



## Creating Pleasant and Positive Mealtimes at School

**Professional Standards:** Program Management 3200 (3230 Healthy School Environment)

### Webcast

[Creating Pleasant and Positive Mealtimes at School](#) - 10 minutes

Identifies the important role school cafeterias play in helping children create positive relationships with food and share tips to make mealtime pleasant for students.

### Activity

- The role of food service is to make the customers (students) feel safe, welcomed and valued. As a group brainstorm items under each area:
  - Safe (i.e. not forced to try a food on their tray, comfortable asking for a food item they can't reach or the alternate meal, etc.)
  - Welcomed (i.e. staff smile and greet students as they come in, know student's names, lunchroom and kitchen are bright, cheery, and festive, etc.)
  - Valued (i.e. staff listen to student opinions, student artwork is displayed, and staff thanks students for eating breakfast or lunch, etc.)

### Quiz

The quiz questions can be completed as group, in pairs, or individually as a way to reinforce concepts learned.

1. **The food experiences children face today will shape their life-long relationships with food.**
  - a. True
  - b. False
  
2. **Which of the following are examples of why cafeterias may not be inviting?**
  - a. Students are pressured to eat
  - b. Supervising adults are not trained
  - c. Students are not allowed to talk
  - d. Lights are turned off or loud speakers
  - e. Meals are consumed in a hurry
  - f. All of the above

- 3. According to Ellyn Satter, which of the following does NOT demonstrate how kids eat?**
- a. They do not like a lot choices
  - b. They want to feel safe with food on their tray
  - c. They waste food
  - d. They won't eat food that is unappealing
  - e. They like to eat and socialize with friends
- 4. In Division of Responsibility in school meals, the adults decide the .....**
- a. What, when and how much
  - b. What, when and where
  - c. What, when, and which items to eat
  - d. What, when and how often to try new foods
- 5. Which of the following does not fall under the role of food service staff?**
- a. Providing eye-appealing meals
  - b. Deciding what foods are served
  - c. Making children eat a minimum amount of food
  - d. Deciding where meals are served with administration