

TABLE MANNERS SORT

TEACHER DIRECTIONS: Photocopy this activity for each unit in the foods lab. Each page could be laminated so that the activity will last longer. Cut apart and prepare a set of the behaviors for each unit. Put each set in an envelope. Have students make a determination by separating behaviors into appropriate or inappropriate piles.

1. Put your napkin on your lap.
2. Tuck your napkin under your chin.
3. You can start eating as soon as most of the people are seated.
4. Don't start to eat before the host, hostess, or guest of honor does.
5. Unless the group has more than eight people, wait until everyone is served before you start.
6. If you are uncertain which fork, knife or spoon to use, watch your host or hostess.
7. It does not matter which fork, knife or spoon you use.
8. If for some reason you cannot eat a food that is being passed around the table, simply pass it on or just take a little and leave it on your plate.
9. If for some reason you cannot eat a food that is being passed around the table, simply tell the host that it looks good but you can't eat it.

10. Cut large pieces of food into small ones and chew them slowly.

11. Cut a large piece of food up all at once.

12. Cut off each bite or two of food just before you eat it.

13. At home or in informal restaurants, chicken, steaks, and chops may be eaten with the fingers.

14. Use a knife and fork to cut off as much meat as you can. Then pick the bone up with your fingers and chew the remaining meat off.

15. At dinner parties and formal restaurants only a few foods should be eaten with the fingers, i.e. olives, celery, carrot sticks, and breads.

16. Avoid talking with food in your mouth.

17. Cover your mouth if you talk with a mouth full of food.

18. Blow on hot food to cool it off.

19. Wait for hot food to cool.

20. Fruit pits, fish bones, and thick pieces of fat can pose a problem. Remove pits and fat from your mouth with a spoon. Remove fish bones from your mouth with your fingers.

21. Place fruit pits, fish bones and thick pieces of fat on the side of your plate.

22. Place fruit pits, fish bones and thick pieces of fat on the table next to your plate.

23. If you have difficulty getting food on the fork, pick it up with your fingers.

24. If you have difficulty getting food on the fork, push it on with a piece of bread or with a knife.

25. It is appropriate to put your elbows on the table.

26. Avoid putting your elbows on the table as you eat—you may crowd your neighbor.

27. Between courses or after dinner, you may put your elbows on the table if you feel more comfortable.

28. If you spill anything ignore it.

29. If you spill something, mop it up quickly with your napkin. If it is major, ask the host/hostess what you can do to help the situation.

30. If possible, excuse yourself if you cough, sneeze, or need to blow your nose. If unavoidable, turn your head away and use a tissue.

31. If you cough, sneeze, or blow your nose use your napkin.

32. If you have a long siege of coughing, excuse yourself and leave the table.

33. If you have a long siege of coughing, turn your head and cover your mouth.

34. A loud burp should draw no apology because it compliments the cook.

35. It is OK to cut your food with the fork held in the left hand and the knife in the right. After the food is cut, the knife is placed on the edge of the plate. The fork is switched to the right hand, picked up with the fork tines pointing up and then placed in your mouth.

36. You should keep your mouth closed if you burp and say, "Excuse me."

37. You should hold the fork in the left hand and knife in the right hand. After cutting food, do not transfer the fork to the right hand.

38. Don't sit down at the dinner table until everyone is present.

39. Pass the food around so everyone has a chance to take some.

40. If accidents happen, apologize and don't dwell on them.

41. You should avoid the 4 Ds at the dinner table: death, disease, debt, and disgusting.

42. Listen to others while they are talking and then add to the conversation.

43. Arguments are appropriate at the dinner table.