



Family-Style Dining Self Quiz

Family-Style Dining Activities	Yes	No	Sometimes
1. I make sure all the children wash their hands before any meal			
2. I wash my hands before handling any food			
3. The food is placed on the table before the children sit down			
4. The children help set the table, according to their ability			
5. The children clean their messes, according to their ability			
6. The children do not have to eat all their food			
7. The children serve themselves, according to their ability – or The children unpack their own lunches, according to their ability			
8. The children are not expected to wait for everyone before starting to eat			
9. When handling food/ bottles, I wear food service gloves			
10. When handling breast milk, I wear vinyl/ latex gloves			
11. I serve myself some food too			
12. I sit and eat with the children – or – In the infant room, I hold the babies while bottle feeding			
13. I talk to the children about what they are eating, providing them with opportunities to learn about nutrition and healthy eating habits			
14. I invite and encourage children to have conversation during meal times – or – I respond to infant/ toddler attempts at vocalizations			
15. I try to include one new word or fact for the children to learn at every meal time			
16. The children help with clean up, according to their ability			
17. The children wash their hands after the meal			
18. I wash my hands after the meal			
19. I clean and sanitize the tables before and after every meal			
20. I enjoy meal times in my classroom			

Steps to improvement	By When