

Family Style Dining

What is family style dining?

A meal where children are seated at the table with caregivers where they serve themselves from shared platters of food.

Things to remember!

- Everyone wash your hands!!
- Use kid sized utensils, dishes & serving bowls
 - It's best to have multiple utensils in case dropped on the floor or cross contaminated
- Be aware of the temperature of the food
- Always sit with the children (eating is a high risk activity!)
- Keep paper towels and dishcloths nearby
 - Spills will happen-be patient & use this as a teaching opportunity
- Consider dietary needs
- Provide a garbage to dispose uneaten food
- Provide a tub for dirty dishes



Benefits!

- Fosters independence
- Improves motor skills
- Encourages adventurous eating
- Improves table manners
- Encourages healthy eating habits
- Promotes social and cognitive development

How we talk about food matters!

Discuss the colors, texture, appearance, taste, smell and how the food makes your body feel.

Here are some great descriptive words.

Sweet, savory, sour, bitter, spicy, salty, tangy, bland, rich, crunchy, creamy, chewy, spongy, gooey, tender, firm, colorful, vibrant, glazed, shiny, plump, crispy, fresh, warm, cool, icy, chilled, scented, fresh, earthy, strong, comfort, happy, energized, calm

