1. I will comment on and contribute to the weekly menu.
2. I will have access to suitable food that takes into account my special dietary requirements (if I have any).
3. I will get up in time for breakfast.
4. I will sit at the dinner table with other children and staff for meals unless there are reasons why this isn’t helpful for me.
5. I will respect other people’s choice of food.
6. I will evidence good social skills during meals.
7. I will eat at a pace that is right for me.
8. I will never be prevented from having food as a form of punishment.
9. I will let staff know if I cannot eat a meal that has been provided and will ask for a suitable alternative.
10. I will eat five portions of fruit and vegetables a day.
11. I will take some exercise every day.

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| --- | --- | --- | --- | --- | --- |
| Name of child |  | Signature |  | Date |  |