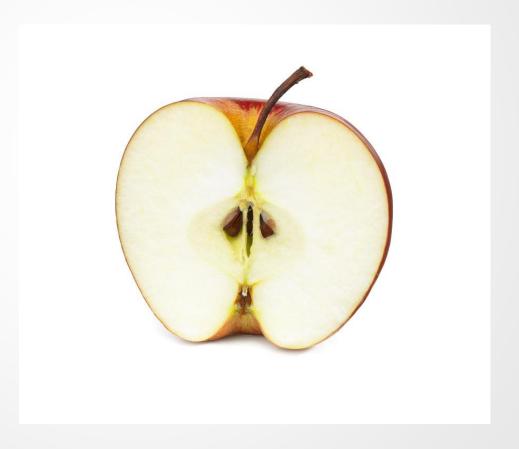


- Teaches manners and social skills
- Encourages children to try new foods





- Learning opportunity
  - Nutrition
  - Colors
  - Numeracy





- Allows for independence and decision-making
- Builds self-esteem





#### Planning for Family-Style

- Appropriate utensils
- Teach
- Practice
- Allow plenty of time
- Create routine
- Minimize distraction





- Engage older children in preparation
- Ensure food safety
  - Wash hands
  - Wipe tables
- Have everything ready
  - Have extra gloves, utensils, paper towels available
- Place enough food on the table
  - Minimum portion of each component
  - Extra to account for spills and seconds

## About Gloves

- Gloves should be used when:
  - You prepare or touch ready-to-eat food
    - Ex. making a sandwich
    - Ex. placing apple slices on a plate
- Gloves are not needed when:
  - The food will be cooked before it's eaten
  - You use a utensil to serve food
- Wash hands before & after using gloves
- Change gloves when you touch your hair or face or a child, or they become ripped or dirty

### Serving and Eating

- Adapt to ages and skills of children
- Serve and pass in the same direction
- Encourage tasting
  - Prompt children to take full portion
- Allow polite decline
  - Never force a child to eat
  - Allow a child to try a food later if desired
- Eat with children
- Talk to children while eating

- Teach clean-up routine
- Plan a quiet post-meal activity for children who finish early



- Starting Family Style Dining Part 1: <a href="https://www.youtube.com/watch?v=aRBz">https://www.youtube.com/watch?v=aRBz</a>
   <a href="https://www.youtube.com/watch?v=aRBz">CMGzSvs</a>
- Starting Family Style Dining Part 2: <a href="https://www.youtube.com/watch?v=Fs0ap">https://www.youtube.com/watch?v=Fs0ap</a>

   IAsIpk
- Family Style Meals in the Childcare Setting: <a href="https://www.youtube.com/watch?v=nj\_s8">https://www.youtube.com/watch?v=nj\_s8</a>
   <a href="https://gww.youtube.com/watch?v=nj\_s8">9ydnBs</a>



# Thank you!