

What can children learn from Self-Serve, Family-style meals?

- ❖ To utilize social skills, and to use language to get their needs met
- ❖ Increase dexterity and small muscle development
- ❖ To associate quantities of food with their level of physical hunger
- ❖ Enhanced self-esteem from experiencing independence, and more control of their choices
- ❖ Math skills; quantities, counting, measuring, comparing, mentally dividing the amount of food by how many children, one-to-one correspondence etc.,
- ❖ Problem-Solving – Figuring out who has the potatoes instead of just yelling for the Teacher
- ❖ Cooperation
- ❖ Responsibility
- ❖ Eye-hand coordination
- ❖ Culture – Exposure to how some families eat meals
- ❖ Patience (and a more relaxed focus)
- ❖ Language Development through conversation with their peers
- ❖ Proper table manners, learning how to say 'please', 'thank you', 'you're welcome' and 'may I'
- ❖ To be a more active participant in the eating process, and in their environment