

Homemaker Club Lesson for 2008-09
"Mealtime Manners"
Leader's Guide

Introduction

Manners are a way of being thoughtful and considerate of others. They help you feel good about yourself, a feeling which is important to you now and in the future. Youth especially need to learn good manners and make them a part of each day. Good manners will help you to feel sure of yourself - whether eating at home, in a restaurant, or at a friend's house. Practicing good table manners at home will help family members feel more at ease and will add to the enjoyment of the meal for all involved.

Lesson Objectives

In teaching youth, Kentucky Extension Homemakers will:

1. Explain the importance of table manners.
2. Identify "good" table manners.
3. Learn how to handle "special" problems at mealtime (i.e. eating "difficult" vegetables)
4. Discuss good manners when in a restaurant.

Youth will learn and develop the following skills:

1. Basic mealtime manners - what is appropriate and when.
2. How to properly set the table for different settings.
3. How to properly use a knife, fork and spoon.
4. What to do when finished eating.

Key Questions

1. Why is it so important to possess good table manners even in today's casual mealtime atmosphere?
2. What are the origins of some of our table manners?
3. How do you set a proper table for a variety of mealtime settings?
4. How can a host/ess set an example to his/her guests?

Teaching Activities

1. Provide a brief overview of the importance of table manners using the Extension publications "Table Manners" (HE2-101), "Eating Away From Home" (HF.LRA.104) and "Words Used on Menu Descriptions" (HR.LRA.105). Make sure to give each member a copy of these publications to take home.
Discuss where table manners originated. Refer to the Table Manners Trivia <http://www.brownielocks.com/tablemannerstrivia.html> and Manners International http://www.mannersinternational.com/etiquette_tips_table.asp websites. Use the questions listed here to play "Table Manners Trivia" with Homemakers. Provide prizes or goody bags to the team with the most correct answers.
2. Discuss with Homemakers the "Mealtime Manners" youth lesson and share ideas on how they can use this with youth in their community.
3. Demonstrate for Homemakers the proper way to set a table, use a knife, fork and spoon and what to do with utensils and napkins when finished eating. Suggest doing this activity with a youth audience using plastic tableware.
4. Direct Homemakers to the website used in "Table Manners Trivia" for additional questions that can be used with youth to play a similar game.

Evaluation

For KEHA Homemakers

1. Homemakers will verbally express the importance and benefits of "good" table manners.
2. Homemakers will be able to identify "good" table manners.
3. Participants will evaluate their ability to handle "special" problems at mealtime.
4. Participants will be able to identify ways to share their newly gained knowledge with youth in their community.



5. Participants will demonstrate the proper way to set a table, use a knife, fork and spoon and what to do with utensils and napkins when they have finished eating.

For Youth

1. Participants will verbally express the importance and benefits of "good" table manners.
2. Participants will explain basic mealtime manners - what is appropriate and when.
3. Participants will be able to properly set the table for different settings.
4. Participants will demonstrate how to properly use a knife, fork and spoon.
5. Participants will demonstrate what to do when finished eating.

Suggested Resources

Handouts:

"Eating Away From Home" (HF-LRA.104), University of Kentucky Cooperative Extension Service

"Table Manners That Take You Anywhere" (HE2-101), University of Kentucky Cooperative Extension Service

"Words Used on Menu Descriptions" (HF.LRA.105), University of Kentucky Cooperative Extension Service

Youth Lesson Plan and Materials:

"Eating Away From Home" (HF-LRA.104), University of Kentucky Cooperative Extension Service

"Mealtime Manners" (4JN-0450), University of Kentucky Cooperative Extension Service

"Words Used on Menu Descriptions" (HF.LRA.105), University of Kentucky Cooperative Extension Service

Websites:

Manners International http://www.mannersinternational.com/etiquette_tips_table.asp - This site contains an online course that lists several common table manners questions and the correct answers.

Table Manners Trivia <http://www.brownielocks.com/tablemannerstrivia.html> - Have you ever wondered where and how some of our table manners started? This website explains this information in a fun, online quiz.