

Mealtime is learning time



Shared meals are a central part of our everyday educational routine

They structure the daily routine and create reliable rituals for the children. For us, eating means more than just consuming food: it is a valuable educational and communal moment. At the table, the children experience a sense of belonging and become part of a social community. They practise listening to each other, engaging in conversation and showing consideration. This not only promotes language skills, but also strengthens social skills such as respect and appreciation.

A calm, appealing dining environment is important to us. With tablecloths, napkins or flowers, we create an atmosphere that invites enjoyment and gives meals a festive character. This teaches the children to perceive eating as "quality time".

The teaching staff actively participate in the meals. They accompany the children, gently support them and encourage conversation.

By pouring their own water, using cutlery and setting the table, the children acquire important self-help skills. After the meal, the children help with clearing the table, wiping and sweeping. In this way, they take responsibility for their environment and learn that community also means caring for one another.

Mealtimes become a holistic educational process that combines nutrition, language, social skills, culture and community. But that's not all – they also bring joy, enjoyment and a sense of security.

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