

MEALTIME ROLES

FOR GRADES 7-12

The Satter Division of Responsibility in Feeding* sets out specific roles for eating.

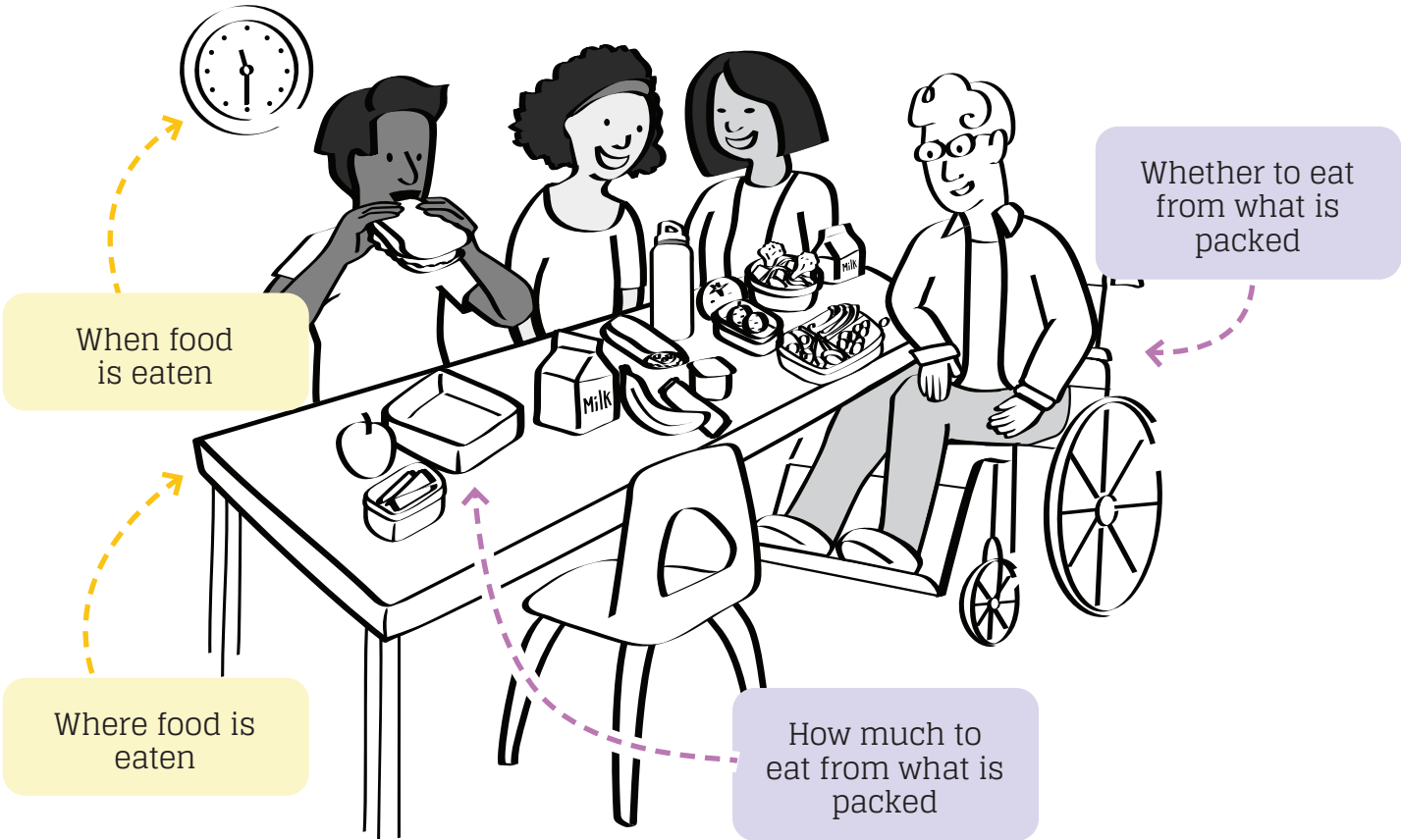
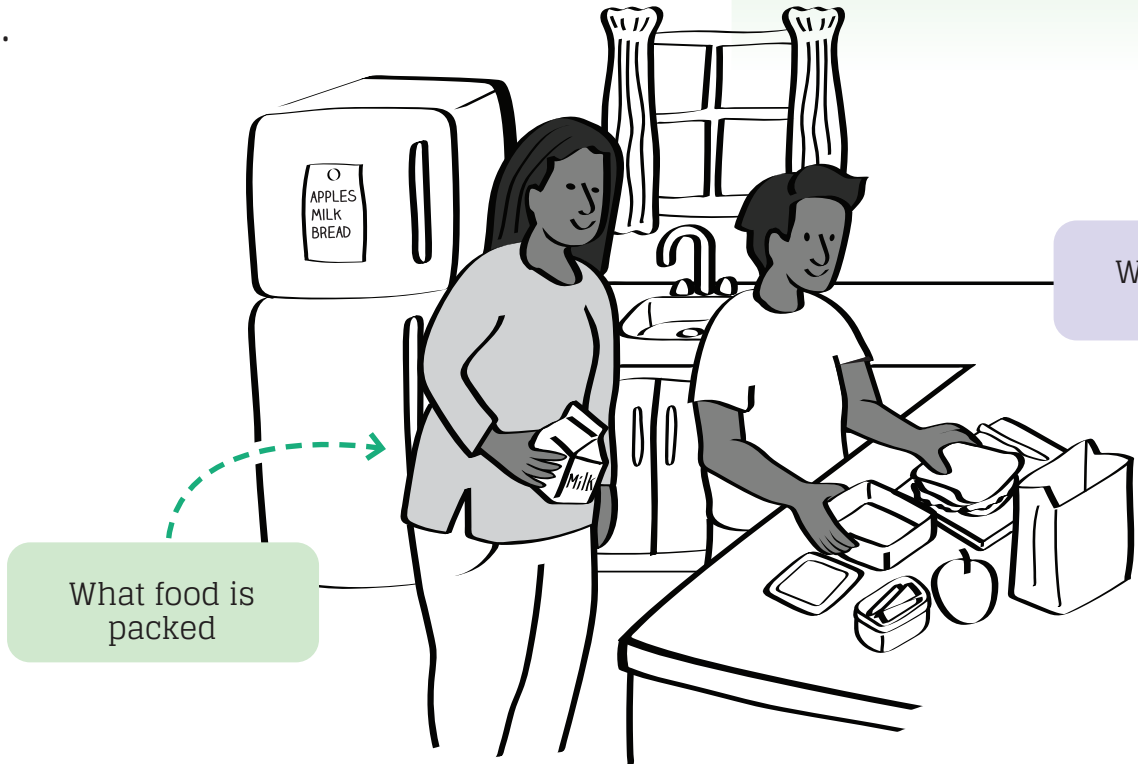


This approach supports students in learning to eat well and helps everyone relax and enjoy meals and snacks at school.

PARENTS AND CAREGIVERS decide what foods are packed for meals and snacks. Over time, students gradually take on this role by choosing from foods available at home.

SCHOOLS decide when and where students eat.

STUDENTS decide whether and how much to eat from what was packed.



ROLES AT MEALS AND SNACKS	PARENTS & CAREGIVERS	SCHOOLS	STUDENTS
What food is packed	✓		✓
When food is eaten		✓	
Where food is eaten		✓	
Whether to eat from what is packed			✓
How much to eat from what is packed			✓