



Preventing Obesity and Promoting Wellness in Early Childhood Settings

REFLECTIVE ACTIVITY

MODULE 4, LESSON 11: FAMILY STYLE DINING

Child Care Provider – incorporate and enhance a family-style meal experience by individualizing support.

- Write out a plan for a family style eating experience. Consider each child’s point of view and list each child’s name. What materials would you provide that support their individual needs and preferences? Write down an idea that will uniquely help each child.
- Think about what rituals you can create with your groups to make meals fun and meaningful. Consider sharing real stories that help you all get to know each other more deeply.
- Reflect on the overall meal atmosphere. Are all children truly participating in the meal experience? Are you respectfully handling spills and accidents? Are you modeling mindful eating and trying new food choices yourself?

Director and Staff – Reflect on the Stone Soup story and think of other well-known stories with messages of caring and sharing of food.

Action Step: Plan a new event or enhance an existing family event with healthy family style dining strategies.

Reflection/Discussion Questions

- *Consider how you might expand that idea program-wide. What are some opportunities that you can plan for families to come together and build community while sharing food? How could children help in preparing for the event?*
- *What aspects of family dining can you use in this large group format?*
- *What ways can this event support healthy food choices and encourage trying new foods for everyone?*