

## **LAB ASSIGNMENT before getting started to practice etiquette:**

One person will set the table properly using a dinner plate, knife, fork, dessert fork, dessert spoon, glass with ice and water, napkin and a placemat for each member of your group.

One person will get a slice of bread per person and place it on each dinner plate. This person will remove all of the plates from the person's left when they have finished cutting and eating their bread that represents meat.

One person will get a cupcake per person, unwrap them and place them on a separate plate to be served.

One person will put a sherbet dish on a small plate, one per person for each member of your group. Put dishes on the supply tray and bring up front to get a scoop of sherbet for each dish. Set the plate above the dinner plate at each place setting.

## **LAB ACTIVITY for each person in the unit:**

- Unfold your napkin and place it properly on your lap.
- Each person will practice cutting the bread as if it were steak, one piece at a time using both the "American" and "Continental" style.

**American** - Spear the food with a fork using the left hand with the forefinger pointing toward the prongs, or tines. Hold the knife by the handle in the right hand. The forefinger points toward the blade, but does not rest on the blade. Cut off one piece at a time. Never hold a knife, fork, or spoon in your fist. Shift the fork to the right hand, now hold the handle slightly between the index finger and the second finger, thumb on the front side of the handle. Bring food to your mouth.

**Continental** - Use the left hand to spear the food and put the food in your mouth without changing hands.

### **Which method do you prefer and find easier to use?**

- After completing the entree part of the meal (bread), the individual assigned will remove the plates from the LEFT and will leave their napkin on the back of their chair when they get up.
- Pass the cupcakes to the RIGHT around the table. Each person will take a cupcake and place it on the side of the plate with the sherbet dish.
- Eat the cupcake and sherbet, making sure you use proper silverware for cutting and eating and be sure to remove the sherbet from the spoon into your mouth before removing the spoon out of your mouth.
- Everyone clear the table and clean up the dishes and put everything away in its proper place, washed, clean and dried.