

Trust childrens' appetites

We are all born knowing when we are hungry and when we are full.

Giving students control over what and how much they eat, helps them to listen and to trust their body.

This can be difficult, as their food intake can look erratic. But children are very good at compensating day-to-day to get the amount they need to satisfy their bodies.

Division of Responsibility

The Division of Responsibility (DoR) is a best practice model for feeding children.

It considers feeding a shared responsibility and assigns specific roles to the different people involved.

In the school lunch project, this means:

- **ADULTS** decide what food is provided, when and where students eat.
- **STUDENTS** decide how much, in what order and whether they will eat.

Following DoR principles can help children to:

- eat a diverse diet that includes a range of foods from the five food groups
- have better body image and self-acceptance
- have better medical measures of health, including cholesterol and blood pressure
- grow to their healthiest weight.

At school meals:

- Let students eat as much food as they are hungry for
- Allow students to eat in any order they choose
- Trust students when they say they are full or would like more to eat.

For more information

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

