

The Good Shared Meal – in Frederiksbjerg Day Care District

The shared meal should create the framework for meal-time enjoyment, togetherness and community, and create a culture where children are open and curious to trying new foods – as well as give children an understanding of how a good and healthy food culture can look.

A good atmosphere at the table and surrounding the shared meal

1. We orientate ourselves with the daily menu, so we are prepared for what is going to be served. Together with the children, we can then talk about and look forward to what is going to be served.
2. Adults and children eat together, and we eat the same thing.
3. We have a positive approach to the shared meal, and we compliment the food in front of the children.
4. We talk about the food and use many different words to describe the different elements of the meal.
5. We reflect on the menu together with the children, and look for opportunities to include the different learning-plan themes, talk about flavours, colours, textures, etc.
6. The adult take lead in tasting the food and expressing our satisfaction in what we have just tasted.
7. We do not force or pressure the children to taste the food. We stay calm and have patience and focus on taking small steps when encouraging the children.
8. We practice independence by allowing the children to set and clear the table if they are capable. We also encourage them to serve themselves and eat independently. This makes them proud and feel “big”.
9. We practice independence by allowing children to help prepare the food cart.
10. We encourage children to explore the food on their own, and we allow the small children to use their hands to explore the food on their plate. This way they can touch and sense the food and get a feeling for what they are putting in their mouth.

The enjoyable shared meal with focus on creating food appreciation and a culture where children are open and curious about trying new food.

1. We make food, that is well prepared, and we taste it to make sure it tastes good. We are also not afraid to use different types of spices.
2. We often leave the door to the kitchen open so the smell of the food can spread through the building and stimulate the children’s senses and awaken their curiosity and appetite.
3. When possible, the children participate in preparing food.
4. We use many different colours in our food and always ensure that the meal is presented in a way that sparks the interest and appetite in both children and adults.
5. We think creatively and try to integrate “healthy play” in our meals.
6. We make food for children and not children’s food. We challenge the children and do not just serve their favorite foods, but also try to introduce new dishes and flavours.
7. The kitchen manager is visible and takes time out to interact with the children, so they are aware of who is preparing their meals.
8. In departments, where it is possible, we talk about “from earth to table”, and harvest our own fruits and vegetables.