



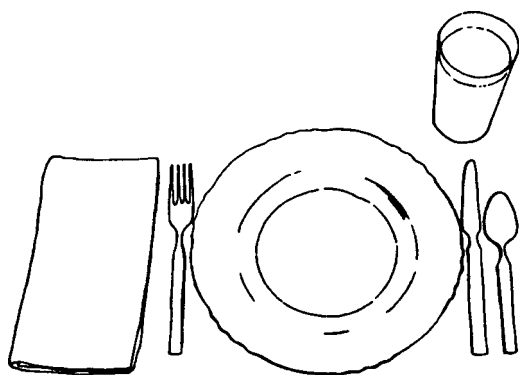
Mealtime Manners

Meals + Manners = a pleasant eating experience!
A formula for good health.

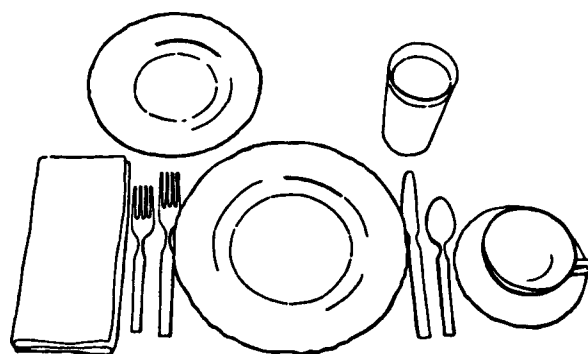
Manners Make Sense

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. Learn good manners and make them a part of what you do each day. They will help you to feel sure of yourself—whether you are eating at home, in a restaurant, or at a friend's house.

How to Set the Table



When you set the table, place the knife and spoon to the right of the plate. The cutting edge of the knife should face the plate. Place the fork and the napkin to the left of the plate and the glass at the tip of the knife.



You may see a table set like this when you go to a restaurant or visit a friend. This table setting has a salad plate, salad fork, and cup and saucer added. The salad fork is to the left of the dinner fork, the cup and saucer are to the right of the teaspoon.

Using the Knife, Fork, and Spoon



Serving Yourself—Use the serving spoon or fork when you serve yourself from a serving dish. Never use your own tableware.



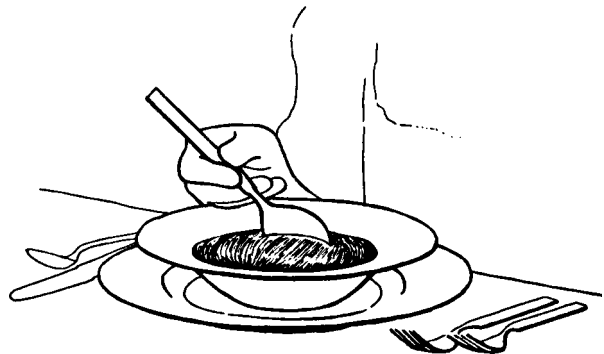
Cutting Food—Hold food with fork while cutting with knife. Cut only one to two bites at a time.

Here are some of the things you can do to help get ready to eat:

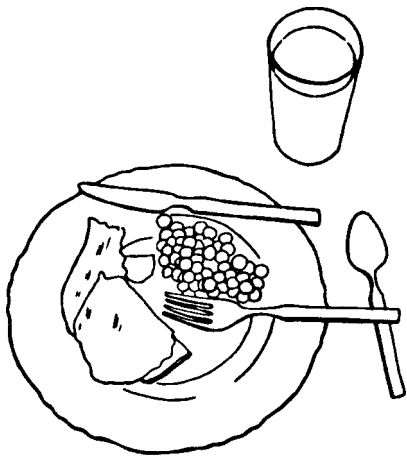
- Come to the table with clean face, clean hands, hair combed, and clothes neat.
- Come to the table when you are called.
- Wait for others instead of rushing to the table ahead of everyone.
- Sit up straight at the table.
- Wait to eat until all have been seated.
- Keep the hand you are not using in your lap.
- Keep your elbows off the table.
- Keep your hands away from your face.



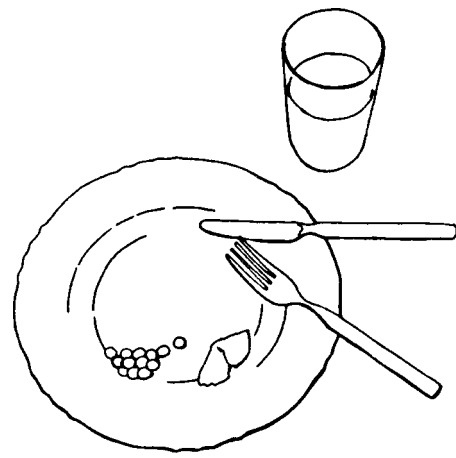
Carrying Food to Mouth—Hold the tines of the fork up when carrying food to the mouth, so the food won't slip off.



Using a Soup Spoon—Remember this saying, “As the ships go out to sea, I dip my spoon away from me.”

