Top 5 Benefits of Family Style Meal Service

Family style meal service allows children to serve themselves from shared bowls with the assistance of adults.

1. Promotes self-regulation by allowing children to choose how much they would like to eat
2. Develops motor and social skills such as taking turns, sharing, passing, pouring, and scooping foods
3. Builds independence and self-esteem by empowering children to serve themselves with the assistance of adults
4. Creates a positive mealtime environment that fosters role modeling and child and adult interaction
5. Provides opportunities for children to learn about food and develop healthy eating habits