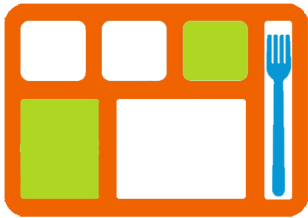


Preparing your Pre-K/Kindergarten student for eating school meals

Starting the school year can be fun and exciting for your student. Help them prepare for new learning experiences in the cafeteria with these activities.



Make a habit of **washing hands** before mealtimes.

Say “**thank you**”, “**no thanks**”, and “**please**”.



Practice **manners** while sitting at a table for meals.

Help **clean up** after meals and carry your plate to the sink.

Practice starting a conversation with a **new friend** at mealtimes.

May I try that?

Yes, thank you.

Use an **indoor voice** when at the table.

YES!

May I sit with you?

Practice opening a **milk carton**.

Open and peel a banana and/or orange.

Practice building your own **healthy plate**.



Talk about how fun it is to **try new foods** and flavors.

