



CASE STUDY

ALMA PUBLIC SCHOOLS

LUNCH IN THE CLASSROOM

Luce Road Early Childhood Learning Center, a pre-K through 1st grade building, not only provides breakfast in the classroom for all students, but serves lunch in the classroom for preschoolers and kindergarteners, as well. The kindergarten children receive their meal in the school cafeteria and then go to their classroom. The preschoolers eat family-style in their classroom.

The most obvious advantage to having children eat in the classroom with their teacher on-hand is the opportunity to encourage younger children to try foods with which they are not familiar with. The close proximity of the adult to the child at their table enables conversation regarding healthy food choices, knowing where foods come from, and aids in the development of social skills. For kindergarteners and preschoolers, this provides an avenue to teach table manners, and in the case of the youngest children, the skills needed in order to serve themselves and respect others who are doing the same.

The relaxed atmosphere of the classroom setting aids in digestion, from thorough chewing to a calm, positive eating experience- all while meaningful conversation takes place.



Additionally, if parents want to know what their child is or is not eating from their lunch tray, teachers are able to provide accurate accounts of what has transpired during the lunch period.

At Luce Road Early Childhood Learning Center, it was the kindergarten teachers who raised the possibility of eating lunch in the classroom to administration. More than providing a unique atmosphere in which to consume a healthy meal, classroom lunches offer children the opportunity to enjoy a sit-down meal in a social setting and valuable conversation about that meal.

