

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

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