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| # | Mealtime Guidance | Not observed | Observed | Reported |
| 1. | Children set the table and assist with clean up. |  |  |  |
| 2. | Food is placed on the tables in child size serving bowls and platters; served family style. |  |  |  |
| 3. | Children serve themselves. |  |  |  |
| 4. | Adults sit with the children during mealtime at the table sharing the same menu. |  |  |  |
| 5. | Adults encourage the children to eat food and to taste new foods, but do not force them to eat. |  |  |  |
| 6. | Foods are not withheld until other foods are finished. |  |  |  |
| 7. | Adults demonstrate good table manners. |  |  |  |
| 8. | Adults initiate or prompt, but do not dominate, conversations between children or between adults and children. |  |  |  |
| 9. | A relaxed and enjoyable atmosphere exists at mealtime. |  |  |  |
| 10. | Sufficient time has been allowed for each child to finish eating. |  |  |  |