



Supportive 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 sitting 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 & 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

