

Table showing how food activities have benefits in shaping attitudes and behaviour

FOOD ACTIVITIES	BENEFITS IN SHAPING ATTITUDES AND BEHAVIOUR
Choosing the menu*	<ul style="list-style-type: none"> • Giving the child a sense of importance and responsibility • Allowing a child to develop his decision making skills • Teaching the child the value and importance of the balance of the food groups • Creating an interest and a desire to consume a healthy well balanced diet • Giving the child an opportunity to expose the child to a wide vocabulary and encouraged to participate in conversations • Enhances the feeling of independence, achievement and self esteem
Preparation of a snack, meal or drink*	<ul style="list-style-type: none"> • Giving the child a sense of importance. Creating an interest and a desire to consume a healthy well balanced diet • Giving the child an opportunity to expose the child to a wide vocabulary and encouraged to participate in conversations • Enhances the feeling of independence, achievement and self esteem • Helps to enhance the importance of social interaction • Provides opportunities for positive behaviour enhancement, praise and encouragement thus further promoting self-esteem and enhancing good behaviour
Partaking in a social meal (eating with the other children)	<ul style="list-style-type: none"> • Promoting listening skills and courtesy • Giving the child an opportunity to expose the child to a wide vocabulary and encouraged to participate in conversations • Enhances the feeling of independence, achievement and self esteem • Helps to enhance the importance of social interaction • Provides opportunities for positive behaviour enhancement, praise and encouragement thus further promoting self-esteem and enhancing good behaviour • Learning of acceptable table manners by example • Helping to enhance senses of smell, sight, hearing and taste. This leading to appreciation of a wider variety of things and experiences • Provides an opportunity for a child to be listened to and for a carer to get to know that child better • Opportunity for a child to gain self confidence as their feeding skills develop • Provides enhancement of good eating habits • Provides an opportunity to learn and appreciate a variety of topics as conversation develops around the mealtime • Provides an opportunity for the child to enjoy themselves and have some fun!
Clearing up	<ul style="list-style-type: none"> • Giving the child a sense of importance and responsibility • Giving the child an opportunity of exposure to a wide vocabulary and encouraged to participate in conversations • Enhances the feeling of independence, achievement and self esteem • Provides and opportunity to gain praise and encouragement for efforts

**Note all activities are based on food from the 'Food for Life' policy supplied at Sandcastles*