

Awesome After School Kits

Mealtime Manners 4th – 8th Grade – FCS



Table manners were developed to make mealtimes more enjoyable. Without table manners, mealtime could be pretty gross! With common sense and a few reminders anyone can have good table manners at home, school or any special event. Here are a few basics to remember:

- Always come to the table with a clean face and hands. Removing your hat is also a nice gesture.
- Remember to turn your cell phone on silent or off. If it does ring and you need to take the call, silence the ring and ask to be excused from the table. Step out of the room so that you can talk without disturbing others. Keep the conversation short.
- Place your napkin in your lap as soon as you sit down.
- Do not start eating until everyone has been served and the host or hostess begins to eat or invites everyone to begin to eat.
- Help pass the dishes of food left to right, counter clockwise.
- Remember to only take one serving of each type of food to make sure there is plenty for everyone. Ask for seconds only when everyone has been served and you have finished your first serving.
- If there is food you do not like, do not say, “*This is awful.*” Just leave it on your plate.
- Stay seated and sit up straight. If you must leave the table, be sure to ask for permission from the adult at the table. Ask, “May I be excused for a moment?”
- Chew with your mouth closed and do not talk with food in your mouth!
- Don’t make rude noises, such as burping or slurping.
- If you have to sneeze or cough, cover your mouth with your napkin or hand. Leave the table to blow your nose.
- When you are finished, lay both your fork and knife on the plate. Lay your napkin beside your plate.
- Before leaving the table, ask permission to be excused from the table. Be sure to tell the host/hostess *Thank You.*

Finger Friendly Foods

It is acceptable to eat some foods with your fingers. Common finger-friendly foods:



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| Bacon | Bread (tear off one bite at a time) |
| Cookies | Shrimp (with tail still attached) |
| Corn on the cob | Chips |
| Brownies | Grapes |
| Hors D’ Oeuvres | French Fries |
| Sandwiches | |

Tip: if you are ever unsure whether to use your fingers or not, watch to see what the host or hostess does.



This handout was adapted from Awesome After-School and Day Camp Kits produced by the University of Florida Cooperative Extension Service.