

Manners Matter

Activity Guide
Ages 5 to 8

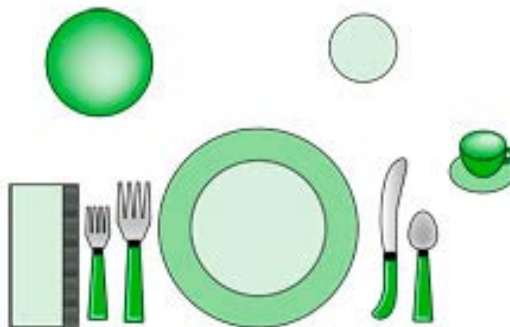
Meal Appeal

The Right Foot

Don't you hate it when you arrive somewhere and realize you forgot something that you need? This is why we set the table before a meal. When the family sits down to eat, everyone has what they need to enjoy the food. You have probably helped your parents set the table. What do you already know about what goes there?

Civil Action

You can practice setting a table anytime. The picture here shows a simple place setting. Your helper has provided you with several plates, glasses, and utensils—or tools for eating and drinking. Now try setting your place. Can you make up a rhyme to help you remember what goes on the left and right?



Once you set your place, your helper will show you pictures of different kinds of food. Try to decide which utensils you need to eat each item. Hint: Sometimes you may use your fingers.

Extra Polish

Ask your helper to set a table that is missing something useful, such as a salt shaker or a glass. Try to guess what is missing. Play the game several times. Also notice if there is something on the table that doesn't need to be there.

Life Skill

- Social skills

Project Skill

- Setting a table and using proper utensils

Objective

- Participant learns table manners by practicing setting a table and by considering the best way to eat a variety of foods.

Success Indicators

- Participant sets a table properly and selects correct utensils for eating various foods based on picture “flashcards.”

Eti-Kit

- Knives, forks, spoons
- Plates
- Glasses
- Napkins
- Helper flash cards

Courtesy Corner

- When the table is set, the napkin is usually to the left of or on the plate. Once you're seated, the napkin goes into your lap. After the meal, it goes back on the table to the left of the plate or on your chair.

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Finishing School

Share

- What ways can you think of to help you remember how to set a table?
- What makes the most sense to you about the way a table should be set?
- What do you think it means to have good social skills?

Process

- What foods can be eaten in more than one way?
- When in doubt about how you need to act in a certain situation, how do you know what to do?
- How can knowing how to act around others make you more comfortable? How can it make others more comfortable?

Generalize

- Why does how you eat affect what people think of you?

Apply

- How can good table manners help you now and when you get older?
- What did you learn about eating in public that you could apply to other areas of your life?

