



Lunchtime routine




Having a regular routine helps students know what to expect and what is expected of them at lunch time. This can help students come to the meal ready to eat.




All teachers will do this differently, but an example is:


- Clear desks of screens, schoolwork and/or toys
- Wipe down desks or tables
- Wash hands
- Sit and wait quietly for the food to arrive/be served
- Stay seated until the end of the meal
- Clear away plates and any rubbish.



You might like to create a classroom ritual that signals the start of the mealtime, such as:

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- Playing calming music
 - Doing a meditation
 - Sharing a phrase of gratitude.



Having enough time to eat:

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- Helps students relax and eat at a comfortable pace.
 - Lets students tap into their hunger and fullness cues, so they can reach a point of feeling satisfied, but not overly hungry.
 - Allows students to practice important manners and social skills (such as chatting quietly).

As a general rule, we recommend setting aside at least 20 minutes for school lunches.



Key points:

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- A lunchtime routine will help students come to meals relaxed and ready to eat.
 - It can also teach important life skills like cleaning, washing hands and social etiquette.
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For more information

www.schoolfoodmatters.org.au/professional-learning-resources/professional-learning/topic-2-keeping-mealtimes-enjoyable/

