

4 Mealtimes



Introduction to Kindergarten Teaching

Mealtimes

 Section 3.2

Different schools handle mealtimes in different ways. Some schools offer **early care** in the morning. These schools usually provide **breakfast** for their students. Other schools often provide an **in-class snack** in the late morning. Do your best to keep the school from giving students **junk food**. Young children need small, **healthy** snacks throughout the day.

Almost all schools provide **lunches** for their students. Usually, teachers **escort** their students to a **cafeteria** to eat. Many cafeterias serve an optional **hot lunch** each day. Give your students a calendar showing when different meals are served. Students may also bring their own lunches. Most schools don't offer **family style** meals. But all schools should provide **utensils**.

In many schools, students are allowed to go outside after lunch. Keep an eye on your students. Don't allow them to leave the cafeteria too early. It's important that they **finish** most of their food.



Get ready!

1 Before you read the passage, talk about these questions.

- 1 What are mealtimes like in your country at school and home?
- 2 What do you think a school's mealtime should be like and why?

Reading

2 Read the textbook excerpt. Then, mark the following statements as true (T) or false (F).

- 1 Most schools offer family style meals.
- 2 Students may leave the cafeteria whenever they're ready.
- 3 Teachers usually escort students to the cafeteria.

Vocabulary

3 Read the sentences and choose the correct words.

- 1 The man eats **breakfast/lunch** at 8:30 every morning.
- 2 You have to eat in the **early care/cafeteria**.
- 3 Most kids eat the school's **utensil/hot lunch**.
- 4 Parents are worried about how much **junk food/in-class** students eat.
- 5 Children need **family style/healthy** food to grow strong.
- 6 Students eat a(n) **escort/snack** a couple hours before lunch.