



4-H TABLE SETTING PROJECT



To help young people understand the principles of correct table setting and etiquette that goes along with promoting a sense of confidence. Provide positive opportunities for a young person to develop the essential life skills of mastery, independence, generosity, and belonging through their own areas of interest and self-expression.

- Learn table etiquette and how to conduct ones-self publicly. Table manners are fundamental to every public dining situation and every essential skill has to be built on a solid knowledge base.
- Discover the benefits of organizing, planning, and following through on that vision.
- Explore table manners and utensil etiquette around the world.
- Identify general from formal table setting guidelines as well as the proper occasion to use them.

Starting Out *Beginner*

- Learn general table setting guidelines
- Reinforce positive table manners
- Discover proper utensil etiquette
- Learn to analyze and edit table setting decorations/centerpieces
- Experience decorative napkin folding

Learning More *Intermediate*

- Explore ways in which you can bring service learning into this project
- Learn eating etiquette for International foods
- Create a holiday place setting complete with center piece
- Learn the 4 keys to dinner conversations: stop, look, listen, and watch
- Demonstrate your knowledge of healthy foods by designing a place setting for that special menu

Exploring Depth *Advanced*

- Learn dining out etiquette, terms, and tipping rules
- Identify key components to a formal place setting.
- Plan and prepare a formal place setting complete with center piece to celebrate 100 years of 4-H
- Discuss the importance of good table manners while being interviewed or just in general
- Explore careers in the dinner/party planning industry

The activities above are ideas to inspire further project development. This is not a complete list.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find how table setting excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.



Expand Your Experiences!

Healthy Living

- Design and create an exhibit featuring a formal place setting for a food and/or county fair.
- Track general observation of poor table manners in a journal. Review entries and set a goal that will help you introduce the proper way to use utensils, eat foods and have good conversations with friends and family.

Science, Engineering, and Technology

- Youth can use research information to create slideshow/Powerpoint presentations for a project meeting, presentation day or county workshop.
- Demonstrate math skills when planning table settings in a confined/given dimension.
- Use variety of media to gather information concerning appropriate table settings.

Citizenship

- Donate time to local lodges/organizations by helping decorate for their holiday dinner parties
- Work with your local Chamber of Commerce to organize a napkin folding contest for both youth and adults to enter at their next chili or BBQ cook off.
- Work with local senior center to help set tables for their next special event/dinner.

Leadership

- Teach younger members how to set the table for their family.
- Develop judging classes on table setting or center piece/decoration guidelines.
- Become a role model for others by taking the position of junior/teen leader.

Resources

- Napkin Folding Guide:
www.napkinfoldingguide.com
- Etiquette Scholar:
www.etiquettescholar.com
- Table Setting:
www.brightsettings.com/Setup-Guide.html
- Emily Post:
www.emilypost.com

Connections & Events

Curriculum

4-H Record Book

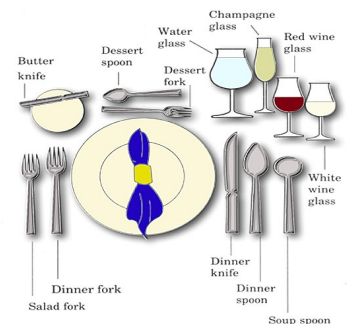
Presentation Days – Share what you’ve learned with others through a demonstration on napkin folding or themed table setting ideas.

Field Days – During these events, 4-H members may participate in a variety of contests related to their project area.

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit www.ca4h.org/4hbook.



University of California Agriculture and Natural Resources

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