



Challenge 8

Eat, chew, try different foods and drink from a cup

Drink from a cup

Pour my own drink

Tick the box
when you have
completed the
challenge!

Top Tips

Sitting down together at the table for mealtimes will prepare your child for lunchtimes at nursery. Show them how to use a cup and cutlery, and how to behave when they are eating.

Give gentle, positive encouragement and praise.