

Making the Most of Meal Time

1. In the book, *French Kids Eat Everything*, the author realizes that the French have 10 unspoken "Food Rules." When she applies them to her picky North American children living in France, they end up being non-picky eaters. Which, if any, of these rules do you already follow? Which ones do you think might help if your family implemented them? What tips for non-picky eating have helped for you/your family?



2. It is often said that children need to try something at least 15-20 times before they can truly say they do not like something. Have you tried this approach with your family and what have your experiences been? At the toddler stage kids who have been good eaters can suddenly become picky, some say this is a natural instinct to protect kids who are now mobile from eating poisonous plants/food. What have you done to push on through this picky stage?
3. Is meal time fun and enjoyable for your family or is it an ordeal? Are you in a rush to get through dinner or are you able to talk and enjoy the end of the day with your family? How can you make it more enjoyable? Setting the table with a table cloth or special placemats, having a special plate given to a family member when something good/special has happened to them, using fine china on occasion, sharing highs/lows, using it as a time for everyone to take turns sharing about their day...
4. How do you deal with mealtime negotiations? Do you allow your children to choose what to eat at meal time? How many choices do you give them? Do your children eat different food than the parents?

5. Are children that help with food preparation more likely to eat what they have helped to prepare? Have you tried allowing your children to help with meal preparation? Has it been a success? What kind of jobs can you give them to do? Tearing up lettuce for salad, spinning salad, setting the table, peeling carrots/potatoes, snipping/breaking the ends off of beans, assembling salads, buttering bread, etc.

6. Does your family have any meal time prayer traditions? Do you read scriptures/do Bible memory at meal times? Have you tried making meal time as a time to thank/praise God for what He has done for you throughout the day?

7. Have you made a conversation jar or tried conversation starters as a family to encourage your children in the art of conversation? Have you invited interesting people over for dinner to promote new and interesting discussions and expose your children others from different countries?