

Family Style Dining in Head Start



Children set the table, counting the number of utensils, napkins, plates, etc. needed and developing one-to-one correspondence.



Children pass bowls/plates of food around the table and take a single serving with the serving spoon, developing social skills for sharing and carrying for each other; developing measuring and counting skills.



Children have conversations with adults and other children while participating in the meal, developing language skills in speaking and understanding.



Children pour milk or juice into a cup, developing eye-hand coordination.

