

# Cooking with Care

MARCH 2016

HAPPY ST. PATRICK'S DAY!!



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# Etiquette

- ▶ What is etiquette?
  - ▶ the rules indicating the proper and polite way to behave
  - ▶ (from Webster-Merriam dictionary)

# Table Manners



- ▶ Use good posture (don't slouch).
- ▶ Keep your elbows off the table.
- ▶ Cover your mouth if you cough or sneeze; don't pick your nose.
- ▶ Use utensils correctly.
- ▶ Keep your napkin on your lap unless you're using it.
- ▶ Don't reach over people; ask to have dishes passed.
- ▶ Chew with your mouth closed.
- ▶ Put electronics away.
- ▶ Don't take more food than you can eat.
- ▶ Try a little bit of everything.



# How to Pass Food

- ▶ Side dishes are passed to the right (counterclockwise)
- ▶ Exception: for second helpings, if the person on your immediate left requests the food, don't pass the dish all the way around the table



# Polite Table Conversation

- ▶ Say “please” when asking for something
- ▶ Say “thank you” when receiving something
- ▶ Do not interrupt others
- ▶ Say nice things at the table, keep negative thoughts to yourself
- ▶ Do not talk with food in your mouth



# Place Settings

- ▶ To use silverware, always start from the OUTSIDE IN toward the plate. For example, if you have two forks, you would start with the smallest one on the outside which is a salad fork.
- ▶ Don't be overwhelmed about how to be proper at the table. Relax, follow the hostess and ENJOY!

