

Positive mealtime environments



It's best for mealtimes to be **positive, enjoyable** and provide **children with opportunities** to be exposed to a **variety of healthy foods choices**.



Tips for mealtimes:

- ✓ Safe and seated
- ✓ Educator sits with the children
- ✓ Relaxed and welcoming
- ✓ Positive language
- ✓ Minimise distractions
- ✓ Encourage social interaction

"Yum. This red apple is so crunchy."

It is best not to use food as a bribe or reward.

It's recommended to respect a child's hunger and fullness signals and appetite.

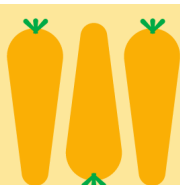


"How many different colours can you see on your plate?"



Tips for educators:

- ✓ Engage in conversations
- ✓ Show enthusiasm about the meal
- ✓ Eat with children and enjoy the same food
- ✓ Be patient with slow eaters
- ✓ Avoid a fuss over mess or uneaten food



'The heart of a child'
by Worimi Artist
Lara Went

Good for kids
Good for life