

Family Style Dining



Tips for a Successful Meal Service



Why Family-Style?

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





Why Family-Style?

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





Why Family-Style?

- Learning opportunity
 - Nutrition
 - Colors
 - Numeracy





Why Family-Style?

- 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





Set-Up

- 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



Clean-Up

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





Family-Style Resources

- Starting Family Style Dining Part 1:
<https://www.youtube.com/watch?v=aRBzCMGzSvs>
- Starting Family Style Dining Part 2:
<https://www.youtube.com/watch?v=Fs0apIAslpk>
- Family Style Meals in the Childcare Setting:
https://www.youtube.com/watch?v=nj_s89ydnBs



Q&A



| Thank you!