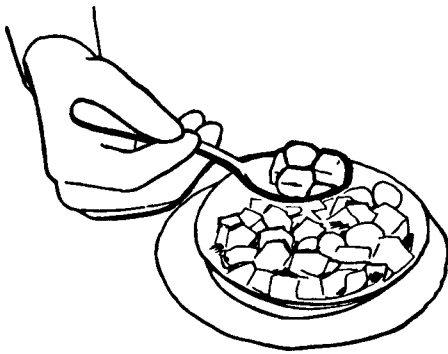


Where to Put Knife and Fork—When you are not using the knife and fork, place the knife across the top of your plate. Place fork in the center of your plate, tines up.

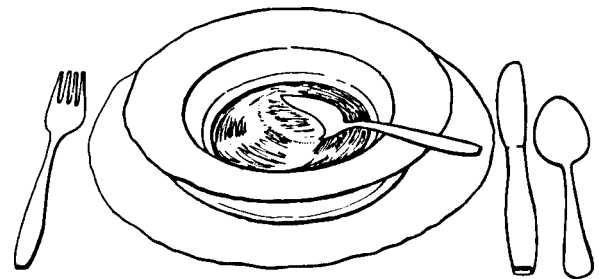


Never rest the handle of the knife or fork on the table.

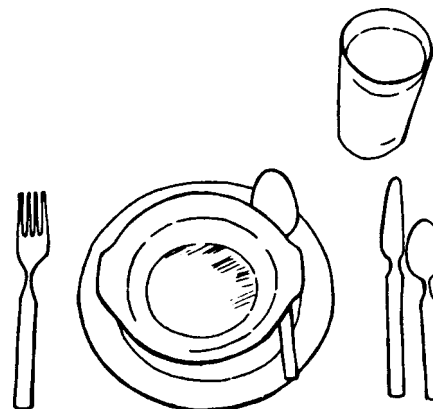
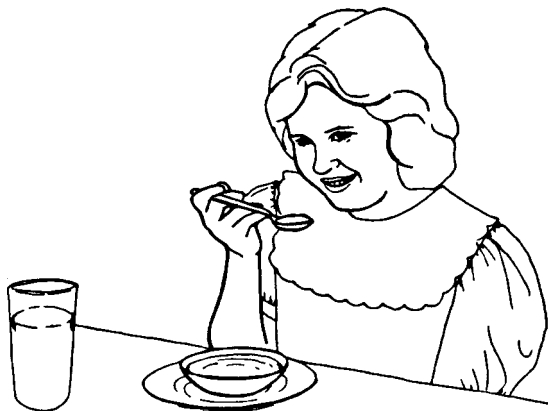
When Finished Eating



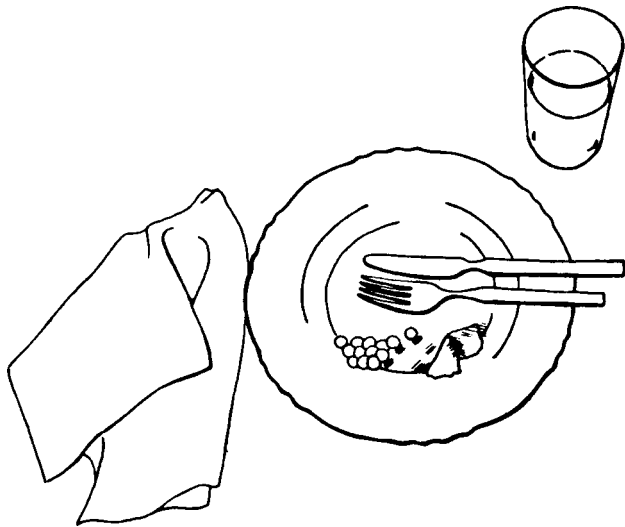
When to Use a Teaspoon—Eat soft food, including puddings and fruit in syrup or sauce, with a teaspoon.



When soup is served in a soup plate, leave the spoon in the soup plate, not on the serving plate.



If soup is served in a cup or bowl on a saucer, leave the spoon on the saucer. If there is no saucer leave the spoon in the cup or bowl.



Place the knife and fork in the center of the plate to show you have finished eating. Place napkin to the left side of the plate.



Keep mealtime a happy time, so your food will digest well. Listen to others while they are talking. Be sure to take part in the conversation yourself.

MEALTIME MANNERS

- Place the napkin in your lap.
- Use the napkin as needed.
- Take small bites and eat slowly.
- Chew with your mouth closed.
- Talk when your mouth is empty.
- Lift food to your mouth when you eat.
- Eat all of the food taken on a fork or spoon at one time. Never remove food from your mouth, except bones, seeds, and pits.
- Make sure there is no food in your mouth before you drink a beverage.
- Break bread or rolls into smaller pieces before eating.
- Keep food on your plate and not on the table.
- Use your fingers to eat foods such as carrot sticks, celery, potato chips, bread, rolls, and sandwiches.
- Try not to use your fingers to push food on your fork or spoon.

Developed by 4-H EFNEP Developmental Committee: Sue Burrier, Extension Specialist for Foods & Nutrition, Lucy Hammond, Program Specialist for Home Economics (EFNEP), Karen Hicks, State Extension Program Specialist for 4-H, Frances H. Bengel, Area Program Specialist for Foods & Nutrition, Martha Welch, County Extension Agent for 4-H.

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Issued 3-1988, Last printed 11-2001, 1500 copies, 47500 copies to date.