



Lunch Skills

General Lunch Skills

- Staying in your seat while eating
- Asking for help
- Keeping food in a small area of the table
- Manners at the table
 - don't talk with your mouth full
 - using a napkin
 - wiping up spills
 - taking manageable bites
 - cleaning up dropped items

Hot Lunch Skills

If your child is going to eat hot lunch at school, they will need these skills.

Carrying a full tray

- Have your child practice walking with a tray (or baking pan).
- Add items to the tray.

In kindergarten, their food tray will include items such as a carton of milk, plate of warm food, bowl of fruit and veggies.

Bonus: Let your child practice opening containers similar to milk cartons.

Lunch from Home

Planning on sending your child with a lunch from home?

Have your child practice opening:

- packages of food (crackers, string cheese, sandwich bags, apple sauce/fruit cups)
- pouch drinks
- water bottles
- reusable containers (screw-on lids, clasps, vents)

Knowing what to do with leftovers

- What do you throw away? What do you bring home?
 - identifying reusable containers vs. single-use containers
 - repacking unopened lunch items into their lunch bag
 - throwing away trash