

Awesome After School Kits

Mealtime Manners

Objective: Youth will review and apply good table manners to mealtimes at home, school or a special event dinner

Grade Level: 4th -8th

Life Skills: Social Skills, Marketable Skills, Self-Esteem, Decision Making

Time: 45 minutes

Supplies Needed:

- Large sheet of paper
- Markers
- Food and dining ware for the *Practice Your Manners* activity

Advance Preparation:

- Review lesson
- Make copies of pre/post test and handout for each participant
- Gather supplies for the *Practice your Manners* Activity

Notes:

Curriculum To Use: Home Environment Project Unit 3: Where I Live. 4JB-03PO 4-H. University of Kentucky College of Agriculture Cooperative Extension Service. Unit 3 is available as a pub to download at:

[shttp://www.ca.uky.edu/agc/pubs/4jb/4jb03po/4jb03po.pdf](http://www.ca.uky.edu/agc/pubs/4jb/4jb03po/4jb03po.pdf)

Note: This lesson also goes well with Unit 2: Living with Others.

Presenter Information: In today's world the traditional family dinner may not occur as often as it has in the past. Busy schedules, homework, favorite TV shows, cell phones and other distractions have transformed meal time into eating in the living room around the TV, in the bedroom while studying or in the car on the way to practice or the next community meeting. Because of this, youth may not have the opportunity to learn and practice good table manners. In this lesson youth will learn the importance of good table manners and how to use basic table manners. This lesson is a good follow- up to the lesson on how to set the table.

Pre-Test: *Conduct test with participant.* Distribute the pre-test.

Activity Introduction: *Say, Being considerate to others is an important life skill that will help you get what you want, but also will help you become a respected, productive person in society. Using good manners is about being considerate of others and using good common sense. If someone says "Hi" to you, it is common courtesy to respond back with "Hello" and/or ask, "How are you?" Being considerate of others at the table and for the person who prepared or provided the meal is the courteous thing to do. This includes your family meals at home, dinner at a friend's home or attending a nice banquet celebrating a special occasion.*

Today we are going to review the basics of good table manners so that you will feel comfortable and prepared for any style dining experience.



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Activity A: *Name Your Manners*

Using a large sheet of paper and different colored markers, ask the participants to give examples of good table manners. Discuss and explain the practice that each person lists so that everyone in the group understands. If needed, prompt the participants using the Mealtime Manners handout as a guide.

Activity B: *Practice Your Manners*

If space allows, have the participants sit down to a table set for a simple meal or refreshments. Have them pass bowls or plates of food. Let them practice the table manners that the group just reviewed. If limited on space, serve simple refreshments so that the participants can practice manners related to finger foods.

Talk It Over: *Discuss questions with participants.*

Sharing – How did this activity make you feel? What did you enjoy about this activity?

Processing – Have you ever been around someone who did not have good manners? How did it make you feel?

Generalizing – Why is it important to have good table manners? How will having good table manners benefit you in the future?

Applying – What types of situations in life require you to demonstrate good table manners?

Post-Test: *Conduct test with participants.*

Extended Learning: Extend learning beyond this lesson.

Plan a special dinner for your family or friends. Include invitations, table decorations and banquet style table setting. Take photos and create a scrapbook page to enter in the state fair

Presenter Tip: Having a table set with place settings and a center piece will set the tone for the activity. A simple meal may include frozen pizza, veggies and dip and pudding or fruit salad. These items will allow discussion about cutting foods, eating finger foods and the dessert course

Sources: Awesome After-school and Day Camp Kits. University of Florida IFAS Extension. Individual and Family Resources, Manners for the Real World. This publication is available at: <http://nwdistrict.ifas.ufl.edu/4H/camps/afterschool/3-5/family%20resource/Lesson%20Planmanners.pdf>

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This lesson plan was adapted for use in Kentucky 4-H by Lynnette Allen, Breckenridge County Extension Agent for 4-H YD with input from the Family and Consumer Sciences After-School Kits Design Team, September 2010. The team is made up of Extension Agents Lynnette Allen, Breckenridge County; Martha Arterburn, Allen County; Kim Cox, Morgan County; Natasha Lucas, Owsley County and Martha Welch, Extension Specialist for 4-H YD.