

Supportive Eating Environment



Mealtimes should 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
- ✓ Welcoming
- ✓ Positive language
- ✓ Minimise distractions
- ✓ Encourage social interaction

Yum! This red apple is so crunchy!

- ✗ Don't use food as a bribe or reward
- ✗ Don't push children to eat if they say they are not hungry or have had enough.



Educators should:

- 🍓 Engage in conversations
- 🍓 Show enthusiasm about the meal
- 🍓 Eat the same food as the children
- 🍓 Be patient with slow eaters
- 🍓 Not make a fuss over mess or uneaten food



Artwork: 'The Heart of a Child'
Worimi Artist Lara Went

