Classroom:  Date:  Initials: 

**MEALTIME CHECKLIST**

|  |  |  |  |
| --- | --- | --- | --- |
| Areas to Observe | YES | NO | EXPLAIN IF NO: |
| Is the Menu and Food Restriction class list current and posted? |  |  |  |
| Are hands and tables cleaned and sanitized before and after meals? |  |  |  |
| Do the children with food allergy/intolerances have the substitutions needed? |  |  |  |
| Is there any potential choking hazards at the meal table?   * Infants *(under a year old),*  cut into pieces ¼ inch or smaller * Toddlers, cut into ½ inch or smaller |  |  |  |
| Are staff providing opportunities for a child to serve their own food and beverages and assist with preparation before & after meals as much as possible that will develop fine motor skills? |  |  |  |
| Is a teacher’s conversation child directed? |  |  |  |
| Are staff giving children time to respond and engage in conversations? |  |  |  |
| Are staffs conversations only focused on food and eating? |  |  |  |
| Did conversation focus on child(ren) interests and experiences that were developmentally appropriate? |  |  |  |
| Did you observe children socializing with each other? |  |  |  |
| Are staff maintaining a positive emotional climate and modeling good eating habits? Did teachers eat a taste portion |  |  |  |
| Areas to Observe | **YES** | **NO** | **EXPLAIN IF NO:** |
| Are staff encouraging children to choose one food components over another one, when seconds is available? |  |  |  |
| Is there learning opportunities for the children that involved teacher-child interaction? *Provide example* |  |  |  |
| Are teachers encouraging (not forcing) children to try new foods? |  |  |  |
| Did you hear food being used as an award or punishment? |  |  |  |
| Activities were provided for children who finished early? |  |  |  |
| The scheduled meal time was followed? |  |  |  |
| Was food swept up before children transitioned to another activity? |  |  |  |
| Is there developmentally appropriate eating/serving utensils, drink pitchers and mealtime furniture for children? |  |  |  |
| Are staff at arm’s reach away from child(ren) eating and/or seated at the table with them at all times? *Including infants in high chairs* |  |  |  |
| Are staff supervising children while they dispose of dirty dishes? |  |  |  |

Time the first child sat down to the table:   
Time the first child began to eat:   
Total time child(ren) waited: 