

Christmas Mealtime Helper Chart

Balanced Plates, Treats & Helper Jobs



For  Toddlers, Preschoolers & Families

How to Use This Pack

Simple support for busy Christmas meals

Use these pages as a calm guide during busy Christmas days. Pick one page at a time, include a familiar food when you can, and let children help in safe, age-appropriate ways.

Start simple

Choose one meal, one snack, or one helper job. You do not need to use every page in one day.



Keep it safe

Adults handle hot, sharp, raw, and tricky steps. Children can count, choose, stir cool foods, and set napkins.



Gentle reminder

This printable is for general family activity support only. It is not medical, nutrition, allergy, feeding, choking, or dietetic advice. Adapt all meals for age, allergies, chewing ability, sensory needs, and family circumstances.



Mealtime song

Wash our hands and sit down slow, Christmas food is here, you know. Crunchy, soft, and sweet today, let us enjoy our food this way.



Christmas Plate Idea

A gentle guide, not a strict rule

Familiar food



Something your child usually accepts.

Protein food



Turkey, egg, beans, lentils, cheese, yoghurt or family option.

Starchy food



Potato, rice, pasta, bread, wrap, oats or crackers.

Fruit or vegetable



Prepared safely for age and chewing ability.

Festive treat



Enjoy without guilt or pressure.

My child-friendly plate today

Food 1

Food 2

Food 3



Child-Friendly Helper Jobs

Safe ways little hands can join in

- ☐ Put napkins on the table
- ☐ Choose a family song
- ☐ Count plates with an adult
- ☐ Wash fruit with help
- ☐ Sprinkle cheese on cool food
- ☐ Stir cool ingredients
- ☐ Place cards in a pile
- ☐ Wipe a small area with a damp cloth
- ☐ Help put crayons away
- ☐ Choose between two safe foods

Grown-up jobs

Adults handle knives, ovens, boiling water, raw meat, raw egg, hot trays, cleaning products and sharp tools.

My Familiar Food List

Foods that help my child feel comfortable

Write or draw foods your child usually accepts. This can help when Christmas meals feel busy or new.

Breakfast foods

Lunch foods

Dinner foods

Snacks

Fruit or vegetables

Comfort foods

Christmas Snack Planner

Simple ideas for busy festive days

Use this page to plan familiar snacks, fruit or vegetables, drinks, and one festive treat. Keep snacks age-appropriate and safely prepared.

Morning snack

Food idea

Fruit or veg

Drink

Festive treat

Afternoon snack

Food idea

Fruit or veg

Drink

Festive treat

Safety reminder

Young children should sit while eating. Prepare foods in safe sizes and textures. Avoid whole nuts, popcorn, hard sweets, whole grapes, round foods, and sticky or chewy foods unless safely adapted for age.



Treats Without Pressure

Gentle language for Christmas food

Try neutral words

This is sweet. This is crunchy. This is warm. You can try it if you want. This food helps you feel full. This is a Christmas treat.



Avoid food battles

Try not to use dessert as a reward or vegetables as a punishment. Keep portions small and offer familiar foods too.



My family treat plan

One treat we may offer: _____ A calm time to offer it: _____



Reminder for adults

Christmas food does not need to be perfect. Aim for connection, safety, enough familiar food, and a relaxed approach.



Food Safety Checklist

Quick checks before children eat

- ☐ Hands washed before food
- ☐ Hot food cooled before serving
- ☐ Allergies checked on labels
- ☐ Round foods cut safely
- ☐ No whole nuts for under 5s
- ☐ Child sits while eating
- ☐ Small hard sweets avoided
- ☐ Leftovers stored safely
- ☐ Food reheated until steaming hot
- ☐ Adult supervises eating

Urgent help

If a child is choking, having trouble breathing, or has signs of a serious allergic reaction, seek urgent medical help.

Christmas Mealtime Song Cards

Sing, wash, sit and enjoy

Handwashing Song

Wash, wash, little hands, before we
sit and eat. Clean hands help our
food today, now take your little
seat.



Helper Song

Little helper, here we go, helping
makes our Christmas glow. One
small job and then we say, thank
you for your help today.



Calm Table Song

Sit down slow and take a bite,
Christmas food is warm and bright.
Crunchy, soft, and sweet today, let
us enjoy our food this way.



Clean-Up Song

Wipe the table, clear the floor, put
the napkins by the door. Little
helpers, kind and bright, kitchen
clean and looking right.



My Favourite Christmas Meal

Draw, colour or write

Draw your favourite Christmas food here



My favourite food was

I helped by

A food I tried or looked at was



Simple 3-Day Christmas Meal Idea

Flexible ideas, not a strict plan

Day 1: Prep Day

Breakfast: porridge or toast
Lunch: wrap or sandwich
Dinner: family protein, potato or rice, veg
Treat: small festive snack



Day 2: Christmas Eve

Breakfast: yoghurt, fruit or eggs
Lunch: soup with toast
Dinner: familiar family meal
Treat: warm drink or dessert



Day 3: Christmas Day

Breakfast: pancakes, eggs or toast
Main meal: small Christmas plate
Snack: fruit, crackers or yoghurt
Treat: favourite Christmas sweet



Change any meal to fit your child, culture, budget, allergies and routine.



Little Christmas Helper Certificate

This certificate belongs to

Thank you for helping, trying, singing, counting and joining in.

