



# 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 <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> <li>• Learn general table setting guidelines.</li> <li>• Reinforce positive table manners.</li> <li>• Discover proper utensil etiquette.</li> <li>• Learn to analyze and edit table setting decorations/centerpieces.</li> <li>• Experience decorative napkin folding.</li> </ul>	<ul style="list-style-type: none"> <li>• Explore ways in which you can bring service learning into this project.</li> <li>• Learn eating etiquette for International foods.</li> <li>• Create a holiday place setting complete with center piece.</li> <li>• Learn the 4 keys to dinner conversations: stop, look, listen, and watch.</li> <li>• Demonstrate your knowledge of healthy foods by designing a</li> </ul>	<ul style="list-style-type: none"> <li>• Learn dining out etiquette, terms, and tipping rules.</li> <li>• Identify key components to a formal place setting.</li> <li>• Plan and prepare a formal place setting complete with center piece to celebrate 100 years of 4-H.</li> <li>• Discuss the importance of good table manners while being interviewed or just in general.</li> </ul>

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

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### 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

### 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



# 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

## Science, Technology, Engineering, and Mathematics

- 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

## 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.

## Leadership

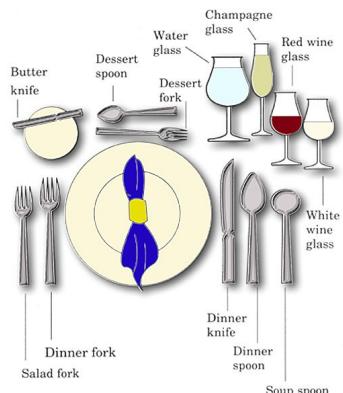
- Teach younger members how to set the table for their family.
- Develop judging classes on table setting or center piece/decoration guidelines.
- Become a role model for others by taking the position of Junior or Teen Leader.

Connections & Events	Curriculum	4-H Record Book
<b>Presentation Days</b> – Share what you've learned with others through a demonstration on napkin folding or themed table setting ideas.  <b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.  Contact your county 4-H office to determine		4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their 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.

## Resources

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

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## University of California Agriculture and Natural Resources

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