

Cafeteria Lesson Plan \*

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| **Be Safe** | **Be Responsible** | **Be Respectful** |
| * Walk
* Keep eyes forward
* Report spills
 | * Use hand sanitizer before entering the cafeteria
* Stay seated until dismissed
* Clean up after yourself
* Make healthy choices

  | * Conversation level 2
* Eat politely
* Make healthy choices
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|   Routine: Follow the arrows, wait patiently for your turn. |

\* (Taken from the 3B’s Expectation Matrix)

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| **Step 1: Review and Recite the 3B’s** |
| Be Safe, Be Responsible, Be Respectful (chant/song/TPR) |
| **Step 2: Rationale** |
| To provide a safe environment where all students can eat and socialize within reasonable limits.  |
| **Step 3: Introduce Rule** |
| Teacher Model (I do):* Teacher says, “Be safe means to walk, keep eyes forward and report any spills that you see.”
* Teacher models expected behavior
* Teacher says, “Be responsible means to stay seated until dismissed, clean up after yourself, and say please and thank you to cafeteria staff and helpers.”
* Teacher models expected behavior
* Teacher says, “Be respectful means conversation level 2, eat politely, and make healthy choices.”
* Teacher models expected behavior
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| **Step 4: Demonstrate Rule** |
|  \* Students or teachers will *always* demonstrate the example and teachers *always* demonstrate the non-example.

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|  | *Example* | *Non-Example* |
| Be Safe | Several students carry their trays to their table, one spills their water and quickly raises their hand and tells the teacher. | Teacher walks backwards holding lunch tray with one hand.Teacher intentionally spills water in a high traffic area (near the arrows) and does not report it. |
| Be Responsible | Students raise their hands to ask if they can clean up, then promptly return to their seats and speak with other finished students quietlyStudents say please and thank you at least twice per meal (once for cafeteria workers, once for helpers) | Teacher stands up and leaves the table, leaving their tray and half finished food behindTeacher demands food very rudely and grabs for food with their hands rather than allowing staff to serve them with proper utensils |
| Be Respectful | Student model how to use utensils and finish the food in their mouths before speakingStudents have a balanced meal on their trays  | Teacher talks very loudly with a mouth full of foodTeacher takes only one food item (the least healthy choice available) and refuses to eat more than one or two bites |

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| **Step 5: Student Practice and Feedback** |
| * Have students recite 3B’s and identify the expectations and practice
* Teacher guides students through examples and non-examples (role-play, skit or icon)
* Students practice meeting the expectations in the cafeteria
* Teacher provides specific feedback, “Nice job saying please and thank you, you have earned a ticket !”

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\* Teacher may modify lessons to make it age appropriate