



Make a Vision and It Will Become Reality

Laurel Branen and Janice Fletcher
College of Agriculture
University of Idaho

*Use the worksheet below to help you think about what you want your mealtimes to be like. Think about what you would **LIKE** to have, not what you currently have. After you complete the worksheet, write a preliminary vision statement.*

Planning My Vision

1. The physical mealtime environment includes such things as the way the room is arranged, the utensils, the way food is presented, and food safety. I want my physical environment to be like this:



2. The auditory mealtime environment includes ALL that the children hear at the mealtime. I want the sounds around the table to be like this:

3. The mealtime social environment includes such things as child to child discussions, teacher and child discussions, taking turns, and sharing. I want the social environment to be like this:



4. The mealtime language environment means talking, conversation, and listening. I want the language environment at the table to be like this:

5. The emotional environment at mealtimes refers to how children and adults FEEL about what is happening. I want the emotional environment at the table to be like this:

My Vision For Mealtimes With Children



Feeding Young Children
in Group Settings



MY ACTION PLAN

I will do these three things.

1.

2.

3.

Barriers to reaching my vision:

Which barriers do I need help lifting?

Who can help?

What do I need to lift the barrier?

Which barrier can I overcome by this coming Monday?