**Meal times**

* **Preparing a meal**
* Child assists with sourcing foods (i.e. could you find a banana)
* Child peels or open snacks independently, with assistance if needed
* Child assists with cooking, looking at recipes, cookbooks etc.
* **Setting up the table**
* Child helps to set the table ready for a meal
* Child pours water into a glass
* **Discussing foods / benefits**
* Discuss the importance of food and how it helps our bodies
* Notice different aspects of food (taste, smell, texture etc)

***Learning involved in mealtimes may include:***

* ***Numeracy****: awareness of their body in the space around them (spatial awareness), number knowledge (quantification), comparison, sequencing…*
* ***Literacy:*** *language development, turn taking in conversation (reciprocal conversation), following instructions, social skills, reading, retelling…*