Mealtimes

- Have children wash their hands with soap and running water at the sink before they sit at the table.

- Children are to remain seated during the meal.

- Encourage the children to pass around napkins, plates, cups and eating utensils.

- Children are to serve themselves an ample amount of food and they should try the variety of foods offered.

- Be a good role model by trying small amounts of food on your plate. Be sure all children have had a chance to eat before serving yourself seconds.

- Children are to take responsibility of cleaning up any spills. Use sponges for table spills and paper towels for all other spills.

- Language experiences should be encouraged; talk about the color, texture, shape and temperature of the food.

- Create a family style setting by encouraging children to develop skills of helping other as well as themselves.

- When finished with their meal, children need to take responsibility of throwing away their trash, etc.

- The teaching team is responsible for clearing and cleaning the tables and following other meal procedures.