Smitty, a four-year-old, puts food on his plate and then doesn’t eat any. What do you do?

Marty, a five-year-old, is fairly accurate in judging the amount of food to serve for himself. He eats most of the food on his plate, but leaves some of it. A member of your staff tells him that he has to eat everything on his plate. What do you do?

You and your staff are discussing how to get children to try new foods. The suggestion is made that you make a policy that all children must take a “no-thank-you bite.” This is explained as everybody has to take at least one bite, though they do not have to eat it all. Why would you agree or disagree with this strategy?

David is always the last child to leave the table. He eats and eats and eats. He is not overweight. He just keeps eating, though he slows considerably. He sometimes stays as long as 15 minutes beyond the time other children finish. What do you do?

Children in your center eat in a cafeteria. The cook says it is not possible for the children to serve themselves at this school. What will you suggest?