

**LESSON: *Mealtime Manners: You Gotta Eat, Right? But You Gotta Eat RIGHT!***

**OUTLINE**

1. What are good manners? (being thoughtful, polite, respectful)
2. What manners should we use at mealtimes? Discuss…
3. Introduce 9 mealtime manners:
* sit
* chew with mouth closed
* don’t stuff mouth
* use napkin
* say “excuse me”
* say “please” and “thank you”
* eat your own food
* say “no thank you”
* clean up after yourself
1. So What Do You Think?
2. ACTIVITY: Table Manners Game
3. Lesson Summary Card (magnet)

**MATERIALS NEEDED:**

* Facilitator’s Guide
* ACTIVITY Sheet – Table Manners Game directions
* Lesson Summary Cards
* Homework Sheet - optional