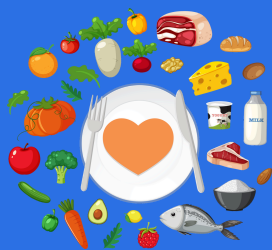




Reflective questions about snack/mealtimes



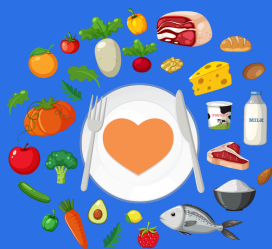
- What does lunchtime feel like to me as a practitioner?
- What role do I play at the table?

- What messages do I think children receive from me during lunch?
- What do I enjoy about lunchtime? What frustrates me?

Finish this sentence:
A perfect lunchtime in the nursery would include...



Reflective questions about snack/mealtimes



Think about a confident eater in your setting and answer the following questions:

- What does the child see?
- What do they hear?
- How do they feel?
- What do they need?

Think about a new starter/child who is a fussy eater and answer the following questions:

- What does the child see?
- What do they hear?
- How do they feel?
- What do they need?

Finish this sentence:
Lunchtime in our nursery is like...



Reflective questions about snack/mealtimes

A large, empty speech bubble with a blue border, intended for taking notes or reflecting on the topic.A large, empty speech bubble with a blue border, intended for taking notes or reflecting on the topic.A wide, empty speech bubble with a blue border, intended for taking notes or reflecting on the topic.