

# UNIT #26



## Meaningful Mealtimes

**Mealtimes are learning times for children!**

- Know your center's routine for mealtimes.
- Understand basic health and safety practices.
- Learn how to make mealtimes more interesting and enjoyable.

### ■ Today's activity...

Activity Card

Sit with the children during lunch. Encourage them to talk about what they are eating, how the food is prepared, where food comes from, and how it will help their bodies grow. This kind of conversation not only teaches children about nutrition, it creates a comfortable atmosphere at the table.

### ■ Today's assignment...

List three ways you can make mealtimes learning times for children.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

List three foods that should not be served to infants and toddlers.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

At mealtimes, what do you think are the most important health and safety practices.

1. \_\_\_\_\_
2. \_\_\_\_\_

What are your center's routines and policies regarding mealtimes?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(continued on the back)



Director's signature

Name	Date completed
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Notes or questions I have:

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**Iowa Specific Information**

**Note:** this video unit refers to the Pennsylvania Department of Public Welfare. This is equivalent to the Iowa Department of Human Services.

Please note that Healthy Child Care Iowa recommends the following procedures for hand washing that are different than what is shown in the video:

- Wash hands for at least 20 seconds.
- Dry hands with a clean paper towel, then turn off the water using the paper towel.
- Children and staff should wash their hands before and after eating.
- Ideally, separate sinks should be used for diapering/toileting and for food-related routines. If children and/or adults use the same sink for both diapering/toileting and food-related routines (e.g. hand washing before meal/snack, preparing infant bottle, tooth brushing) or for other purposes (e.g. to wash toys/other classroom equipment; wiping nose), the sink must be sanitized after diapering/toileting. Sanitizing the sink between uses will help to prevent the spread of infectious agents, feces and urine.
- Bleach water is a safe and effective sanitizer. When using sanitizer on table/changing table surfaces, bleach sanitizer must sit for 2 minutes before it is wiped off. Commercial sanitizers frequently must sit for longer periods and must be closely supervised. Many commercial sanitizers, especially those that have a pleasant scent, contain active ingredients that can be toxic or irritating. Use caution when selecting commercial or industrial grade sanitizers. Read the label and follow instructions exactly. Do not use products that carry a DANGER or a DANGER, CORROSIVE label warning.
- Contact your local Child Care Nurse Consultant or visit the Healthy Child Care Web site. [www.idph.state.ia.us/hcci/](http://www.idph.state.ia.us/hcci/) for additional information. Posters on diapering, gloving, and hand washing may also be downloaded from this site <http://www.idph.state.ia.us/hcci/products.asp>
- The Healthy Child Care Iowa Talk-Line **1-800 369-2229** is available 24 hours a day and 7 days a week including holidays.

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