

Learning every day in every way through play

Meal times

Everyday routines

Learning activities during meal times:

- Ask your child to pour their own cereal, butter their toast or pour their own glass of milk or water.
- Ask your child to set the table and count the number of plates, cups, knives and forks that need setting.
- During meals times, ask the family questions and have conversations about everyone's day.
- Talk about the colours, shapes and patterns you see on your plate or in your lunchbox. Talk about how food looks, smells, feels and sounds.
- Find pictures of food in catalogues and talk about foods your child likes and dislikes, and how nutrients in food help the body to grow and be strong.

What children are learning:

- A sense of being connected to others
- Listening, questioning and conversations skills
- Healthy food helps our bodies grow and be strong
- Language skills such as describing how food looks, tastes, smells, feels and sounds (colours, shapes, patterns)
- Maths skills such as volume, capacity, counting
- Self-help skills