



## Resources

# Quest for QUALITY

PODCAST

## Episode 5 | Mealtimes

### Why You Should Serve Family Style

Family style dining encourages learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.



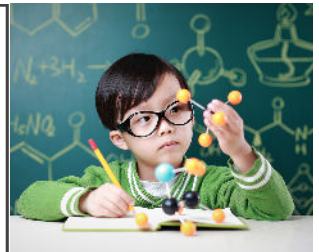
### Other CACFP Resources

Bring healthy foods into your program and teach healthy eating habits to your children! Utilize a variety of resources from the Child and Adult Care Food Program.



### Let's Talk at Mealtime

See the attached tip sheet for example phrases to use with children during mealtime to encourage learning and development.



# Let's Talk at Mealtime



### Trying Foods

- Wow, that smells good. I wonder what that tastes like.
- I like this food because...(it's crunchy, it's sweet).
- Plums are juicy and can be sweet. I think they taste like peaches.



### "Picky" Eating

- It's okay that you didn't want to try that food today. Maybe you will try it again another day.
- I like to smell foods first before I taste them. Do you want to try that?
- How we make our food changes the way it tastes. How does your family make this food?



### Social Development

- I like how nicely you passed that bowl.
- Sometimes we spill or drop our food by mistake. How did you feel when that happened? What can we do right now to help?
- Great job saying "please" and "thank you."

