

I help my  
mum make  
breakfast.  
I make her  
eggs on toast.





# Notes for Teachers

## Overview

Mealtimes and eating together are important expressions of our being together. The food, its preparation, the preparation of the eating place and space and the relationships with those involved are all part of the nourishment that is being offered within the whole of the experience.

Appreciating the value of eating together begins to lay a rich foundation for gathering around the table of the Eucharist.

## Learning outcomes

- 1 Underscore the importance and significance of eating together in a variety of contexts.
- 2 Link the experience of eating together with the Eucharistic meal.

## Children's experience

- Explore with the children their experience of eating together. Use the breakfast, lunch and dinner pictures to help them talk about what happens at their houses or what they would like to happen.
- Talk together about setting the table. What do you use? Who sits where? Is it different for different meals?
- Name 'special occasion' eating, such as birthdays, Christmas and Easter. What happens then? What sort of things do we do to make them special?
- Explore with the children traditions and foods that families from different cultures may have.
- Develop the practice of saying grace, possibly one the children have written.

## The Eucharistic meal

- Take the children to the church to see the table (altar).
- If possible, show them the things we use at Mass: cup (chalice), plate (paten), altar cloth and candles.
- If possible, show them the bread and wine.