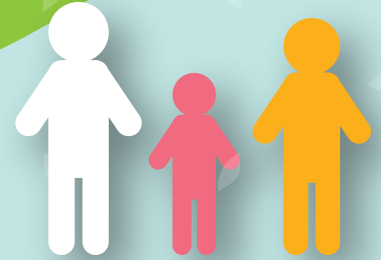


Top 5 Benefits of Family Style Meal Service

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

